

Clergy Self-Care: How Do We Measure It?

How Does It Relate To Overall Health?



Break Out #1: Discussion Questions

Discussion Questions:

- What is your knowledge of the clergy health literature?
 - How did you come upon it (who, what, when, where, how, and why?)

Pastoral Self-Care Work Group



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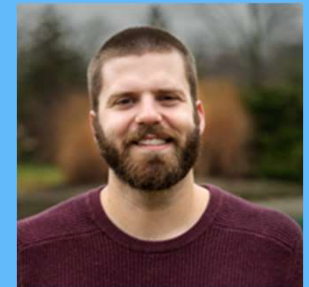
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Mission Statement

Multidisciplinary experts conducting rigorous, well-informed research intent on better understanding and addressing health-related outcomes among faith leaders.

Connections



State of the Literature

Existing Literature On Clergy & Self-Care

How does the literature define self-care within the context of faith leaders?

What research exists examining self-care behaviors within the context of obesity or obesity-related chronic disease outcomes among faith leaders?

Meta-
Analysis?

Systematic
Review?

Scoping
Review?



Faith Leaders
vs.
Clergy



Break Out #2: Discussion Questions

Group thoughts on self-care...

- "Caring-for-self" vs. "self-care"? Same? Different?
- How does self-care among clergy differ (or not) from self-care in society?

Literature Review

A Scoping Review of Self-Care Within the Context of Obesity-Related Outcomes Among Faith Leaders

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Methods: Data Sources

Informed By:

- Arksey and O'Malley's framework (2005)
- Updated recommendations by Daudt et al (2013)

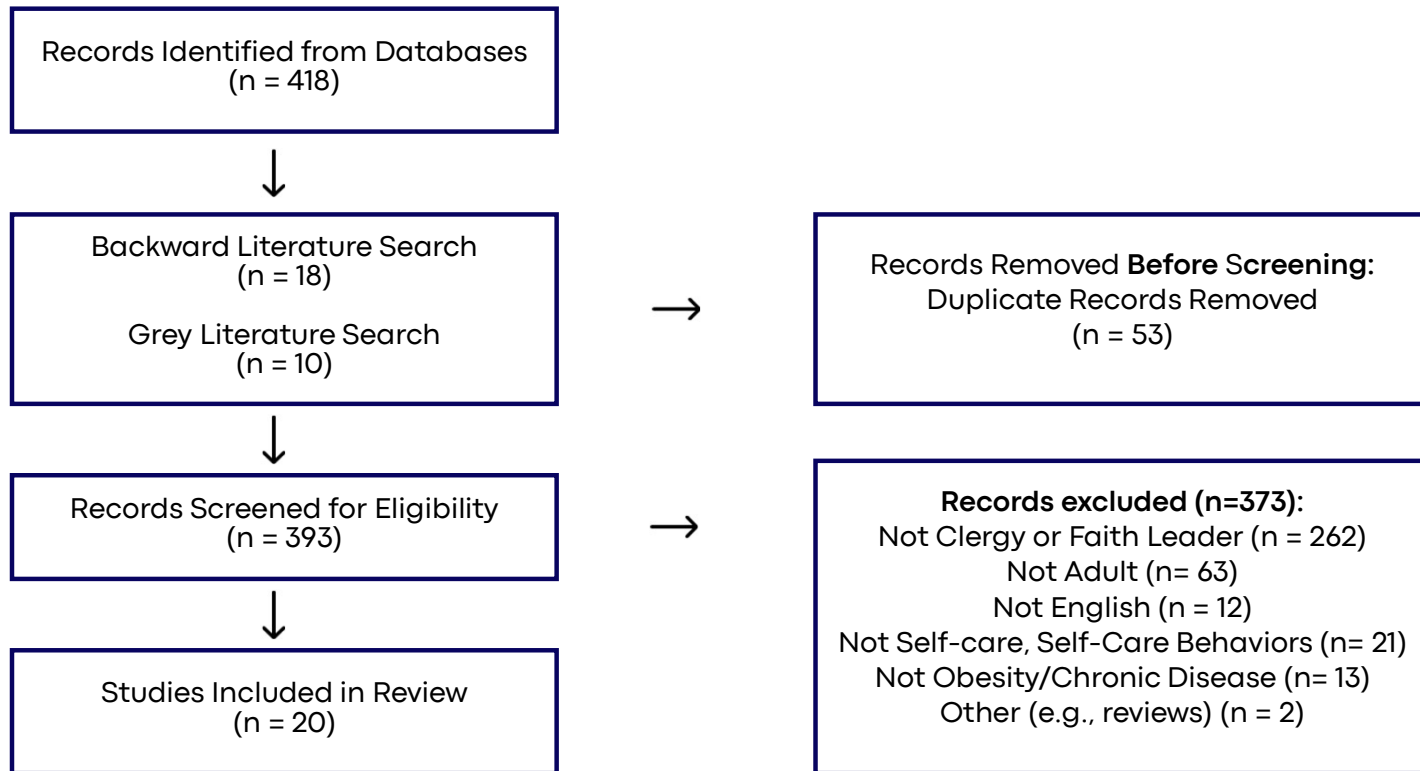
Studies Were Identified Through:

