

Depression; Its Psychological And Islamic Treatment (C.B.T & Islamic Fundamentals)

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Abstract

The state of immense sadness is called depression. It is a very common and serious mood disorder affecting 264 million people worldwide. It affects thoughts, feelings, behaviors, physical health and social life of a person. Depressed person overwhelms with sadness, loses interest in life and feels difficulty in making decisions. Brain chemistry, genetics, social and environmental factors may cause depression. Antidepressants and talking therapies are major treatment of depression. Islam is a true religion on the earth which covers all aspects of life, bridges gap between spirit and matter, balances between individualism and collectivism. Fundamentals of Islam help in prevention and treatment of depression. A true Muslim believes in oneness of Allah Almighty. He believes that Allah Almighty alone runs all affairs of universe, considers life as a place of trials and tribulations, remains patient in difficulties of life, his heart is peaceful with the remembrance of Allah, he puts trust in Allah Almighty, whenever he commits sin repents, seeks forgiveness from Allah Almighty for his sin.

Keywords: Depression, brain chemistry, genetics, antidepressant, therapy

Introduction

Mental disorders are very serious diseases. They affect thoughts, emotions bodies, actions and social lives of the people by affecting their abilities to function effectively. The most important type of mental disorder is depression. Depression is immense sadness; which is called mood disorder in clinical psychology.

Depression is very common mental disease increasing very rapidly in the world, it can affect everyone alike, young and old, males and females, rich and poor, scholars and ignorant, religious and non-

religious. It is estimated that 264 million people in the world suffer from depression¹. In Pakistan 38% people suffer from it, 43% women suffer from depression in Pakistan as compare to 31% of men².

A depressed patient spends most of his life in a state of extreme sadness, feels tired and hopeless. He/she may lose interest in daily life activities, his sleep may be disturbed, he/she sees him unable to fulfill the requirements of his life, he may have suicidal thoughts and he may commit suicide. Research studies indicate that 800 thousand people commit suicide in the world every year, more than 80% suicides are committed due to depression³. Suicide rates among old people is high as compare to children and adults, usually, women commit suicide after the age of 45, while men commit suicides after the age of 55, although the elderly people represent only 10 % of the total world population⁴.

Depressed person sometimes becomes burden on others, his/her earning abilities decrease or he/she can't save his/her earning. Ziad Al-Tarwaneh says about the danger of depression: It has been proved that mental depression, especially major depression is more dangerous. The patient becomes burden on everyone around him which negatively affects his family members, extends its impact to his friends, and even to the treating physician⁵.

There is a strong relationship between depression and physical diseases, such as cancer, heart disease, here depression increases the intensity of these diseases and treatment of physical illnesses may prolong. Dr. John Harrod, who suffered from physical illness & depression, he considered depression more severe and stronger than physical diseases. The doctor says: If you had chosen between physical diseases and depression, you would undoubtedly avoid the pain of depression. Its treatment takes a long time, so I see it as a threat to the lives of the patients, it affects whole body, paralyzes the body, destroys ability to make decisions, depressed person lives with sadness, misery and pain all the time⁶.

Depression affects social relations, the patient faces difficulty to start new social relationships, he may abstain from social gatherings, he may lack social skills, lack of social skills and social isolation may lead him to the tendency of frustration, failure and depression⁷.

Depression affects children less than old and adolescents, only 1% of children suffer from depression. However, children who have been experienced to depression at early ages, may be affected by depression at adulthood⁸. Women are more likely to experience depression compare to men, there is a strong correlation between female hormones and depression, these hormonal changings in women bodies cause depression. Women may experience depression after childbirth, especially in cases of lack of social support. There is another type of depression that occurs to women immediately after childbirth or after several weeks⁹. Women are physically weak, emotional and sensitive as compare to men, no doubt these characteristics are very important for them to perform their duties as mothers and wives, but when they go through the crisis, face stress and pains in their lives they may experience depression¹⁰.

