Rosary Praying and Health - a Qualitative Study

Summary:
Background:
The rosary prayer is a common occidental Christian meditative form of prayer, which is used since centuries in Europe. In contrast to other forms of meditation there is little research about its health promoting and therapeutic effects.
Aim of this study is to learn about the perceived effects of the rosary prayer on disease, health, well-being, spirituality and religiosity by the respondents.
Design:
An explorative qualitative study with semi-structured interviews will be conducted. Therefore 10 catholic adults, practicing the rosary prayer regularly, will be recruited.
Analysis:
The interviews will follow an interview-guide, will be audio-recorded and transcribed pseudonymised. The data will be analysed inductively and deductively relating to qualitative content analysis using the software program MAXQDA®.
Main topics are:
• Personal experiences with the rosary prayer
• Subjective experienced effects of the rosary prayer on health, disease and well-being
• Possible effective factors
• Meaning of religiosity and spirituality in life

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Project duration: 2018-2019
Project status: analysis phase
Funding: Karl und Veronika Carstens-Foundation

Publication: