An Analysis of the Causes of Mental Illness, Part III

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ABSTRACT: Mental illness, anxiety, depression, and worries are among the predicaments of human society in the present century. In recent decades, the factors contributing to, preventing, and curing these illnesses have been addressed from different angles. The resulting achievements are various cognitive, behavioural, psychological, psychodynamic, and biological theories that, of course, led to valuable outcomes. The previous paper addressed general symptoms and the stages of mental illness according to the Qur'an. This paper offers the consequences of religious teachings on the treatment of mental illness; faith in God, living the "goodly life", God-wariness (*taqwa*), remembrance of God (*dhikr*), and trust in God (*tawakkul*) are some qualities that stave off mental illness and bring about peace and tranquillity.

1. Islam

According to the Muslim scholars, Islam brings peace of mind and security, hence a means of mental health. When disbelief is regarded as a mental illness, Islam would then be considered mental health. Imam Ali said: