

Contents

Foreword — V

Beate Jakob and Birgit Weyel

Introduction — 1

I Religion and Health. An Overview

Michael Klessmann

Does Faith Heal? — 23

Christian Zwingmann and Constantin Klein

Religion and Health from the View of Psychology of Religion — 38

Annette Haußmann

Depression and Spirituality/Religion — 56

II Studies

Annette Haußmann, Beate Jakob, and Birgit Weyel

Depression and Pastoral Care from the Viewpoint of Pastors in Germany — 93

Birgit Weyel

What Motivates Volunteers in Congregations to Take Care of People with Mental Disorders? — 113

Beate Jakob

Is Faith a Source of Strength? Do Congregations Offer Support? — 127

Annette Haußmann, Beate Jakob, and Birgit Weyel

Spirituality, Congregational Support, and Mental Health: The Example of Depression — 141

Paul Mekani and Japhet Myaba

Mental Health and Mental Disorders: Knowledge, Perceptions, and Attitudes towards People with Mental Diseases — 155

III Approaches to Improve Mental Health

Beate Jakob

Global Mental Health — 177

Beate Jakob

Promoting Mental Health at a Congregational Level — 184

Vandana Kanth

“Nayi Roshni” – “New Light” for People Suffering from Mental Disorders — 191

Contributors — 201

Bibliography — 203

Online Sources — 223

Index — 225