

**Sample Statistics about Mental Health and Spiritually Integrated Therapy**

The following statistics and statement about the state of mental health in America and the practice of spiritually integrated psychotherapy are available for your use in communicating about the services offered at accredited Centers.

**Adults**

Suicide is the second leading cause of death for adults ages 20-34 (CDC)

18% of American adults (42M) suffer from an anxiety disorder. (NIMH)

7% of American adults (18M) live with major depression. (NIMH)

50% of lifetime cases mental illness occurs before 14 years of age; 75% occurs by 24. (NIMH)

**Children:**

Suicide is the second leading cause of death for children ages 10-20 (CDC)

Almost 50% of children ages 8-15 with mental illness didn’t receive treatment in the previous year. (NIMH)

**Cost of Mental Illness**

$193B in lost wages every year. American Journal of Psychiatry and U.S. Surgeon General’s Report, 1999

37% of students with a mental Health condition age 14 and older drop out of school. (NIMH)

**Clinicians practicing spiritually integrated mental health (Oxhandler):**

. . .“lower levels of implementation underscore a need to bolster educational efforts for social workers and develop standardized continuing education for this practice area.”

Attitudes #8: 93% of therapists believe that sensitivity to their clients religious/spiritual beliefs will improve their practice.

**BUT:**

Perceived Feasiblity #6: Only 53% percent of therapists believe they have been adequately trained to integrate their clients religion/spirituality into therapy.

 Behaviours #5: Only 63% use empirically supported interventions that specifically outline how to integrate their clients’ religion/spirituality into treatment.

**What Clients Want:**

70%-80% of adults use religious or spiritual beliefs and activities to cope with daily difficulties and frustrations (Hefti, 2011).

**Older Data:**

By 2000, 66 percent of 724 quantitative studies showed that integrating spirituality into counseling had a positive effect.1

82% of counseling clients want their therapist to be aware of their spiritual beliefs.3

89% of the U.S. population report a belief in God or a universal spirit,4

Studies suggest that spiritually-oriented psychotherapeutic approaches may be beneficial to individuals with certain psychological problems (e.g., depression, anxiety, stress, eating disorders, suicidal ideation, and substance and alcohol abuse). Outcomes of Religious and Spiritual Adaptations to Psychotherapy: A Meta-Analytic Review, Timothy B. Smith, Jeremy Bartz & P. Scott Richards Pages 643-655 | Received 20 Jul 2005, Published online: 17 Oct 2007

***1*** Timothy B. Smith, Jeremy Bartz &P. Scott Richards, *Outcomes of Religious and Spiritual Adaptations to Psychotherapy: A Meta-Analytic* R*eview* , pp**.** 643-655 | Received 20 Jul 2005, Published online: 17 Oct 2007

2Koenig HG, McCullough ME, Larson DB., *Handbook of Religion and Health*. NY, NY: Oxford University Press, 2001, pp. 514-554

3D‘Souza R., *Do patients expect psychiatrists to be interested in spiritual issues?* Australasian Psychiatry 2002; 10:44-47

4 Gallup, G., Jr. (2016). *The Gallup poll: Public opinion June, 2016.*