Causes of Depression

There might be many causes of depression, they might be internal or external in nature, some factors may cause depression directly and some factors instead of causing depression directly may increase the intensity of depression, some of the causes leading to depression are discussed in following lines:

- 1 Depression concerns with personalities; The person who depends on others in many times, and is afraid of taking responsibility, such a person when faces any problem in life overwhelms with fear, frustration, and a tendency to depression. On the other hand, the strict minded personality who

- intends to obey all norms sincerely, shows extreme sincerity in his job and always eager to perform his duties at the highest level, if such personality fails in achieving his targets becomes frustrated and anger which may lead him to tendency of depression. Similarly, a person who hides his feelings and does not disclose before others, gets depressed quickly and a person who have lost his parents in childhood, or deprived of mother's kindness in his childhood may experience depression¹¹.
- 2 Man is a social creature who does not live alone, many aspects of life as a person's happiness and joy are linked to others, if a person faces crisis in his life and lacks social support, social isolation in crisis may increase the chance of depression¹². Concept of social isolation is very common in western world, where people live in loneliness avoiding care of others, become hopeless, frustrated and depressed, this situation may increase the risk of suicides¹³. Some people continue their jobs dawn to dust without changing routines or taking rest, these people may feel bored and depressed. In addition, retirement, unemployment and fear of losing a job may lead people to anger frustration and depression¹⁴.
 - 3 Genetics factors play a role in development of depression, if parents suffer from mental illness, the chance of mental disorders increases in children. If one of the parents suffers from depression then the chances of increasing depression to child may be between 10% to 30%¹⁵.
 - 4 There is a strong relationship between alcohol and depression. Alcohol affects a person's thinking, creates despair and depression in his heart, makes him/her to do what the man does not want to do, alcohol may make him quarrelsome and increases suicidal thoughts. If tendency to alcohol exist in the family, the child is more likely to be depressed, it is also proved scientifically that 50 percent of alcohol drinkers suffer from depression¹⁶.
 - 5 Physical diseases may be responsible for causing Depression, as depression is seen common before the menstrual cycle, during periods of menstruation, and after childbirth in women, cancer, heart problem, brain pain, and other diseases may lead to depression¹⁷.
 - 6 Depression arises as a result of an imbalance of some chemicals of the nervous system, the level of serotonin decreases and this chemical imbalance leads one to depression¹⁸.
 - 7 One of the theories of depression says that depression results from negative thinking¹⁹.

Treatment of Depression with C.B.T

Aron Back who found combination between cognition and behavior and produced best result, he laid the foundation of new therapy. According to Beck, thought patterns affect emotions, which in turn affect behaviors and actions, negative thoughts lead people to mental disorders while positive thoughts lead to positive feelings and positive actions. People think negatively in following ways:

1. They exaggerate the perception of the results of things, and expect evil for themselves, their families, or their possessions. Perhaps a small mistake will become a disaster for them, if they make a mistake, they say to themselves that they have exceeded the limits, therefore they deserve punishment.
2. Depressed people often generalize the specific situation. If they failed once in their lives, they conclude on this basis that they are failures throughout their careers.
3. People see things white or black, good or bad, without realizing that one thing may be apparently bad but there might be positive aspects of it or it may lead to positive results.

4. They may take a single evidence as a sole piece of evidence, for example if someone could not qualify in interview for a specific job, he considers himself failure for whole life despite the fact new interviews have no any concerning with previous jobs.
5. They interpret the negative interpretation of positive situations, they do not see any positive aspects in their sides, for example if any of them was given chance for new job, he did not believe that he was the competent and deserved for it, he may conclude that nothing is with him, he is less competent but people pitied him because of his children.
6. They jump to conclusions without sufficient information, if depressed person passed by someone, he did not great him, the depressed person may conclude hurriedly that he has lost value in eyes of his friend therefor his friend rejected him/her, situation may be quite different, may be his friend could not look at him while passing by him/her.
7. Depressed people see the future very dark, as if they were aware of the unseen future, they think that they will remain in same position, nothing will happen new.
8. They blame themselves for a mistake that they did not commit on the basis of the mistake they may condemn themselves²⁰.

