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Spirituality and health: their associations and measurement problems

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About the author



Klára Maliňáková was born on 4th April 1983 in Ivančice, Czech Republic. She studied Molecular Biology and Genetics at the Faculty of Sciences, Masaryk University, Brno, and graduated in 2008. After that she studied Teacher Training in Biology, Masaryk University, Brno, Faculty of Sciences, which she finished in 2010. From 2008 she also worked as a pedagogue of leisure time activities and as a coordinator of volunteers in the Salesian Centre Brno-Zabovresky, where she stayed till 2014. The programs in the centre were aimed at the overall development of a person and at the prevention of health-risk behaviours through offering multiple leisure time activities.

In 2013 she began to attend a psychotherapy training in Existential Analyses under the Association for Logotherapy and Existential Analyses (Prague, Czech Republic) and in 2014 she attended a two-month program in St Beuno's Jesuit Centre of Spirituality in the United Kingdom. Since her return to Brno, she organises short seminars on spirituality development. Her cooperation with Olomouc University Social Health Institute (OUSHI) at Palacký University Olomouc began in 2014 by a work on a spirituality project of the National Scientific Agency (GA CR).

Since 2015 she has been a research worker and a PhD student of the Social and Spiritual Determinants of Health program at OUSHI and, since 2017, an academic worker there. As a part of a double degree PhD program, she is a PhD student at the University in Groningen. Her research focus is Spirituality and Health, at first with a strong accent on health behaviour, and recently on images of God and their associations with physical and mental health, also linked with an assessment of various physiological variables.

Olomouc University Social Health Institute

Olomouc University Social Health Institute (OUSHI) was founded in 2011 and is hosted by Sts Cyril and Methodius Faculty of Theology of the Palacký University in Olomouc, Czech Republic. OUSHI provides general support for research and education in the area of social aspects of health. It focuses on research of psychological, social and spiritual determinants of health, epidemiology and public health.

OUSHI is collaborating with the Department of Community and Occupational Health, University Medical Center Groningen, University of Groningen, the Netherlands.

More information about OUSHI can be found at www.oushi.upol.cz.

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