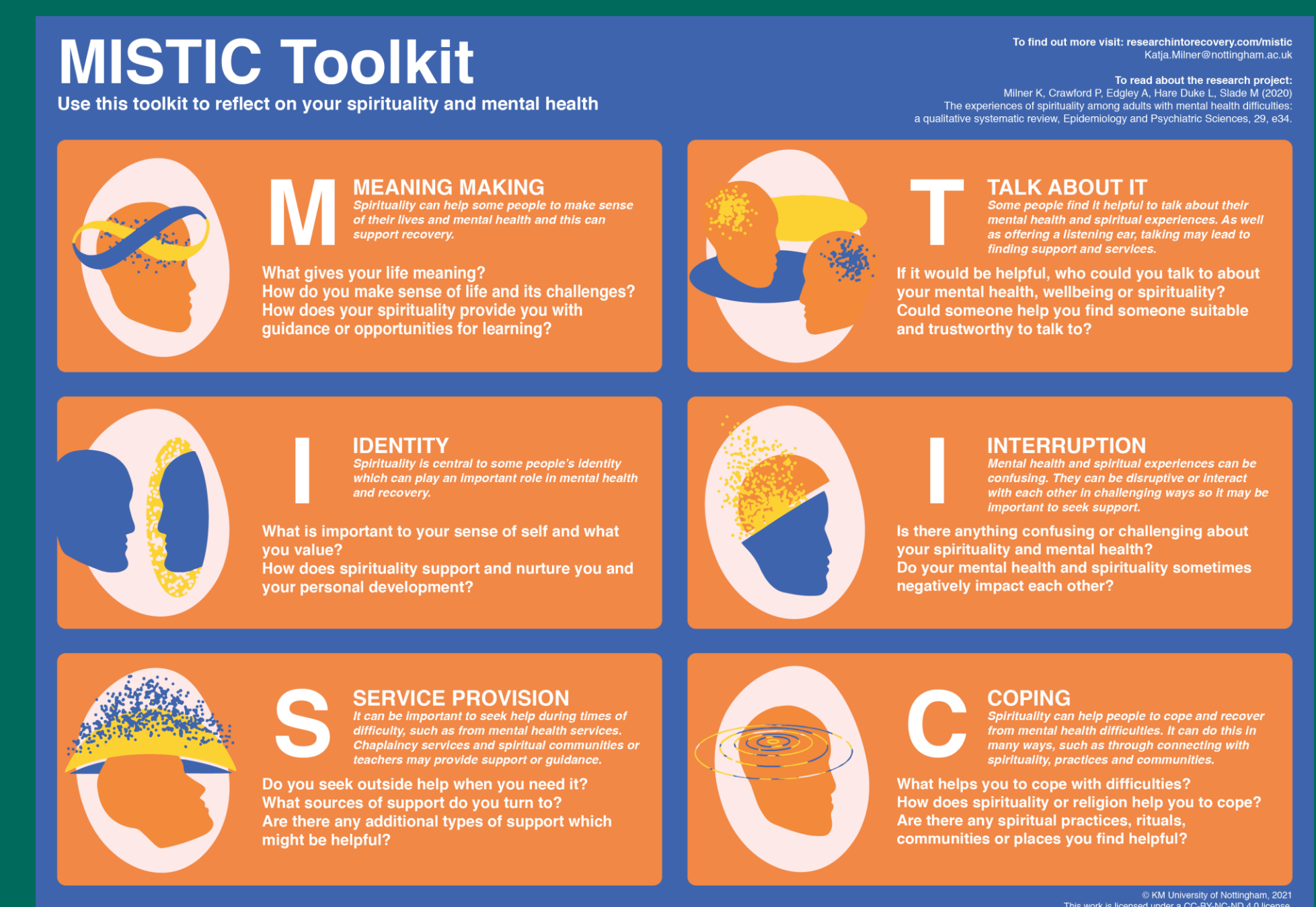


The MISTIC Framework: Supporting conversations around spirituality and mental health

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The MISTIC Framework: An evidence-based conceptual framework and resource to support understanding and conversations around spirituality and mental health

INTRODUCTION

Research has identified spirituality in both religious and non-religious forms to be an important component within mental health experiences and recovery. Spirituality is however often a neglected dimension within clinical practice. Service providers may lack understanding in how to address service users' spiritual needs, sometimes referred to as a 'religiosity gap.' Much existing research on spirituality and mental health focusses upon clinical outcomes rather than exploring the perspectives of those who experience mental health issues.

METHOD

A qualitative systematic review was carried out to characterise the experiences of spirituality among adults with mental health difficulties.

- An electronic database search of seven databases was conducted along with forward and backward citation searching, expert consultation and hand-searching of journals.
- 38 studies were included from 4944 reviewed papers.
- The review protocol was pre-registered in PROSPERO.

RESULTS

- A thematic synthesis identified six main overarching themes and nine sub-themes.
- The six key themes were: Meaning-making, Identity, Service provision, Talk about it, Interaction with symptoms and Coping, presented as the acronym and conceptual framework MISTIC (Milner et al., 2020).

DISCUSSION

- This is the first qualitative systematic review to explore the experiences of spirituality among adults with mental health difficulties and offers an evidence-based framework for delivering holistic, person-centred approaches to mental health care.
- This research aims to contribute to the production of evidence, theory, training and interventions to promote understanding of spirituality within mental health contexts.
- To support this aim, a new user-friendly evidence-based resource and toolkit has been developed based on the MISTIC framework to assist clinician and general public understanding and to support conversation around this topic area.

MISTIC Framework implications for practice: Resource for Clinicians



“To invalidate a person’s spirituality no matter how distorted that is, is to invalidate that real core sense of self and I think once you do that you risk doing untold damage to somebody.”

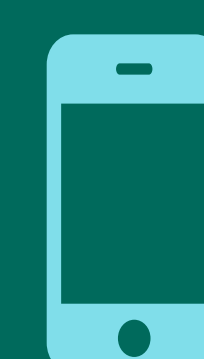
(Mental Health Foundation, 2002, p.22)

“Really listen with your personal attention.”

(Moller, 1999, p. 9)



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For further information and access to the MISTIC Toolkit resource:
<https://www.researchintorecovery.com/research/mistic/>



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