**Religiosity and Health**, **Health Behaviors, Mental Health, Psychological Well-being
Studies of Seventh-day Adventists –**Alina Baltazar, Duane McBride, Gary Hopkins, Curt VanderWaal

Purpose – The purpose of this brief document is to provide research literature from health studies of Seventh-day Adventist populations. This is not meant to be comprehensive, but hopefully sufficient to assist in providing relevant references about studies focusing spirituality and health in Adventist populations. The literature comes from the work the IPA team has done over the last few decades -- <https://www.andrews.edu/services/ipa/>--, the data repository of the Adventist Human-Subject Researchers Association, the Adventist Health Studies in the School of Public Health at Loma Linda University, Project Genesis at La Sierra University, members of the Health Ministries Team at the General Conference and Digital Commons at Andrews University. The references are entered in the format that they were found. A list of variables that the IPA has collected in its every 5-year health risk behavior surveys at Andrews University is also included as an example of relevant data that could be analyzed. While almost all references are exclusively focused on Adventists, a few are included that just include a large number of Adventists.

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Jerry Lee – Professor, School of Public Health, Loma Linda University -- Dr. Marshak and Lee provided
 references from the Adventist Health Study -- <https://adventisthealthstudy.org/studies/AHS-2>
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 Value and Cognitive Genesis projects -- <https://crae.lasierra.edu/cognitivegenesis-2/>

The references vary in terms of what they provide. We provided material that we found when we did the literature search. That may include a link to the article or an abstract.

Organization of this report – The literature is organized into five categories. While some of the article may address more than one category (and a few are entered in more than one), they are entered into what appeared to be their primary category. The categories are:

1. Religion/Spiritualty (defined as involvement, devotions, perceptions of

 relationship with God) and physical and mental health status (including thriving,

 well-being)

1. Religion/Spiritualty and better health behavior decisions (substance use, diet, exercise, use of medical care)
2. Religion/Spiritualty and coping/recovery from physical/mental health problems,

 Trauma, life difficulties.
 IV. Adventist health message (diet, no substance abuse, Sabbath, exercise) effect on
 spiritualty/religiously and relationship with God (Kind of treating the Health Message as
 the independent variable).

1. Following the Adventist Health Message and perception of physical and mental health.

**I. Religion/Spirituality and Physical/Mental Health**

Bailey, C.M. (1997). The effects of religion on mental health – Implications for Seventh-day Adventists.

Description: Bailey assess[es] associations between religious orientation, denominational loyalty, religious commitment and purpose in life in a social work program including Adventists and non-Adventists. Link: <https://ahsra.adventist.org/resource?id=8660> Includes link to the article

Bailey, K.G.D., Stelfox, J.A. (2018). Hope for the hereafter: Relationship and hope motivation in Seventh-
 day Adventists. In *Promoting the Public Good: Policy in the Public Square and the Church,* Terry-
 McElrath, Y.M., VanderWaal, C.J., Baltazar, A.M., & Trim, D.J. B. (Eds), Avondale Academic Press,
 pp. 73-104.

Burks, E. M., Lee, J. W., Morton, K. R., Berk, L. S., & Dos Santos, H. (2019 submitted). The Effect of the
 Seventh-day Sabbath on Cortisol in Seventh-day Adventist Men and Women.

Charlemagne-Badal, S. J., & Lee, J. W. (2015). Intrinsic Religiosity and Hypertension Among Older North
 American Seventh-Day Adventists. *Journal of Religion & Health, 55*(2), 695-708. D
 oi:10.1007/s10943-015-0102-x

Charlemagne-Badal, S. J., & Lee, J. W. (2015). Religious Social Support and Hypertension Among Older
 North American Seventh-Day Adventists. *Journal of Religion & Health, 55*, 709-728.
 doi:10.1007/s10943-015-0104-8

Fider, C. R., Lee, J. W., Gleason, P. C., & Jones, P. (2017). Influence of Religion on Later Burden and
 Health of New Black and White Caregivers. *Journal of Applied Gerontology, 38*(9), 1282–1303.
 doi:10.1177/0733464817703017

Gillespie, V. B. (2001a). Faith maturity index, prosocial behavior concerns. Update: Valuegenesis 2
 information you can use. Retrieved from: [http://circle.adventist.org/files/download/vg2-
 update-v1.pdf](http://circle.adventist.org/files/download/vg2-%20%09update-v1.pdf)

