

# Spiritual Well-being: through the eyes of migrant people living in Portugal

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## Background

The accumulation of sociodemographic, economic and political needs of minority groups in Portuguese society raises the need to investigate the impact on the well-being and, in particular, spiritual well-being of migrants living in Portugal. In short, there is no vast production that addresses this research topic and knowledge in this context is incipient, highlighted by a review of the literature published in 2019 on studies of social health inequality conducted in the national territory (Conceição, 2019).

Migrants find themselves in the interstice between cultures and societies, cohabited by stigmas, and confront social inequalities that influence their life projects, purposes and expectations. It is broadly recognized that spirituality acts as a mediator of health (Koenig, 2012; Lucchetti & Lucchetti, 2014).

Although literature frequently addresses spirituality and religion's benefits, there is a lack of knowledge on how spirituality and spiritual well-being are perceived by migrants and in what way social inequalities translate to one's level of spiritual well-being.

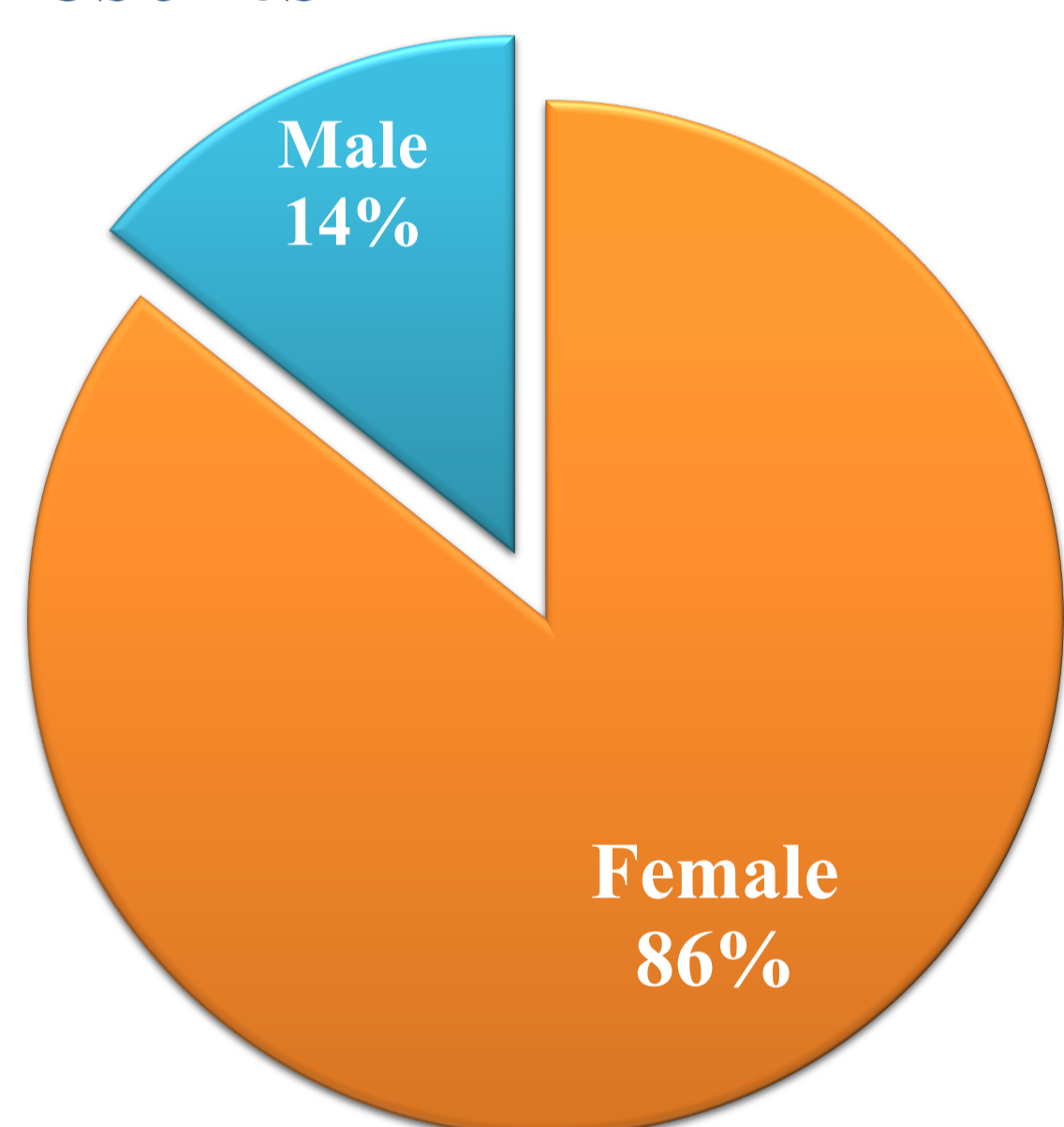
## Purpose

This study explores the subjective experience of spiritual well-being of migrant adults living in Portugal. Additionally, it intends to raise possible relations between social aspects and spiritual well-being in the same sample.

