

# Protective factors for the mental health of Christian Priests in ministerial work: scoping review



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## Background

The occupation of clergy is unique in its combination of role tensions and high calling, making this group more vulnerable to mental health issues. In many ways, priests are an ignored but high-risk population (Case, et al., 2020; Francis, et al., 2019a; Ruffing et al., 2021). To ensure the spiritual well-being of their congregations, clergymen often neglect their own and their family's well-being (Stewart-Sicking, 2012; Heck, et al., 2018; Francis, et al., 2019b). The importance of identifying personal skills that protect the clergy from negative effects or that aid recovery is well known. In this section we will highlight relevant aspects that promote mental health.

## Aim

Map the scientific evidence about the protective factors for the mental health of Christian priests in ministerial work.

## Methods

<b>P</b> Priest OR Protestant Pastor	Cleric* OR Pastor* OR Sacerdot* OR Clergy OR Minister* OR Priest* OR Curas OR Clergé OR Eclésiastiques OR "Membres du clergé" OR Prêtres.
<b>C</b> Mental Health	"Mental Health" OR "Mental Hygiene" OR "Salud Mental" OR "Santé mentale" OR "Hygiène mentale".
<b>C</b> Burnout, Ministerial Satisfaction, Compassion Fatigue	"Burnout Syndrome" OR "Psychological Burnout" OR "Agotamiento Psicológico" OR "Agotamiento Emocional" OR "Agotamiento Psíquico" OR "Épuisement psychologique" OR "Burnout psychologique" OR "Épuisement total" OR "Syndrome d'épuisement". "Personal Satisfaction" OR Satisfaction OR "Subjective Well-Being" OR "Satisfacción Personal" OR "Bienestar Subjetivo" OR "Satisfaction personnelle" OR Satisfaction . Compassion Fatigue" OR "Secondary Trauma" OR "Secondary Traumatizations" OR "Vicarious Trauma" OR "Vicarious Traumatization" OR "Desgaste por Empatía" OR "Usure de compassion" OR "Fatigue compassionnelle" OR "Fatigue de compassion".

- 2010 to 2023
- 09 Databases and grey literature
- 86 articles selected



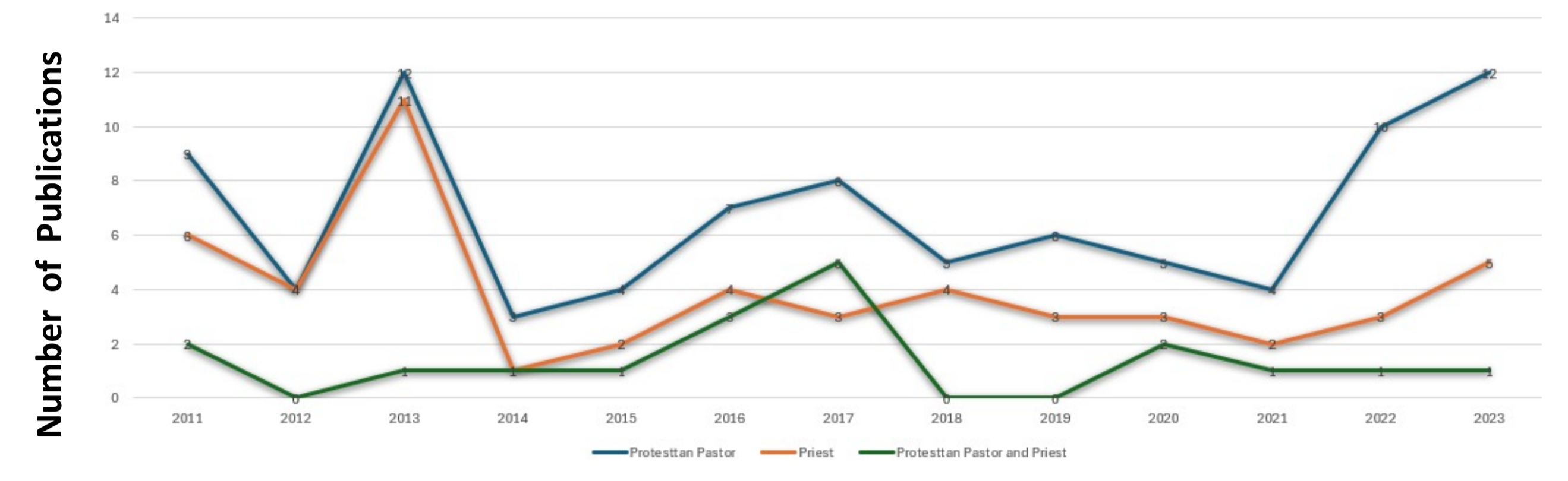
2010 to 2023- the of research in the area of mental health and clergy spirituality.

quantitative or qualitative studies with priests and protestants pastors.

