Relationship of self-reported mysticism with depression and anxiety in Iranian Muslims.

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Abstract

This study examined relationships of self-reported Mysticism with dispositional Depression and Anxiety in Iranian Muslims. The sample contained 80 women and 51 men undergraduates who volunteered to participate (M age=20.5 yr., SD= 2.0). Participants responded to the Hood Mysticism Scale and to the Costello and Comrey Depression and Anxiety Scales. Scores on the Religious Interpretation dimension of mystical experience correlated negatively with those on Depression, explained a similar relationship observed for Extrovertive Mysticism, and moderated the otherwise positive relationship between Introvertive Mysticism and Anxiety. Moderation occurred when Introvertive Mysticism correlated negatively rather than positively with Anxiety in those who scored high on Religious Interpretation and very high on the Introvertive factor. These data suggested possibilities for reconciling conflicts that have appeared between philosophical interpretations of Introvertive Mysticism and previous self-report data.