## Methods

This exploratory, retrospective, and cross-sectional study is based on a self-administered questionnaire, including the Spiritual Well-Being Questionnaire (SWBQ). This paper presents preliminary responses of a non-probabilistic and convenience sample. Participant recruitment is still being done through several non-governmental organisations supporting migrant people in Portugal. The inclusion criteria are migrants over 18 years old living in Portugal. To date, two organisations have agreed to collaborate with the study's implementation. This study received approval from the University's Ethics Committee. Data analysis was performed using the SPSS program.

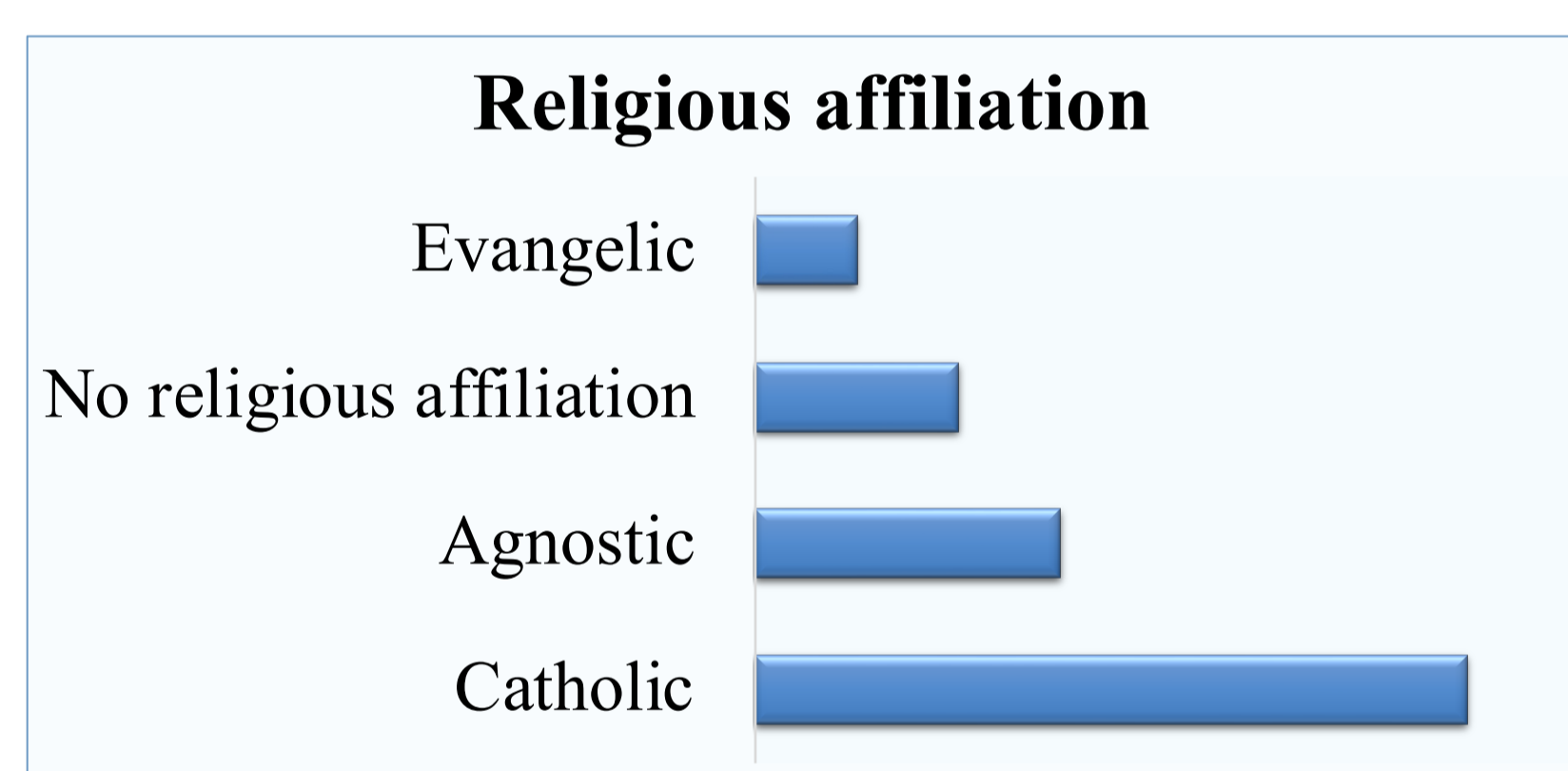
## Results



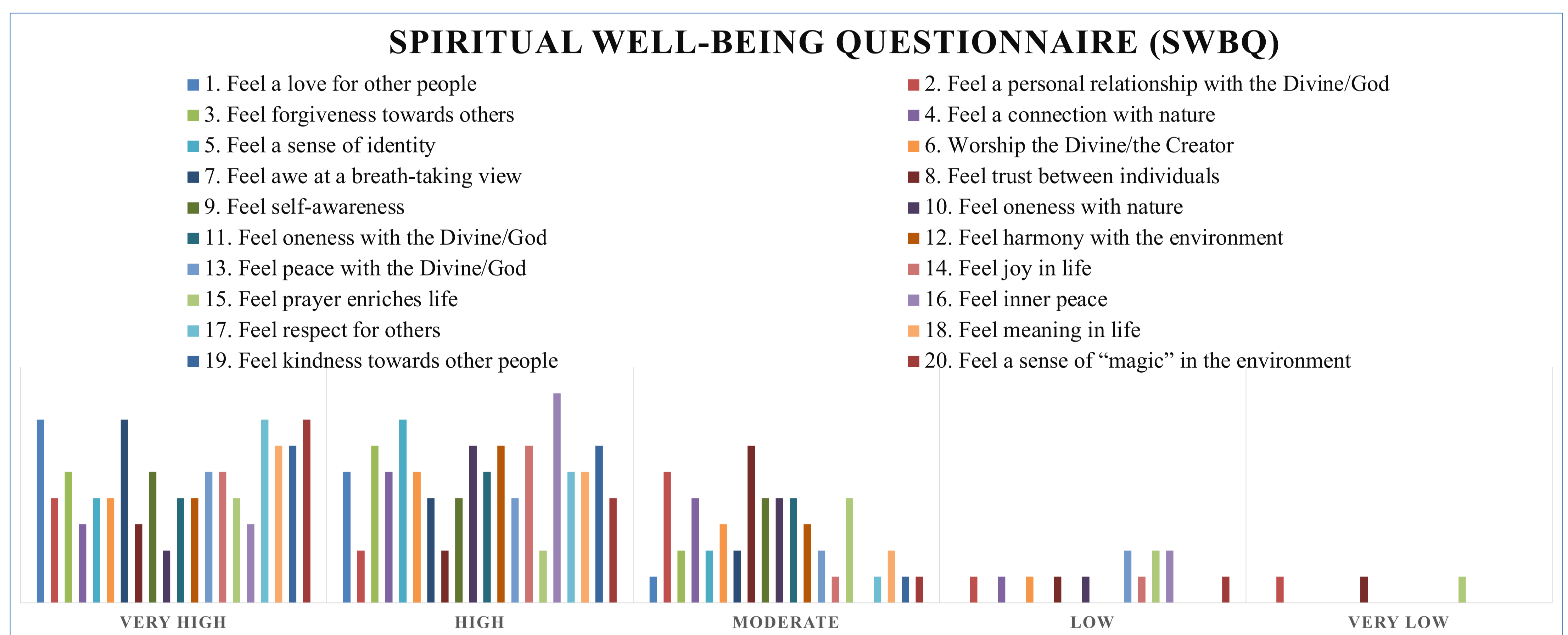
Age 37 - 51 years  
(Mean age 44 years)



Living in Portugal  
7 months - 48 years  
(Mean 17 years)



- Highest scores SWBQ**
1. Feel a love for others (M=4.41)
  17. Feel respect for others (M=4.41)
- Lowest scores SWBQ**
15. Feel prayer enriches life (M=3.33)
  2. Feel a personal relationship with the Divine/God (M=3.41)



## Conclusions

This study raises the need for an imperative response to protect vulnerable citizens, namely migrants safeguard their rights, and act against the accumulation of deficiencies that could negatively impact their health, and spiritual living. Spirituality must be considered a legitimate factor that affects individual health and well-being and deserves the same attention and focus as any other social determinant (political, cultural, and economic).

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