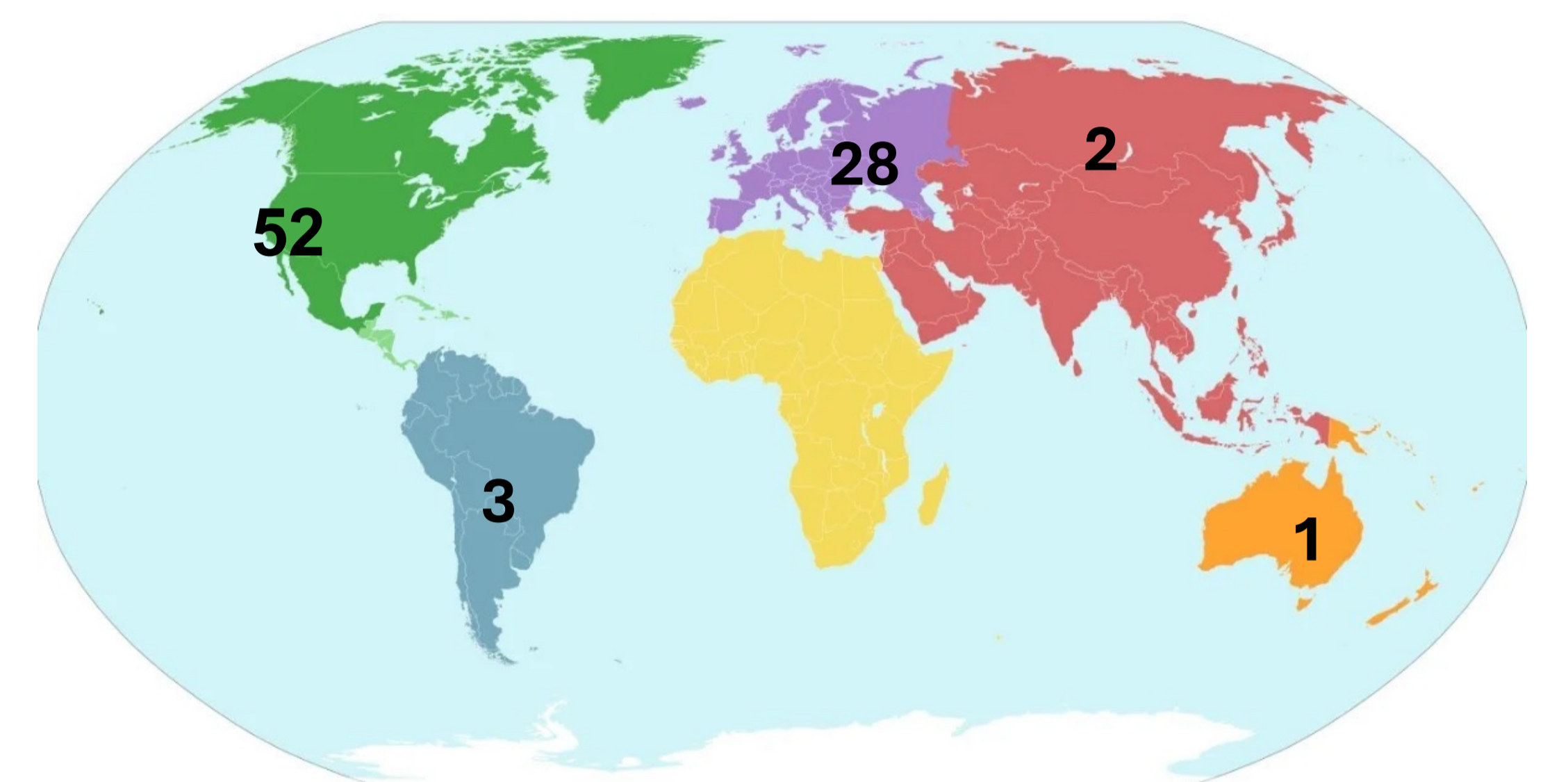
Any language with themes adhering to the guiding question.

- ❖ This group can be a model to devise interventions for the promotion of well-being focused on the development of positive measures such as satisfaction. Studies with the clergy can provide an insight into broader population groups such as help professions and other religious classes.
- ❖ The results can be valuable in providing an understanding of the importance of the key factors affecting the mental health of the clergy. During this time of declining vocations, along with the crises provoked by some leaders behavior, such results can stimulate continued reflection on the healthy lifestyle and challenges of the clergy.