Gillespie, V. B. (2004a). Adolescence and peer pressure. Update: Valuegenesis 2 information you can
 use. Retrieved from: <http://circle.adventist.org/files/download/vg2-update-v16.pdf>

Handysides, R. (1998). Health education in a sample of Seventh-day Adventist academies in North
 America. Journal of Research on Christian Education, 7(2),

137-154. <https://www.tandfonline.com/doi/abs/10.1080/10656219809484866>

Holland, K. J., Lee, J. W., Marshak, H. H., & Martin, L. R. (2016). Spiritual Intimacy, Marital Intimacy, and
 Physical/Psychological Well-Being: Spiritual Meaning as a Mediator. *Psychology of Religion and
 Spirituality, 8*(3), 218-227. doi:10.1037/rel0000062

Hossler, E. A. (1998). The influence of social integration, religious integration, and religious-social
 regulation on suicidal behaviors among Seventh-day Adventist youth (Unpublished doctoral
 dissertation). Andrews University, Berrien Springs, MI.
 [https://www.semanticscholar.org/paper/The-Influence-of-Social-Integration%2C-Religious-and-
 Hossler/43b18e21c7396017ef9ba34e1bcaa86ab67e2452](https://www.semanticscholar.org/paper/The-Influence-of-Social-Integration%2C-Religious-and-%20%09Hossler/43b18e21c7396017ef9ba34e1bcaa86ab67e2452)

Lee, J.W. (2009, January). Sabbath and Health. Workshop presented at the Mind and Spirit in Dialog
 meeting at Loma Linda University, Loma Linda, CA.

Description: This presentation lays out a study with purpose to develop a measure of Sabbath beliefs and activities, to determine the structure of these beliefs and activities, to compare the structure in Adventists and Christians who attend church on Sunday, and to learn how Sabbath beliefs and activities relate to health. Internet was used for collecting the data. Link: <https://ahsra.adventist.org/resource?id=26656> Includes link to the power point

Morton, K. R., Lee, J. W., & Martin, L. R. (2017). Pathways from Religion to Health: Mediation by
 Psychosocial and Lifestyle Mechanisms. *Psychology of Religion and Spirituality, 9*(1), 106-117. “
 doi:10.1037/rel0000091

Superville, D. J., Pargament, K. I., & Lee, J. W. (2014). Sabbath Keeping and Its Relationships to Health
 and Well-Being: A Mediational Analysis. *The International Journal for the Psychology of Religion,
 24*(3), 241-256. doi:10.1080/10508619.2013.837655

Titus, O. and Bailey, Karl, "The internalization of religion is related to improved well-being and parental
 relationships" (2013). Faculty Publications. 79.
 <https://digitalcommons.andrews.edu/behavioral-pubs/79>

Williams Morris, R., Martin, B., Hopson, J., & Welch-Murphy, K. (2010). Besides that, I’m OK: Well-being
 Caribbean and American adolescents and youth. *Journal of Research on Christian Education,
 19*(1), 56-78.

Description: A total of 235 adolescents and college students from Aruba, St. Lucia, Tennessee, and Alabama participated in this study that measured various aspects of well-being. The Life Factors Questionnaire measured participants' responses on such self-reported measures as health, intelligence, subjective well-being, responses to stress, optimism, depressive symptoms, and on several open-ended queries of participants' perceptions on life goals, role models, and important values. Results show that overall groups were quite similar on most of the well-being variables measured. Older participants tended to report more depressive symptoms than their younger counterparts. American adolescents and college students had more depressive symptoms than their Caribbean counterparts. Seventh-day Adventist adolescents reported twice as many depressive symptoms than students from different religious affiliations (RomanCatholic and other religions).Link: <https://ahsra.adventist.org/resource?id=17125> Includes abstract (see above), and where to find the article.

**II. Religion/Spirituality and Better Health Decisions**

Bailey, Karl, "Faith-Learning Integration, Critical Thinking Skills, and Student Development in Christian
 Education" (2012). Faculty Publications. 80. https://digitalcommons.andrews.edu/behavioral-
 pubs/80

Baltazar, A.M., VanderWaal, C.J., & Conopio, K.D. (2013, November). Perceptions of health behaviors by
 Seventh day Adventist undergraduate students. Workshop presented at Summit on Nurture
 and Retention, Discipling, Retaining and Reclaiming at the General Conference Headquarters,
 Silver Spring, MD.

