

CORRELATIONAL STUDIES OF DEPRESSION AND ANXIETY WITH ROOT CHAKRA SCALE IN THE GENERAL POPULATION

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Abstract

Depression and anxiety are commonly diagnosed in primary care practices. Spiritual beliefs greatly influence patients' overall health. There have been few studies correlating depression as well as anxiety and spirituality. Spirituality in itself is a less explored topic which prevents it from being mentioned as a parameter to define health by WHO. There are many stressors present in many communities, such as increased rates of poverty, crime, and chronic illness, so a patient's spiritual life could be an important coping mechanism, especially with limited support systems. This pilot study is done to see the spiritual beliefs arising from root chakra which according to Indian scriptures holds beliefs which if changed lead to depression and anxiety. Correlation is studied between depression as well as anxiety through DASS21 score and root chakra belief system obtained through chakra scale with added questionnaire in 34 subjects from general population. Moderate correlations are found in both the cases with r being 0.44 and 0.40 respectively for depression and anxiety.

Keywords- Depression, Anxiety, Spirituality, Root Chakra, DASS21 Score

INTRODUCTION / BACKGROUND

Depression and anxiety are commonly diagnosed in health care practices, accounting for around 6% to 20% of all patient visits¹⁻³. Similarly, spiritual beliefs also greatly affect patients' approach to overall health. Few studies only have correlated depression and spirituality. Spirituality in itself is a less explored topic which prevents it from being mentioned as a parameter to define health⁴. There are many stressors present in many communities, such as increased rates of poverty, crime, and chronic illness, so a patient's spiritual life could be an important coping mechanism, especially with limited support systems⁵⁻⁸.

Internal facets of spirituality/religion (S/R) such as beliefs, attitudes and motivations are likely to have very strong and consistent associations with anxiety. Optimistic beliefs such as faith and trust in God, secure religious attachment with unconditional love, religious motivation with internal loci, and religious gratitude, are very strongly associated with lower anxiety. Similarly, negative S/R beliefs and attitudes like punishing-God appraisals, anger and mistrust towards God, insecure/avoidant attachment to God, and religious motivation with external loci, all predict greater anxiety⁹.

Healthcare providers should consider asking about current spiritual well-being and past negative religious experiences in order to assess seriously ill patients with anxiety and depression¹⁰.

It is also important to introduce spiritual treatment for such patients of anxiety and depression which is not yet possible as gaining faith in spirituality without experiences becomes difficult for patients.

This study focuses on studying root chakra of individuals through chakra scale of general population as mentioned in Indian scriptures¹¹ and correlating it with DASS 21 scale (depression and anxiety component) as root chakra among the seven chakras, according to Indian scriptures, holds the cause for depression and anxiety. The root chakra scale can be further utilized as a tool for anxiety and depression patient management through regular root chakra affirmations.

Aim

This study focuses on core beliefs and hypothesizes that psychological disorders are caused by changes in these beliefs related to the chakra.

Objectives

To correlate root chakra through chakra scale and additional questionnaire with depression and anxiety component of DASS 21 scale.

Methodology

As this type of study is conducted for first time it is a pilot study composed of 34 subjects. The study was carried out in the department of Physiology, Hind Institute of Medical Sciences, Barabanki, Uttar Pradesh, India. Data was accumulated from general population. Subjects aged 16 to 20 years of any gender, any religion were included in the study. Subjects with any other history of disease were excluded from the study. A scale was framed to know the beliefs of subjects as per root chakra system using chakra scale¹² and additional questionnaire. Responses were on Likert scale, where 1 is strongly disagree and 5 is strongly agree. Most relevant score was to be written.

Result

Cross sectional analysis was done using Spearman's correlation between depression component of DASS21 score and root chakra score obtained through questionnaire as well as using Spearman's correlation between anxiety component of DASS21 score and root chakra score obtained through questionnaire.

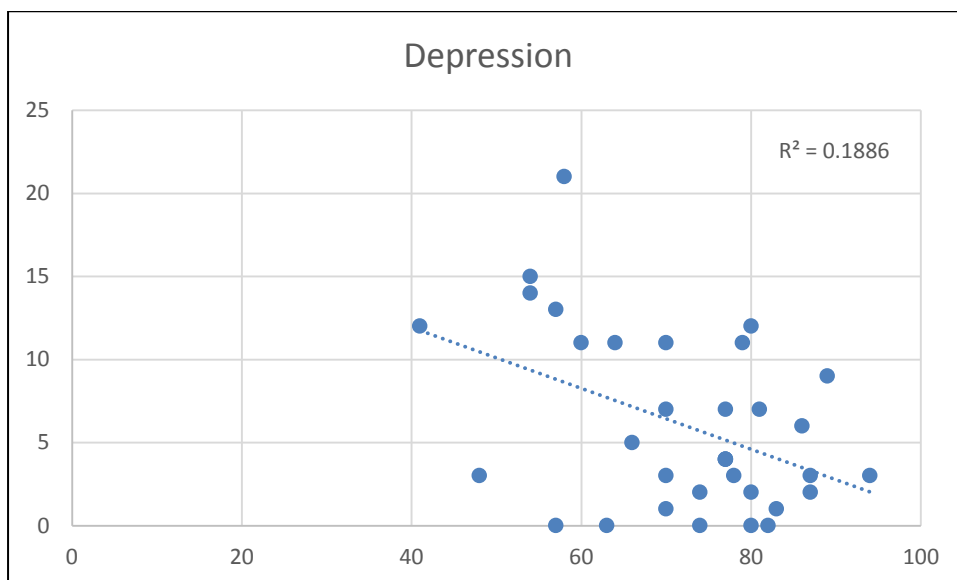
Root chakra scale comprising of root chakra points from chakra scale and additional questions on root chakra

- Root chakra points from chakra scale
- 1. I am peaceful with the material world in which I live.
- 2. I am worthy of respect.
- 3. I withstand the obstacles of life.
- 4. I make good, healthy choices.
- 5. I release all my doubts, fears and anxiety.
- 6. I am safe and secure.
- 7. I have access to all the resources I need to survive and thrive.
- Additional questions:
 1. I love being in my body.
 2. I am centred and grounded.
 3. I trust more and I fear less.
 4. I am a physical being and I value my physical body.
 5. I am at home in my own body.
 6. I am present and aware.
 7. I am connected to nature.
 8. I am nourished and supported by Mother Earth.

