

Subjects and methods: The study was based on 103 woman engaged in a fertility treatment with in vitro fertilization. The questionnaires (Religiosity Questionnaire, Clinical Outcomes in Routine Evaluation - Outcome Measure, and socio-demographic questionnaire) were administered by investigators.

Results: The results suggest that the level of religiosity significantly differs participants in terms of problems ($F=1.92$, $p=0.01$), functioning ($F=1.79$, $p=0.03$), risk behaviors ($F=3.02$, $p=0.00$), anxiety ($F=1.72$, $p=0.03$) and physical problems ($F=1.82$, $p=0.02$). There were no significant differences in subjective wellbeing, depression and traumatization according to religiosity.

Conclusion: Results of a present study point out that religiosity could be considered as a protective factor for psychological distress.

Key words: in vitro fertilization - religiosity - psychological distress

* * * * *

ISLAMIC APPROACH TO THE TREATMENT OF THE FEAR OF DEATH

Ahmed Pajević¹, Izet Pajević^{1,2} & Mevludin Hasanović^{1,2}

¹*School of Medicine, University in Tuzla, Tuzla, Bosnia and Herzegovina*

²*Department of Psychiatry, University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina*

Although the question of death and the fear of it is one of the oldest questions man has dealt with, we have no discussions from ancient times about fear in an existential sense. The thematic approach to this phenomenon in Western philosophy and theology occurs in Hellenism and in the Christian religion, but it gains its full meaning only in the philosophies of existence. The famous Islamic philosopher and physician Ibn Sina, better known in the West as Avicenna (980-1037), wrote *A Treatise on the Cure for the Fear of Death and the Treatment of Anxiety Caused by It* more than nine centuries ago. Relying on Islamic teachings, Ibn Sina made a comprehensive analysis of this problem in the *Treatise*, giving precise instructions on how to deal with people who have mental impediments due to the fear of death, which in modern psychiatry are called anxiety and fear-related disorders. In this paper, a brief analysis of the *Treatise* is made in order to point out possible guidelines in the approach to the problem of fear of death, which in modern psychiatry, psychopathology and psychotherapy is obviously not given enough attention.

Keywords: fear of death - anxiety - Ibn Sina - Avicenna - psychiatry - psychotherapy

* * * * *

ISLAMIC APPROACH TO THE PSYCHOTRAUMA: ANIMATION, GROWTH AND TRANSFORMATION

Mevludin Hasanović^{1,2}, Izet Pajević^{1,2} & Muhammed Hasanović³

¹*Department of Psychiatry, University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina*

²*School of Medicine, University of Tuzla, Tuzla, Bosnia and Herzegovina*

³*Department of Psychology, School of Philosophy, University of Tuzla, Tuzla, Bosnia and Herzegovina*

The paper gives an approximate significance of religion in the mental health of believers. Islamic views of the soul are presented, as a basic principle of human life. The correct, beneficial effects in the attitudes and behavior of individuals towards their souls are also shown. It is also shown what can negatively affect the soul, which creates a basis for the disruption of mental well-being, which causes a mental disorder or mental illness. The paper focused on Islam, as a complete worldview based on the theory of the Revelation of the Qur'an and the practices of God's Messenger, Muhammad, peace be upon him (p.b.u.h.) through which the Revelation was given to all mankind. The basic Islamic theoretical and practical principles and their beneficial protective and healing effect on the mental, psychosocial and psychosomatic well-being of the individual and the community are enumerated and briefly explained when the daily routine of Islamic living is properly applied. The paper presents the basic Islamic principles that help people who suffer sudden, short-term or long-term troubles and catastrophes, because of which psychological trauma and its acute and chronic consequences are formed, which makes the treatment of traumatized faster, and more efficient.

Key words: mental health - Islam - psychotrauma - growth - transformation

* * * * *

A TREATISE OF THE ISLAMIC PHILOSOPHER IBN SINA (AVICENNA) ON THE FEAR OF DEATH AND THE TREATMENT OF ANXIETY CAUSED BY IT

Ahmed Pajević¹, Izet Pajević^{1,2}, Edin Dedić³ & Mevludin Hasanović^{1,2}

¹*School of Medicine, University in Tuzla, Tuzla, Bosnia and Herzegovina*

²*Department of Psychiatry, University Clinical Center Tuzla, Tuzla, Bosnia and Herzegovina*

³*Behram-Bey's Madrasa, Tuzla, Bosnia and Herzegovina*

Although the issue of death and fear of it is one of the oldest issues that man has dealt with, modern secular psychiatry today, as before, does not pay enough attention to the phenomenon of fear of death. The famous Islamic philosopher and physician Ibn Sina, better known in the West as Avicenna (980-1037), wrote *A Treatise on the Cure for the Fear of Death and the Treatment of Anxiety Caused by It* ten centuries ago. Bosnian Islamic scholar Mehmed Handžić translated this treatise from Arabic into Bosnian 80 years ago. This paper provides basic data and a summary of this translation with a focus on the analysis of key terms from the Arabic language used by the author in the original paper from the perspective of today's psychiatric terminology and then its integral translation into English. In addition to its historical significance, we believe that this discussion has its practical significance today, so we hope that this paper could encourage further fruitful discussions in professional circles dealing with this topic.

Keywords: fear of death, anxiety, Ibn Sina, Avicenna, psychiatry, psychotherapy

* * * * *

BEYOND PLACEBO: PRAYER EXPLOITING SYNCHRONICITIES TO BENEFIT HEALTH

Maja Roje Novak

Private neurologic ordination, Zagreb, Croatia

According to the law of attraction the Universe works with us to bring us what we desire. However, there is commonly a gap between what our conscious mind desires and what our subconscious mind attracts and brings into our lives. Prayer makes us feel connected to God and help us to attract what is good for us. We invite God in to help us create physical, psychological, social and spiritual well-being. Placebo reactors tend to be individuals who: have a predisposition to be cured; are motivated to regain health; seek out medical services; agree to medical procedures, and experience empowerment through rituals that provide a direct experience or being in contact with culturally-recognized healing influences. God wants us to be happy and healthy and to free us from pain and suffering. Synchronicity refers to the occurrence of two parallel events that are connected by meaning and not by cause, which have been described in association with prayer. According to the principle of similarity or symmetry, a kind of "law of attraction", in a holographic universe one situation attracts a similar situation. In medicine this phenomenon may be useful to aid healing. If we form a mental picture or simulate the situation of being cured, the principle of similarity will occur and draw in our reality the wanted outcome. If we connect this process with prayer, it will be more likely that we can attract wanted similarities into our lives. Praying can attract healing by promoting synchronicities, and we can conclude that prayer does not work simply via the placebo reaction but also in a transpersonal, non-local manner by facilitating convenient synchronicities

Key words: the law of attraction- prayer - placebo - rituals - synchronicity

* * * * *

PSYCHO-ONCOLOGY AND SPIRITUALITY

Ivana Ljubičić Bistrović¹, Mario Tomljanović² & Rudolf Ljubičić¹

¹*Universty Hospital Center Rijeka, Rijeka, Croatia*

²*Theology of Rijeka, Chatolic Faculty of Theology, University of Zagreb, Zagreb, Croatia*

The prevalence of malignant diseases is increasing, and, although a number of oncological treatments lead to high survival rates, in order for a person to cope with the challenges of a serious diagnosis, mental health should be preserved in the first place. Psycho-oncology has recognized the importance of mental health in the treatment of carcinoma, and numerous clinical studies have stressed the importance of distinguishing normal emotional reactions from mental disorders. A task of modern medicine is to be personality-centred and participatory, taking into account the patient's physical, psychological and spiritual