Description: This presentation lays out a health risk survey. The survey method is qualitative. Six focus groups were conducted. It includes perceptions of college life**,** substance use, sexual behaviors, religiosityetc. Link: <https://ahsra.adventist.org/resource?id=27144> Includes link to the power point

Baltazar, A.M. (2019, July). The influence of spirituality on health choices in young people. Plenary
 presented at Your Brain, Your Body Third Global Conference on Health and Lifestyle. Loma
 Linda, CA.

Baltazar, A.M. (2019, April). Living up to Adventist standards: The role religiosity plays in wellness
 behaviors of Adventist college students. Workshop presented at Nurture and Retention Summit.
 Silver Spring, MD.

Baltazar, A.M. (2018). Religiosity’s relationship with weekly and binge alcohol use among students
 attending an alcohol abstinent Christian university. In *Promoting the Public Good: Policy in the
 Public Square and the Church,* Terry-McElrath, Y.M., VanderWaal, C.J., Baltazar, A.M., & Trim,
 D.J. B. (Eds), Avondale Academic Press, pp. 191-214.

Baltazar, A.M, McBride, D.C., VanderWaal, C., & Conopio, K. (2016). Sex, drugs, and alcohol: What
 Adventist college students say about the role of parents and religion. In W. Oliver & E. Oliver
 (Eds), Healthy Families for Eternity (pp. 68-72). Hagerstown, MD: Review and Herald Publishing
 Association.

Baltazar, A.M. (2015). Role of parents in college student regular alcohol use in the context of abstinent
 religiosity. ProQuest Dissertation Publishing. Retrieved from:
 <http://search.prquest.com/pqdtglobal/docview/175225208/#27C3438E564459FPQ/1?acc>...

Baltazar, A.M., Helm, Jr., H.H., McBride, D.C., Hopkins, G., & Stevens, Jr., J.V. (2010). Internet
 pornography use in the context of external and internal religiosity. Journal of Psychology and
 Theology, 38(1), 32-40.

Daily, S. G. (1991). Adventist adolescents and addiction: Substance use/abuse in an Adventist population
 and its relationship to religion, family, self-perception, and deviant behavior (Unpublished
 doctoral dissertation). United States International University, San Diego, CA.

### Dudley, R.L., Mutch, P.B., Cruise, R.J. (1987). Religious factors and drug usage among Seventh-day  Adventist youth in North America. *Journal for the Scientific Study of Religion, 26*(2), 218-233.

Description: In an attempt to identify factors which predict frequency of drug usage by youth within a conservative denomination, a sample of 801 young people between the ages of 12 and 24 from seventy-one churches in North America was chosen. The youth were questioned on the frequency of usage of ten drug categories as well as reasons for not using drugs, a variety of religious attitudes and behaviors, and educational and membership practices. As a reason for not using drugs, "my commitment to Christ" was the strongest predictor of abstinence from alcohol, tobacco, and all drugs combined. Other factors of nearly equal strength were "I want to be in control of my life" and "concern for my health." As to religious practices, regular participation in family worship was most highly related to abstinence over all categories with attendance at Sabbath School first for alcohol and personal prayer first for tobacco. Watching R-rated movies and listening to hard rock music (both strongly discouraged by the church) were both predictive of more frequent use, while intending to remain in the church and believing that God wants us to take care of our bodies were both associated with less frequency. While membership status of youth, mother, or father or years of parochial education had little effect on frequency of usage, joining the church at a younger age had a weak protective effect.Link: <https://ahsra.adventist.org/resource?id=21209> Includes description and where published (see above).

Felt, J., McBride, D.C., and Helm, H. (2008). Alcohol, tobacco, and marijuana use within a religious affiliated university. *Journal of Drug Issues.* 38*,* 799-819.

Flowers, K.M.C. (2018). Parental and religiosity factors and adolescent sexual risk taking among older
 adolescents in the Anglophone/Latin Caribbean in In *Promoting the Public Good: Policy in the
 Public Square and the Church,* Terry-McElrath, Y.M., VanderWaal, C.J., Baltazar, A.M., & Trim,
 D.J. B. (Eds), Avondale Academic Press, pp. 297-328.

