

A Review of Quranic Research Related to Mental Health

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Abstract

Background and Objective: It is important to examine the current state of research in any country to guide and determine the direction of future research. This study focused on the status of Quranic research and mental health. This study was focused on three categories: subject, methodology and researchers.

Methods: This is a review study. Research samples were Persian articles published in scientific journals (Electronic Publication). A total of 141 articles were selected for review. The authors have not reported any conflicts of interest.

Results: The results were analyzed in three categories: subject, methodology, and researchers. In the subject category, it was found that interpretive articles (35.47%) have the highest frequency. In terms of methodology, quantitative, qualitative and mixed research accounted for 50.35%, 46.10% and 3.55% of the studies and showed the highest frequency, respectively. Also, in analyzing the status of researchers, it was found that researchers in fields unrelated to the Quranic sciences had published a higher percentage of articles on the Quran and health (63.83%).

Conclusion: According to the research findings, suggestions for future research are provided on the trend of publication of the studies and guiding the future studies in a better direction.

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Summary

Background and Objective

In recent decades, mental health problems have led to many diseases and reduced performance and productivity. Improving people's mental health indicators leads to improving productivity and increasing community productivity. The diversity of mental health issues has led to interaction with other sciences. One of the most important sciences is the Islamic and Quranic sciences. In recent decades, much research has been conducted on the common titles of both the Quran and mental health (1-8). In all these studies, the Quran has been studied as a basic subject

along with other sciences. However, no studies have been conducted to review these studies. Obviously, such research, in addition to determining the current status of research in the country, determines the path for future research and thus prevents reworking or focusing on topics that are not in line with the needs of society. Recognizing and evaluating the research status of each country is essential for planners, policy makers and researchers. Many studies may not be based on a specific policy, planning and strategy, and this can lead to failure in achieving a specific goal and meeting basic research needs, unreasonable duplication of research, and waste of time, energy and resources (9, 10). In the field of mental health, due to the sensitivity of the issue,

there is a more serious need to examine this issue. This research aims to examine the studies conducted in the field of Quran and mental health. In this context, the three categories of subject, methodology and researchers are considered.

Methods

This is a review study. The research samples included Persian articles published in scientific journals (electronic publication) since the beginning of 1997 until the end of 2018. The articles were searched through Google search engine and Google Scholar, as well as www.noormags.ir, www.sid.ir, www.magiran.com and www.ensani.ir. After several screening steps, 141 articles were selected for review.

Results

A total of 141 articles were reviewed; the most frequent theme was related to the subject of interpretation (with 50 articles) and then the subject of Quranic-based psychological interventions (with 22 articles). Survey research methodology was considered in three general categories. According to the available data, the quantitative method was used in 50.35%, the qualitative method in 46.10% and the mixed method in 3.55% of the studies. Also, a study of the status of the researchers of the articles shows that 36.17% have been written by the researchers of Quranic sciences and 63.83% by the researchers of other fields.

Conclusion

In relation to the subject area, it seems that low cost, diversity, lower methodological complexity, and the speed of writing articles with the subject of interpretation may be the reasons for the popularity and publication frequency in all periods. In relation to research methodology, it can be stated that quantitative and qualitative research methods have been used almost equally in recent research. In a study to review three decades of published articles on the mental health of Iranian women, it was found that most of these articles were related to psychological issues and then to symptomatology, diagnosis and classification of psychiatric disorders, epidemiological research and a small number of health services, respectively (11).

Given that in the thematic category, the highest frequency was related to the interpretive and the interventional studies, and conducting these types of research depends on both qualitative and quantitative methods, the closeness of the percentages results related to these two methods

was not surprising. In a similar study related to the research process in the field of psychiatric disorders, it was indicated that the methodology used in 51.8% of the articles was cross-sectional and in recent years the number of studies using the clinical trial methodology has been increasing (12).

The third purpose of this study was to investigate the status of researchers in these articles. For this purpose, all the articles were categorized according to the academic education of the corresponding author or the first author. The data showed that the number of researchers in fields unrelated to the Quranic sciences was much higher and almost double the percentage of researchers in the fields of Quranic sciences. It seems that the trend towards the publication of applied researches, as well as the parallel studies and the limited methodology of research among researchers of Quranic sciences has been influential in this process.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Providing the initial idea, writing the research and data analysis and interpretation; First author: Method, Scientific Supervisor and Project Consultant; Second author; Advisor and supervisor of the project; Third author and Background and data collection and text revision: Fourth author.

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