

The benefits of religious practice

Recently Professor Patricia Casey produced a paper dealing with the benefits of religious practice.

- ◆ Lower rates of suicide,
- ◆ Lower rates of depression and other mental illnesses
- ◆ Lower level of alcohol and drug abuse
- ◆ Lower levels of crime
- ◆ Lower levels of marital breakdown

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In 1999 the Royal College of Psychiatrists set up a Spirituality and Psychiatry special Interest Group to explore the need for psychiatry to demonstrate a greater interest in the whole person; mind, body and spirit.

This group advocates to College members a more integrative approach to mental health, especially for those patients for whom the spiritual aspect of their life is important to them.