Gane, A Barry, (2005) "Youth Ministry and Beliefs and Values Among 10- to 19-year-old Students in the
 Seventh-day Adventist School System in North America". *Dissertations*. 388.
 <https://digitalcommons.andrews.edu/dissertations/388>

Gillespie, V. B. (2003b). How at-risk are our kids? Update: Valuegenesis 2 information you can use.
 Retrieved from: <http://circle.adventist.org/files/download/vg2-update-v10.pdf>

Gillespie, V. B. (2004b). At-risk behavior and our youth. Update: Valuegenesis 2 information you can use.
 Retrieved from: <http://circle.adventist.org/files/download/vg2-update-v17.pdf>

Helm, H.H., Gondra, S.D., McBride D.C. (2015) *Hook-up Culture Among College Students*. North
 American Journal of Psychology. 17:221-232.

Helm, H.W., Lien, L.M., McBride D.C. & Bandon, B. (2009). Comparison of Alcohol and Other Drug Use Trends Between a Prohibitionist University and National Data Sets. *Journal of Research on Christian Education*. 18:190-205.

Helm, H. W. Jr., McBride, D. C., Knox, D., & Zusman, M. (2009). The Influence of a Conservative Religion on Premarital Sexual Behavior of University Students. *North American Journal of Psychology*. 11(2), 231-245.

Hopkins, G. (1996). An AIDS-risk appraisal of students attending Seventh-day Adventist high schools in
 the United States and Canada. Dissertation from Loma Linda University

Description: In the present study, 1,748 students attending 69 Seventh-day Adventist (SDA) four-year high schools completed a self-administered questionnaire designed to assess (1) the HIV/AIDS-related behaviors of substance use and sexual intercourse before marriage and the determinants of these two risk behaviors based on the theory of planned behavior (TPB) (Ajzen, 1989), and (2) HIV/AIDS related attitudes, normative beliefs, and perceived control in a sample of SDA high school students based on the TPB.

A substantial number of research participants reported prior sexual and drug use behaviors. The rates of both of these behaviors were lower in SDA than in non-SDA respondents. Those students who reported that their parent(s) used either tobacco, alcohol, or marijuana demonstrated higher rates of past sexual intercourse and substance use than those students who reported that their parent(s) were not users of any of the three substances.

Using multiple regression analysis, the best predictor of the respondent’s intention to have sexual intercourse before marriage their perceived control over this behavior. **Further, the cognitive underpinnings that best predicted the students perceived control regarding sexual intercourse before marriage were spiritual strength and encouragement from their teachers.**

Useful conclusions drawn from this research were not that a certain proportion of SDA youth engaged in sexual behaviors or substance use, but were rather that SDA youth are not immune or exempt from engaging in behaviors that place them at risk for unintended pregnancy, sexually transmitted diseases including AIDS. Also, some of the cognitive underpinnings of the student's attitudes, subjective norms, and perceived control as they relate to sexual intercourse have now been identified. Educators can now act by creatively designing strategies that when implemented may serve to reduce the consequences of the acts studied.

Link: <https://ahsra.adventist.org/resource?id=10889> Includes description (summary is above) and link to request full article

Hopkins, G., Freier, M., Babikian, T., Helm Jr., H., McBride, D., Boward, M. (2004). Substance Use among Students Attending a Christian University that Strictly Prohibits the Use of Substances. *Journal of Research on Christian Education*, *13*(1), 23-39.

Hopkins, G.L. Hopp, J., Hopp Marshak, H., Neish, C., & Rhoads, G. (1997). AIDS and Adventist youth. *Ministry, 69*(7), 22-27. [https://www.ministrymagazine.org/archive/1996/07/aids https://www.ministrymagazine.org/archive/1996/07/aids -and-adventist-youth](https://www.ministrymagazine.org/archive/1996/07/aids-and-adventist-youth)

Hopkins, G., Hopp, J., Marshak, H. H., Neish, C., & Rhoads, G. (1998). An AIDS-risk assessment of
 students attending Christian high schools in the United States of America: A practical application
 of the theory of planned behavior. Journal of Research on Christian Education, 7(2), 91-120.