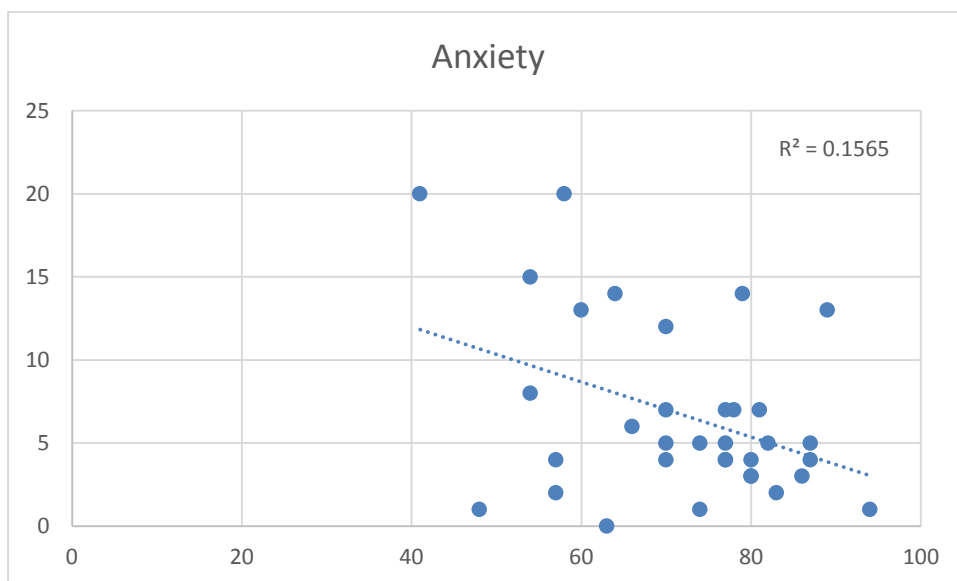
- 9. I am rooted and I feel at home.
- 10. I am wealthy and abundant financially.
- 11. I have everything I need.
- 12. I deserve to be on earth

According to Spearman’s correlation, as shown in diagram 1 where X axis carries root chakra scale values and Y axis carries depression component of DASS21 score, r value obtained is -0.434281 which is a negative moderate correlation.

According to Spearman’s correlation, as shown in diagram 2 where X axis carries root chakra scale values and Y axis carries anxiety component of DASS21 score, r value obtained is -0.408044 which is a negative moderate correlation



r=0.434281



r=0.408044

Spearman's correlation with Root Chakra Scale

Sr. no.	R ²	r
Depression	0.1886	0.434281
Anxiety	0.1565	0.408044

DISCUSSION

Root chakra is studied here to find out the deep-rooted beliefs of subjects which could be causal for illnesses like depression and anxiety. Negative correlation is found as per Spearman's correlation, meaning that when there are strong root chakra beliefs which come with spiritual alignment according to scriptures, chances of depression and anxiety decrease. Many similar studies have been conducted with similar scenarios as follows. In a study, spiritual well-being, including both beliefs about faith in illness and having meaning, peace, and purpose in life were associated with lower anxiety levels ($P \leq 0.001$) and depression levels ($P < 0.001$). Greater past negative religious experiences were associated with more symptoms of anxiety ($P = 0.04$) and depression ($P = 0.004$)¹⁰.

According to a study¹³, individual Spiritual Involvement and Beliefs Scale (SIBS) items analysis revealed that high spirituality scores on items in the domain of rooted beliefs, such as belief in a higher power ($p < .01$), the importance of prayer ($p < .0001$), and finding meaning in times of hardship ($p < .05$), were statistically associated negatively with depression.

A study was conducted to determine the correlation between spiritual well-being and hope and depression in patients of oncology¹⁴. A negative relationship was found between spiritual well-being and hopelessness and depression, and a positive and significant relationship was found between depression and hopelessness.

Chakra correlation is found in this study with r value for Spearman's correlation between depression and root chakra scale being 0.40 and with r value for Spearman's correlation between anxiety and root chakra scale being 0.44, both being moderate correlation. This correlation of anxiety and depression with root chakra scale could be a widely applicable tool where its affirmations can be used to gain faith in spirituality. If the affirmations are kept at the back of the mind by the patients, further experiences causing negative mindset to analyse the situation can be made to mould the mindset to a positive one to make the person feel those experiences as not so negative or even positive. These chakras reflect the fundamental beliefs of a person that are foundation for perspective towards life and further decision making leading to a vicious cycle through further perspective from results of decisions. The vicious cycle ultimately leads to depression or anxiety which can be overcome through affirmations.

Limitations

As the study is conducted for the first time, being pilot study, the sample size is low and a strong correlation could have been missed. The study does not take into consideration beliefs associated with other chakras.

CONCLUSION

Chakra correlation as found in the study with anxiety and depression could be a widely applicable tool where its affirmations can be used to gain faith in spirituality and thus can be utilized for prevention or even reversal of depression and anxiety.

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