C.B.T was introduced by "Beck" in the year 1967 AD, Beck saw that depression results from negative thoughts, the irrational thoughts control the patient, and the patient cannot get rid of them despite being his/her repeated attempts, these unrealistic negative and distorted thoughts may lead him/her to depression and other mental illnesses²¹. C.B.T works with the relation of therapist and client, client can use therapy him/herself without assistance of therapist, therapist may recommend the type of therapy as individual or group therapy. Treatment requires 5 to 10 months; therapist conducts very week 50 to 60 minutes sessions with client, the psychiatrist tries to remove negative and unrealistic thoughts of patient, and replaces it with appropriate rational thoughts, in fact, this treatment is useful and effective in cases of moderate and severe depression, C.B.T may be used with antidepressant drugs. First step of this treatment is to make patient aware of distorted and unrealistic thoughts and teach him to reframe his thoughts in positive manners, he/she may be asked to look the things from different angles, he may be asked to list negative and positive thoughts, to improve his communication and social skills role model techniques can be used, therapist may expose him to things that provoke fear and anger for him/her, and provide guideline to cope up with such a situation. Therapist may suggest him some exercises or techniques²², psychotherapy method without Medicines is usually not useful in Pakistani society; because psychiatric patients visit psychiatrists in severe depression, they need medical treatment first, sometimes patients are unaware of importance of psychotherapy, they prefer medical treatment over talkative therapies. Here it is seen appropriate to treat the patient psychologically and medically²³.

Depression and Sadness in Islam

Severe sadness is considered depression in Islam. A well-known Muslim Scholar Ibn al-Jawzi says about depression: "The soul is changed by being broken through the intensity of worry and sadness"²⁴. Ibn Qayyim differentiates sadness and worry: "The hateful thing on the heart, if it was from a future issue that is expected, creates worry, and if it was from a past matter that occurred, it brought about grief"²⁵.

Dr. Abdullah Al-Khater opinions about concept of sadness and depression: term Sadness and depression are synonymous apparently, but differ in intensity and duration. Depression is intense sadness. Every person faces feelings of sadness in life, if this sadness continues and lasts for a long time, then it will become depression²⁶. Dr. Othman Najati talks about grief and says: Sadness is an emotion; this emotion is contrary to emotion of joy and pleasure. Sadness occurs in a person's life if he loses a dear person or something of high value, or fails to fulfill his mission. Parents feel sadness if their children are hurt, absent or something bad thing happened to them²⁷.

Sadness is mentioned in the Qur'an more than forty times in different perspectives. Qu'ran mentioned sadness of Moses mother, when she put her son by virtue of God in the box and threw into the sea, and the sea thrown Moses away, the Almighty said: "We inspired the mother of Moses Nurse him, but when you fear for him, put him then into the river, and do not fear or grieve. We will certainly return him to you, and make him one of the messengers"²⁸.

Types of Sadness in Islam

There might be two types of sadness in Islamic perspectives; recommended sadness and commendable sadness. The former is associated with praiseworthy act and becomes praiseworthy, this type of sadness does not lead to frustration or depression rather it motivates the person to do righteous²⁹, example of this sadness is that group of companion met with prophet Muhammad and demanded him of mounts so that should participate in holy war but Prophet did not find mounts to give them, these people grieved over the issue and went to their homes weeping. Quran says: "Nor is there any blame on those who came to you 'O Prophet' for mounts, then when you said, "I can find no mounts for you, they left with eyes overflowing with tears out of grief that they had nothing to contribute"³⁰.

Commendable sadness is associated with unlawful affairs, it might be on loss of worldly affairs or on blessing of Allah Almighty, here a person instead of thanking to Him being blessed becomes sad with ignorance, as Polytheists used to grieve over birth of baby children. Quran says: "When good news of the birth of a female is given to any of them, his face grows dark and inwardly he chokes"³¹.

Reasons of Sadness and Depression in Islam

Islam is complete code of life, its teachings cover all aspects of life, it bridges gap between spiritualism and materialism, individualism and collectivism, its teachings have unique concepts of easiness, simplicity and practicality. In addition, Islam has unique concepts regarding worries and sorrows and pains of life, these are discussed in following lines:

Spiritual Negligence

Man was created with two basic parts; matter and spirit, spiritual aspect is very important in a person's life, by which the person communicates with his Lord and knows his commands and prohibitions. If a person knows his Creator, His Commandments, passes his life according to the pleasures of Allah Almighty, such a person will not be overwhelmed with fear, anxiety and depression in this world and his/her life will be contented and comfort. If he/she neglects the requirements of the soul and indulges in worldly affairs he/she will face internal restlessness, anxiety and conflict, which may result in depression, Quran says about this fact: "Whosoever follows My Guidance, will not lose his way, nor fall into misery"³². Dr. Omar Suleiman

Ashkar describes this fact: A Muslim believes in God and spares him/herself from mental disorders such as anxiety and depression, while the non-believer lives in stress, worry and internal discomfort. Reason behind this fact is that he/she was reluctant to know and follow the divine truth³³. Dr. Al-Qaradawi also highlights importance of soul: Those people whose lives are from Islam without a firm belief, are more vulnerable than others to psychological and mental disorders, if these people are shocked by calamities and afflictions, they either commit suicide, or live very sad lives³⁴.