Hopkins, G., Ulery, L., McBride, D., Simmons, E., Gaede, D.P. & Knight, H.J. (2009). Service Learning and Community Service: An Essential Part of True Education. *Journal of Adventist Education, 71(2),* 21-25*.*

McBride, D. C., Freier, M.C., Hopkins, G., Babikian, T., Richardson, L., Helm, H., Hopp-Marshak, H., Broward, M. (2005). Sector Health Care Affairs. Quality of Parent-Child Relationship and Adolescent HIV Risk Behavior in St. Maarten. *AIDS Care*, 17, 45 54*.*

McBride, Duane; Hopkins, Gary; Baltazar, Alina; VanderWaal, Curtis; and Cinipio, Kathryn, "Family dinners and substance use and sexual activity in a prohibitionist university population" (2013). Faculty Publications. 85.
<https://digitalcommons.andrews.edu/behavioral-pubs/85>

McBride, Duane and Baltazar, Alina, "Parental & Religiosity Influences on Alcohol Use & Sexual Behaviors Among Christian College Students." (2012). Faculty Publications. 88.
<https://digitalcommons.andrews.edu/behavioral-pubs/88>

Perry, T. R. (2006). Religiosity and risk: The influence of adolescent faith on behavior (Unpublished
 doctoral dissertation). La Sierra University, Riverside, CA.
 <http://circle.adventist.org/browse/resource.phtml?leaf=11041>

Thayer, J. and Kido, E. (2012). Cognitive Genesis (GG): Assessing Academic Achievement and Cognitive Ability in Adventist Schools. Journal of Research on Christian Education 21(2): 95-115

Weinbender, M. L. M., & Rossignol, A. M. (1996, Summer). Lifestyle and risk of premature sexual activity
 in a high school population of Seventh-day Adventists: Valuegenesis 1989. Adolescence, 31, 265-
 281. <https://search.proquest.com/docview/195941661?pq-origsite=gscholar>

**III. Religion/Spirituality and Coping/Recovery from Physical Mental Health Problems,
 Trauma, and Life Difficulties**

Burnett, H.J., Witzel, Aller’s, K. McBride D.C., (2016) Understanding the Relationship of
 Trauma, Substance Abuse, and Resilience among Religiously Affiliated University
 Students. *Journal of Research on Christian Education. Journal of Research in Christian
 Education*, 25 :( 1), 317-334.

Carbonell, N.J., Sedlacek, D., Trecartin, S., & VanderWaal, C.J. (March, 2019). SDA Christian LGBT+
 Family Support, Depression & Suicide: Findings and Implications. Presented at the Christian
 Association of Psychological Studies, Dallas, TX.

Heck, A., Drumm, R., McBride, D., Sedlacek, D. (2017), Seventh-day Adventist Clergy:
 Understanding Stressors and Coping Mechanisms, *Review of Religious
 Research*, 60: 115-132.

Lee, J. W., Morton, K. R., Walters, J., Bellinger, D. L., Butler, T. L., Wilson, C., . . . Fraser, G. E. (2009).
 Cohort profile: The biopsychosocial religion and health study (BRHS). *International Journal of
 Epidemiology, 38*(6), 1470-1478. doi:10.1093/ije/dyn244

Morton, K. R., Lee, J. W., Haviland, M. G., & Fraser, G. E. (2012). Religious Engagement in a Risky Family
 Model Predicting Health in Older Black and White Seventh-Day Adventists. *Psychology of
 Religion and Spirituality, 4*(4), 298-311. doi:10.1037/a0027553

Morton, K. R., Tanzini, L., & Lee, J. W. (2019). Adult Life Satisfaction and the Role of Forgiveness After
 Childhood Sexual Abuse: Evidence from a Seventh-day Adventist Cohort. *Journal for the Scientific
 Study of Religion, 58*(1), 138-152. doi:10.1111/jssr.12575

Reinert, K. G., Campbell, J. C., Bandeen-Roche, K., Lee, J. W., & Szanton, S. (2016). The Role of Religious
 Involvement in the Relationship Between Early Trauma and Health Outcomes Among Adult
 Survivors. *Journal of Child & Adolescent Trauma, 9*, 231-241. doi:10.1007/s40653-015-0067-7

Reinert, K. G., Campbell, J. C., Bandeen‐Roche, K., Sharps, P., & Lee, J. (2015). Gender and race variations
 in the intersection of religious involvement, early trauma, and adult health. *Journal of Nursing
 Scholarship, 47*(4), 318-327. doi:10.1111/jnu.12144

Sedlacek, D., Drumm, R., Trecartin, S., Carbonell, N., & VanderWaal, C.J. (October, 2018). LGBT+
 Seventh-day Adventist Millennials: How Spirituality Connects to Risk and Protection. Presented
 at the North American Association of Christians in Social Work, Hartford, CT.

