

# Faith Practices Reduce Perinatal Anxiety and Depression in Muslim Women: A Mixed-Methods Scoping Review

**#011**

Simonovich, S<sup>1</sup>; Quad, N1; Kanji-Ghaziani, Z1; Tabb, K2

1 – DePaul University

2 – University of Illinois

## **Objectives:**

To examine the use of Muslim faith practices on anxiety and depression in perinatal period.

## **Methods:**

This scoping review utilized Arksey and O'Malley's methodology to systematically review the literature pertinent to this topic. Eligibility criteria, databases, inclusion and exclusion criteria were developed with the full study team a priori. Measurement of utilization of Islamic faith practices and perinatal mood disorders including anxiety and depression directed our study design. The research question guiding our study was, "What effect do Islamic faith practices have on anxiety and depression during the perinatal period, including both pregnancy and postpartum?" Measurement of perinatal mood disorders included both formal assessment of anxiety or depression during pregnancy and postpartum via scale measures as well as self-report data.

## **Results:**

Nine studies were identified that demonstrate that Muslim faith practices reduce perinatal anxiety and depression symptoms. These studies demonstrate that prayers and other faith-based practices, including reciting parts of the Quran, saying a Dua, and listening to audio recordings of prayers are all effective in decreasing anxiety, depression, stress, pain and fear in Muslim women during pregnancy, during childbirth, during an unexpected cesarean section, and when experiencing infant loss.

## **Conclusions:**

Despite the scoping review's small sample size, findings confirm that incorporation of faith practices effectively reduces perinatal depression and anxiety among Muslim women and should be utilized in clinical settings for nonpharmacological management of perinatal mood disorders.

## **Acknowledgements:**

None.

## **Disclosures:**

None.