Negligence in Materialism

Material side is also very important in human life, Allah Almighty created this universe for man and asked him to use it for his comfort and ease, when a person negates the material aspects of life and fully focuses on spirituality he may lack social skills, face unemployment, poverty which may result in despair and depression, Well Known Islamic Psychologist Othman Nijjati points out this fact: Human bodies have been created with drives and motives, these motives include hunger thirst, sex etc. these motives force man to do certain functions, Islam requires that these motives must be satisfied, if they are not fully and legally satisfied people will face frustration, restlessness and depression³⁵. Another Muslim Scholar Muhammad Qutub points out the importance of bridging gap between spirit and matter: Humanity is required to balance between spiritualism and materialism, unfortunately it was not done so, group of people focused on spiritualism overlooking the demands of materialism, on the other hand group of people focused on materialism only. Therefore, humanity led to poverty, despair and depression in world³⁶.

Trials and Tribulations

Life is the name of trial and tribulations in Islamic perspectives, here every one is put into trials. These trials and calamities are of different nature, God Almighty says: "Be sure we shall test you with something of fear and hunger, some loss in goods or lives or the fruits (of your toil), but give glad tidings to those who patiently persevere"³⁷. Great Islamic Scholar Razi says in explanation of this verse that human beings are tested with two things; goods and evils, goods are the blessings as health and pleasure while evils include poverty, pains and hardship that befall on people, people are required to be thankful to Allah for goods and be patient on evils³⁸. Islam also indicates that people are put into trials in accordance with their level of faith: Mus'ab bin Sa'd narrated from his father that a man said: "O Messenger of Allah (s.a.w)! Which of the people is tried most severely?" He said: "The Prophets, then those nearest to them, then those nearest to them. A man is tried according to his religion; if he is firm in his religion, then his trials are more severe, and if he is frail in his religion, then he is tried according to the strength of his religion"³⁹.

Disobedience to Allah Almighty

A person often faces problems and calamities in life because of disobedience to God the Almighty, the Almighty said: "And the distress that befalls you (befalls) on account of the deeds performed by your hands. And He (even) forgives many sins"⁴⁰. Al-Tabari says in the interpretation of this verse whatever will befall you from God for the sins that you have committed between you and your Lord, and your Lord pardons you for many of your crimes⁴¹. Another great Muslim scholar Al-Alusi says that this verse is specific to guilty Muslims and non-believers, as far as the prophets are concerned calamities fall on them to raise their degrees, there might be other reasonings which are hidden from us, calamities also fall on the insane and

children who do not fall into disobedience to God here Allah Almighty through trials raises their degrees or the degrees of their parents and degrees of those people who cared them⁴².

Treatment of Depression in Islam

Cognitive behavior therapy says that depression can be result of negative thinking, Negative thinking can overcome the life of person and makes him/her sad and depressed, psychologists try to trace out this fact, remove the impacts of negative thinking and motivate the person towards positive thinking and happy life. C.B.T is western concept of treatment; western world generally ignored the spirituality. It has been proved widely that religions play a vital role in reframing negative thoughts and controlling mental disorders. In Islam, fundamentals of Islam concern with mind and heart and motivate people towards positive thinking and behavior. Islamic Teachings can be used in treatment of depression and other mental disorders, even they can function effectively with the collaboration of C.B.T. The aspects of Islamic Fundamental may be helpful in treatment of depression:

Belief in Allah Almighty gives spiritual energy to a believer, and this energy affects physical and psychological health of a man. If faith in God becomes strong, man's relationship with his Lord is strengthened. Heart will be purified from hatred, envy, and all diseases, believer will get internal peace, satisfaction and comforts. Quran mentions this fact: "Those who believe (in the Oneness of Allah – Islamic Monotheism), and whose hearts find rest in the remembrance of Allah, Verily, in the remembrance of Allah do hearts find rest"⁴³.

There are supernatural issues found in every heart; everybody wants to know the answers of these supernatural questions, these are: Who am I? what is the objective of life? Who is running this universe? What are the attributes of a Creator? What will be after death? if these questioned are not responded accurately, the man feels, discomfort, discontentment and frustration. A true believer knows the answers of these questions, he knows that God is his Creator, Objective of his life is to worship Allah Almighty, after death he will be held responsible for his deeds. but non believer cannot get true answers of these question and remains internally confused, discontented and disappointed⁴⁴.

