

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

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Title	WHEN THE SPIRIT STRUGGLES: RELIGIOUS COPING AND MENTAL HEALTH OUTCOMES IN AFTER THE 2013 SUPER TYPHOON HAIYAN
Type	Oral Presentation <i>What can we learn from your Primary Health Care Practice and Experiences?</i>
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Abstract N ^o	TUFH722
Content	<p>Objective Previous research has underscored the importance of studying the ways in which religious beliefs and spirituality assist survivors of disaster in their coping and rehabilitation processes. Most of such studies were conducted in western, high income countries. The association between religious coping and mental health outcomes among survivors of the 2013 Super Typhoon Haiyan in the Philippines, where resources for mental health is scarce, was investigated in this study. We examined the relationship between positive religious coping and negative religious coping to posttraumatic stress symptoms and general psychological distress. Method The study surveyed 361 respondents in a 12-month period, two years after the disaster. Participants reported their levels of posttraumatic stress symptoms, general psychological distress, and religious coping styles. Results Negative religious coping was found to be positively associated with both general psychological distress and posttraumatic stress symptoms. Positive religious coping was not found to be significantly associated with posttraumatic stress symptoms and general psychological distress. Negative religious coping style was also shown to partially mediate trauma exposure and posttraumatic stress symptoms. Conclusion Findings underscore the association of negative religious coping to poor mental health outcomes, in the background of a major disaster in a religious, low middle-income country. Implications to public mental health interventions in disaster settings, especially in religious contexts where mental health resources are largely unavailable, are discussed. Keywords: Typhoon Haiyan, disaster, psychological adjustment, religious coping, health outcomes, Philippines, low middle-income countries</p>