- Database (PubMed & CINAHL)
- Backward (study references)
- Grey literature (reports) searches

Search Terms Among Faith Leaders:

- **Self-care behaviors** (e.g., rest, physical activity, managing demands, diet)
AND
- **Obesity and obesity-related chronic diseases** (e.g., cancer, heart disease, diabetes, high cholesterol)

Identification of Studies: Databases and Registries



Methods: Data Extraction & Synthesis

Descriptive Data (each study charted):

- Author
- Year published
- Study aim
- Study design/methods
- Sample size/population
- Self-care definition/behavior
- Primary findings

Summarized Findings:

- Adhered to Braun and Clarke's (2006) six-step thematic analysis framework.

Three Major Themes (in charted data):

1. Self-care definition
2. Associations between self-care behaviors and obesity-related outcomes
3. Self-care as the dependent variable

Results: Descriptive Statistics

20

Studies met
eligibility
requirement


Most Studies Were:

- Quantitative (n=15)
- Cross-sectional studies (n=12)
- Not informed by behavior change theory (n=13)

Faith Traditions Examined:

✝ = 15

 = 5

 = 12

Results: Thematic Analysis

**NO Consistent
Definition of Self-
Care Was Identified**

17

NO mention of
the term
"self-care"
(most studies)

**Most Common Self-
Care Behaviors
Examined :**

- Physical activity and vegetarian diets (n=13)
- Inverse associations with obesity-related outcomes

**Other Self-Care
Behaviors with
Inverse
Associations**

- Taking days off
- Sabbaticals
- Rest
- Sleep

**Number of
studies = 2**

Discussion: Summary and Next Steps

- Literature defining the meaning of “self-care” among faith leaders is sparse
- Most studies focus on a few behaviors
- Rarely incorporated behavior change theory
- Used primarily cross-sectional designs
- Included mostly white, male, Christian faith leaders

Break Out #3: Discussion Questions

- What aspects of clergy health are you most interested in?
 - What would you like to see more research done on?
- Are there areas of clergy health that you think have been studied enough?

Continuing The Work

**Recruit
More
Diverse
Samples**

**Follow
Clergy
Over
Time**

**More
Research
On "Other
Self-Care
Behaviors"**

**Programs &
Research:**

**Use
Behavior
Change
Theory**

Continuing The Work

What research exists examining self-care behaviors within the context of mental health outcomes among faith leaders?

Establishing the Reliability and Validity of the Caring Factor Survey—Caring for Self Among Protestant Clergy

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"10 Ways to Fill Your Cup"

Thank You



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