Belief in God strengthens the heart of man and gives the man hope, he is neither afraid of the worries of the world nor kills himself because of misfortunes and sadness, but he considers life as a place of trial, remains steadfast expecting reward from his Lord, avoids himself from suicidal thoughts, it has been scientifically proved that faith prevents people from despondency and suicide. This fact is also kept in mind that suicide rate in Islamic Community is (2-4 out of every 100,000,) very less compare to non-Islamic societies. This is all due to great Islamic Teachings⁴⁵.

Those who do not believe in God fear many things, true believer only fears disobeying God, the Lord of the worlds, and this fear keeps him away from many fears, as fear of life, death and livelihood⁴⁶.

Fear of God leads a person to repentance, a person turns to the Lord of the worlds and repents from the sin that he has committed, thus his heart is purified and the effects of sins are erased from his heart, so fear, anxiety and sadness are removed from him, and there will be no any possibility of depression. Some American doctors believe fear and anxiety play an important role in many mental disorders, if fear and anxiety are treated on the basis of faith in God, the patients will restore health hurriedly⁴⁷.

Belief in Allah liberates man from selfishness, love of money, and self-love. Rather, it makes a person sacrifice for others and prefers others on himself as Quran says: "but give [them] preference over

themselves, even though they are in privation”⁴⁸. Al-Bukhari narrates in explaining this verse that a man came to the Messenger of God, may God bless him and grant him peace, and asked him for food, and the Messenger did not find anything for him in his house, he ordered his companions to serve him, a man from the Ansar took the guest of the Messenger of God to his house, but unfortunately he did not find anything in his house except for the children sustenance, so he made children sleep hungry, and the owner of the house and his wife sat with the guest around the dining table, they switched off the lamp, shared the food with guest apparently, the guest could not know this truth and ate the food and satiated his hunger, when the man with the Messenger of God, Messenger of Islam praised him for his good hospitality⁴⁹. Lesson can be derived from this story that the belief makes a person sacrifice for others even though he is in privation.

The Islamic doctrine makes man patient, he remains steadfast in calamities, The Qur’an calls on the believer to be patient. Patience has three types: patience to endure life's problems, patience to obey God and patience to resist the satanic wars. True believer bears patience in all circumstances, he does not lose hope, he is ready to sacrifice even his life in the way of Allah. The person becomes far from mental disorders. The best example of this is the owners of the groove who were tortured in the way of God for their faith until they were burned in the fire, but did not deviate from their religion because of the strength of their faith in God, Qur’an also mentions the story of magicians of Pharaoh who came out to fight Moses with magics but they were defeated by Prophet Moses, they acknowledged the truth, fell down in prostrations and became Muslims. Pharaoh threatened them that he would cut off their hands and feet from opposite directions and crucify them if they did not turn back from their paths, but they refused to abandon their faiths, Allah Almighty says: “Be sure I will cut off your hands and your feet on opposite sides, and I will cause you all to die on the cross. They said: "For us, We are but sent back unto our Lord”⁵⁰.

Hope is a driving force which motivates a person’s heart to work, on the other hand despair is a slow poison for the human spirit, disbelief and despair go hand in hand. Despair may lead person to doubt as well, if despair overcomes a person, then world becomes black in his face, all doors are seen closed for him and he considers him/ failure in all areas of life. But, believer is hopeful in life, if he falls ill his hope for wellness will not cease. If he commits sin then will not be despaired of God’s forgiveness, if a calamity befalls, he hopes for a reward from God. If he/she sees the prevalence of falsehood he thinks that the falsehood will disappear and if old age approaches him/her then he will be a hopeful of eternal youth in Paradise⁵¹.

Belief in the hereafter makes the believer to know the world in real sense, he knows that worldly life is very short which is a place of trial rather than of reward. If he fails in achieving his goal does not lose hope. If he achieves any goal in world does not feel proud of it rather; he thanks to God. As for the unbeliever is concerned, his life is limited to this world only, all his affairs, sorrows and pleasure concern with world. If such a person gets blessing in this mortal world, he/she will become arrogant and spread mischief on the earth. If he fails in achieving his goal or a calamity befalls then he considers it a great loss, loses hope, becomes sad, frustrated and depressed⁵². Belief in day of Judgement makes the life of believer balanced life between hope and fear, if there is a no balanced approach between hope and fear life might be disturbed. If fear is too much, a person leads to psychological disorder, or if hope exceeded then a person will be lazy in worships and may commit sins, but a true believer balances between fear and hope and remains satisfied in life⁵³.