Teteh, D. K., Lee, J. W., Montgomery, S. B., & Wilson, C. M. (2019). Working Together with God:
 Religious Coping, Perceived Discrimination, and Hypertension. *Journal of Religion and Health*.
 doi:10.1007/s10943-019-00822-w

VanderWaal, C.J., Gavin, J.T., & Ellis, W. (2018). Seventh-day Adventist Opinions on Same-Sex Attraction
 and Same-Sex Unions. In *Promoting the Public Good: Policy in the Public Square and the Church,* Terry-McElrath, Y.M., VanderWaal, C.J., Baltazar, A.M., & Trim, D.J. B. (Eds), Avondale Academic
 Press, pp. 191-214.

VanderWaal, C.J., Trecartin, S., Drumm, R. (November, 2018). Saving Grace: Suicide Risk and Protective
 Factors among Christian LGBT+ Millennials. Presented at the Council on Social Work Education
 Annual Program Meeting, Orlando, FL.

VanderWaal, C.J., Sedlacek, D., Trecartin, S., & Carbonell, N.J. (May, 2018). The Impact of Family Support
 and Rejection among Seventh-day Adventist LGBT+ Millennials. Plenary presentation at the
 Adventist Research Conference: Social Sciences, Berrien Springs, MI.

Webb, A. P., Ellison, C. G., McFarland, M. J., Lee, J. W., Morton, K., & Walters, J. (2010). Divorce, religious
 coping, and depressive symptoms in a conservative protestant religious group. *Family Relations,
 59*(5), 544-557. doi:10.1111/j.1741-3729.2010.00622.x

**IV. Accepting Adventist Health Message Effect on Spirituality, Relationship with God and Behavior**

McBride, D.C., Landless, P., Bailey, K., Baltazar, A. Trim, D. 2019. *Health Beliefs, Behavior and Perception
 of Spiritual Growth and Salvation: A Descriptive Analysis from a Global Church Member Survey,* Presented at the Society for the Scientific Study of Religion, St. Louis, Missouri, October 31.

Baltazar, A.; VanderWaal, Curtis; McBride, Duane; and Hopkins, Gary, "“My Body is God’s Temple”: Self-
 Identified Reasons for Not Engaging in Risk Behaviors Among Adventist Young Adults"
 (2012). Faculty Publications. 84. https://digitalcommons.andrews.edu/behavioral-pubs/84

**V. Following Adventist Health Message and Physical/Mental Health/Health Decisions**

Ashley, G. (2004). Faculty stress and health practices: Stress among higher education Seventh-day Adventist faculty who practice NEWSTART health principles. Dissertation

Description: This study explored the stress levels experienced by faculty members who practice a set of health principles developed and advocated by the Seventh-day Adventist (SDA) religious organization to promote health and well-being. The principles summarized in the acronym NEWSTART (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust in divine power) are basic to the SDA organization's healthy lifestyle promotion. The study investigated the relationship between the practice of NEWSTART principles and levels of stress among faculty, one of the leading causes of burnout, who were selected from 3 SDA postsecondary schools. Three questionnaires were used: The Faculty Stress Index (FSI) developed by Walter Gmelch, a NEWSTART questionnaire, and a demographic profile developed for this study. The total number of full-time faculty members at these three institutions during the data collection phase of this study was 382. A total of 124 questionnaires were returned. The findings indicated that 2 of the 5 FSI concepts yielded significant results: Time Constraints, followed by Reward and Recognition. The results suggested that the degree to which faculty members practiced the NEWSTART health principles may have had a positive effect (less stress) in the level of faculty stress they experience in the areas of time constraints (e.g., clerical work, phone calls and interruptions) and reward and recognition (e.g., the amount of recognition faculty receive in relation to the amount of time/energy invested in the completion of their job-related duties). The findings provide baseline information on **health practices used by faculty at SDA institutions and the effectiveness of this model as a means of faculty stress reduction**. Future research should involve faculty from nonSDA institutions as a comparison group.