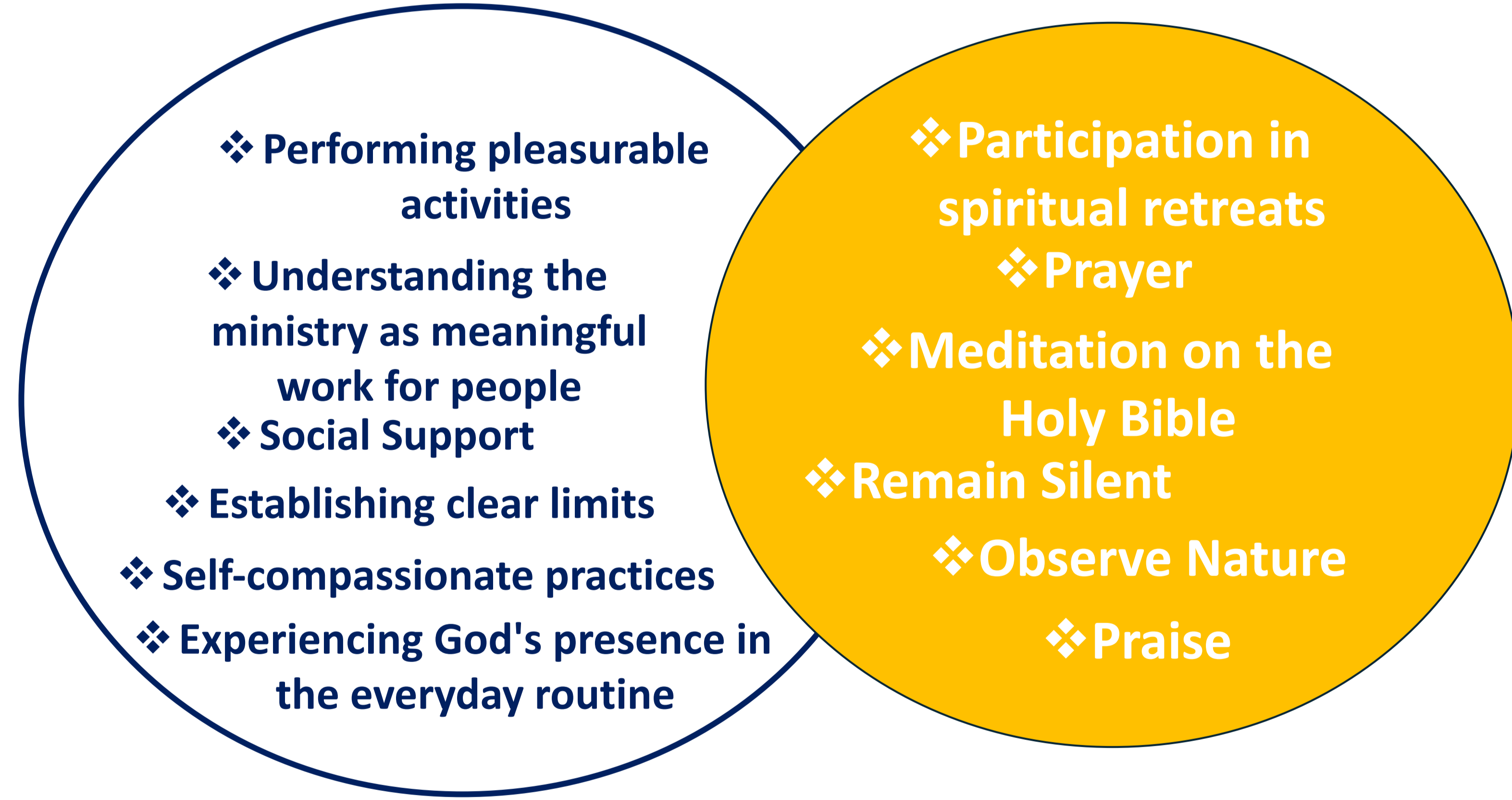
## Results



### Publication Landscape



### Protective Factors



The most important thing is not the type of spiritual practice or the time of completion, but the experience is full of meaning. It is added that having a meaningful life with an emphasis on social justice produces high levels of energy, making work personally meaningful and generating well-being (Kane, 2017; Case, et al., 2020)

## Implications for Research in Spirituality and Mental Health

## Conclusions

It is important to highlight that although spirituality and a meaningful life can protect and mitigate the effects of mental health problems, it is necessary to be committed to the development of the clergy. Education is the path to reducing risk factors and promoting protective factors.

### References