God has good names having great attributes, these good names have great impacts on Muslims. Muslims are required to be familiar with the meanings of these names. Muslims believe in God, the Blessed and Exalted, All-Knowing, His Knowledge surrounds everything, and He is Wise, He puts things according to His wisdom, whether a person perceives it or not⁵⁴. When a Muslim knows the meanings of Allah attributes, he feels ease and comfort. Great scholar Al-Nursi throws light on this fact: No person has a right to complain of afflictions and diseases, because God has good names, from these good names are the Razak and Alshafi. These two names require hunger and disease, thirdly sovereignty rests with Allah Almighty, He is the owner of the universe, He has the sole right to do with His kingdom as He likes⁵⁵.

The Muslim believes in divine will and decree, it means that Allah Almighty has written the destiny of all creatures, whatever befalls on them except what God willed, pen has been lifted and pages have been dried. Quran says: "No misfortune can happen on earth or in your souls but is recorded in a decree In order that ye may not despair over matters that pass you by, nor exult over favors bestowed upon you. For Allah loveth not any vainglorious boaster"⁵⁶.

Concept of fate and destiny was further explained in one hadith; Abu al 'Abbas 'Abdullah bin 'Abbas(ra) reports: "One day I was riding (a horse/camel) behind the Prophet, peace and blessings be upon him, when he said, 'Young man, I will teach you some words. Be mindful of God, and He will take care of you. Be mindful of Him, and you shall find Him at your side. If you ask, ask of God. If you need help, seek it from God. Know that if the whole world were to gather together in order to help you, they would not be able to help you except if God had written so. And if the whole world were to gather together in order to harm you, they would not harm you except if God had written so. The pens have been lifted, and the pages are dry"⁵⁷.

A Muslim believes in divine decree, whatever befalls on him/her, he/she knows that was meant to befall, he performs righteous deeds and hands over affairs to Allah Almighty. Dr. Mustafa Al-Sebaei says about this fact: if a person remembers six things the intensity of sadness will be decreased : a person should know that everything is in the hand of God and anxiety cannot change God's destiny, he should know that he may be in the slightest form of calamity, a person should know that what is remaining with him is better than what was taken from him. There is a divine wisdom behind everything, this calamity might be blessing for a person. Any calamity which afflicts a Muslim forgives his sins or elevates his levels, and what is with God is good for the believer⁵⁸.

Conclusion

Depression is the most dangerous disease in the world effecting 246 million people worldwide. It affects thoughts, emotions, behaviors and social life of a depressed. Genetics, environmental factors brain chemicals, physical illnesses cause depression. C.BT. helps depressed patients in changing their thought patterns. Distancing from religion, negligence of bodily requirement and Disobedience to Allah Almighty cause sadness and depression in Islamic perspectives. Fundamentals of Islam play an important role in controlling and treatment of mental disorders like depression.

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- ⁴⁷ Sirhan Abdul Majid Dash Allah yatajalaa fi Asr Al Ilm 144 Dar Al Qalam Berut.
- ⁴⁸ Surah Al Hashr verse 9.
- ⁴⁹ Bukhari Il Imam Sahih al-Bukhari.
- ⁵⁰ . Sorah Al Aliraf verses: 124-126.
- ⁵¹ Al Iiman Yal Hayat 164-166.
- ⁵² Ahmad Khurshid Islami Nazriah Hayat (2002) v (1) 139 institute of policy studies Islam Abad.
- ⁵³ Qutab Muhammad Munahaj Tarbiat Al'atfal Fil Islam (1993)144.
- ⁵⁴ Al Huzn Walaiktiab Ala Daw' Alquran Wassana 49,50.
- ⁵⁵ Nursi Said Allamaeat 22, 23.nashir park noor Foundation Pakistan.
- ⁵⁶ Sorah Al Hadid verses :22,23.
- ⁵⁷ Jami' at-Tirmidhi 2516.
- ⁵⁸ Al Sabai Mustufah Hkdha Allamatni al-Hayat (1997) 234.