Link: <https://ahsra.adventist.org/resource?id=21166> Includes where to locate dissertation

Baltazar, A.M., McBride, D.C., Ames, B., & Griffore, R.J. (2020). Transitioning Role of Parents in Binge
 Drinking in the Context of Alcohol Abstinent Religiosity Among Christian College Students.
 Journal of Research in Christian Education, 29 (1): 82-102.
<https://www.tandfonline.com/eprint/AEHJCZXVWCVWKYTZZWHG/full?target=10.1080/10656219.2020.1731032>

McBride, D.C., Hopkins, G.L., Baltazar, A.M., & VanderWaal, C.J. (2015, November). Acceptance of health
 emphasis in doctrines of the Seventh-day Adventist Church and alcohol abuse/use in a
 population of young adult church members. Workshop presented at American Public Health
 Association Annual Meeting, Chicago, IL.

**Some Overview Articles on Spirituality and Health**

Landless, P.N. (2018). The more abundant life: Seventh-day Adventist Views on health, healing, wellness,
 and prevention in In *Promoting the Public Good: Policy in the Public Square and the Church,* Terry-McElrath, Y.M., VanderWaal, C.J., Baltazar, A.M., & Trim, D.J. B. (Eds), Avondale Academic
 Press, pp. 131-144.
 This provides an excellent overview of the Adventist Health Message and its theological base.

McBride, D.C., Mutch, P.B. and D.D. Chitwood. 1996. Religious Belief and the Initiation and
 Prevention of Drug Use among youth. In *Intervening with drug involved youth,* ed. C.B.
 McCoy, L.R. Metsch and J.A. Inciardi, 110-130. Newberry Park, California, Sage
 Publishing.
 This article provides a general historical overview of religion and substance use.

Reinert, K.G., Koenig, H.G. (2013). Re-examining definition of spirituality in nursing research. Journal of
 Advanced Nursing 69(12), 2622–2634. doi: 10.1111/jan.12152
 This article is an excellent meta-analysis of relevant literature on spirituality and health.

REINERT K.G. & KOENIG H.G. (2013) Re-examining deﬁnitions of spirituality

in nursing research. Journal of Advanced Nursing 69(12), 2622–2634.

doi: 10.1111/jan.12152

REINERT K.G. & KOENIG H.G. (2013) Re-examining deﬁnitions of spirituality

in nursing research. Journal of Advanced Nursing 69(12), 2622–2634.

doi: 10.1111/jan.121

**Religiosity and Health Variables from AU Health Risk and Protective Factors Survey that can be analyzed to address questions of spirituality and health**

Demographic Variables of Interest

Age, religious affiliation (vast majority are SDA), marital status, height/weight

Substance Use

Age of first use
Ever used, frequency of past 30 days use and last 12 months
Frequency of binge drinking
Average number of drinks past week
Consequences of use
Reasons for not using (against religious beliefs and health reasons included)

Physical Health

Never to Always

Cardiovascular exercise (20-60 min per day)Strength training (2 x a week)
Flexibility (3 x a week)
Sedentary less than 3 hours per day
10,000 steps per day
Maintaining a healthy weight
8 cups of water & avoid sugary drinks
2 servings of fruit per day
3 servings of vegetables per day
Breakfast every day
Avoid fatty, sugary, fried, & processed foods most of the time
On average get 7-8 hours per sleep per night
Living life to the fullness by making healthy choices, staying physical fit, I feel I have reached optimum
 levels of vitality

Sexual Health

Ever had sex, last 12 months
# of partners last 12 months, lifetime
Reasons why have not had sex (religious beliefs is one of the options)
Contraception methods used by frequency
If didn’t use contraception, why
How many hook-ups life time, last 12 months
What did during a hook up
Sexting frequency
Ever used porn intentionally, last 12 months
Average hours per week view porn
Consequences of viewing porn
Why view porn

Entertainment

Hours per week game
Hours per week in front of a screen for non-academic purposes

Mental Health

Adverse Childhood Experiences Scale
Suicide ideation last 6 months
Suicide attempt life-time
Depression, Anxiety, and Stress Scale
Are you happy (strong No to strong Yes)
What step of the ladder of life are you personally? (1-10)

Religiosity

Religious internalization
Reasons it is important to share faith (internal and external motivation)
Reasons I turn to God
Reasons I pray
Reasons I go to church

Religious Beliefs (strong No to strong Yes)

Do you believe God wants me to take care of my body by avoiding drugs and alcohol (Body is the temple)
Are you born again?
My father/mother is a real Christian
SDA is the true church
I intend to remain an SDA

Religious Behavior by frequency (never to several times per week)

Attend church
Personal prayer
Reading Bible
Family worship
Attending Sabbath School
Read Christian literature
Attend school sponsored religious program