

Positive Effects of Religiousness on Mental Health : A Review

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Abstract: *Freud and other famous mental health scholars have put forth their postulations concerning the neurotic influences of religion in mental health, many of the 20th century mental health professionals have been influenced to hold skeptical and even hostile attitudes toward religion. However, the past two decades have increasingly found more empirical evidence supporting the beneficial effects of religiousness on mental health that apparently contrasts with the postulations of Freud. Evidence in research was nonetheless mainly based on physically healthy populations.*

Keywords: *mental health scholars*