## **Credible Research on Spiritual Trauma Doc 4**

(Category: [Spiritual Recovery]; Tag: [Evidence: peer-reviewed])

### **🔹 1. Religious Trauma Syndrome (RTS) – Dr. Marlene Winell**

A coined term describing the psychological impact of leaving authoritarian religions. RTS symptoms include anxiety, guilt, nightmares, social dysfunction, and identity confusion.

* Summary: RTS is not officially in the DSM but is recognized in trauma-informed therapy spaces.
* Source: [Journey Free – RTS Resources](https://journeyfree.org/rts/)
* Book: *“Leaving the Fold” by Marlene Winell*

### **🔹 2. Spiritual Abuse as a Subset of Emotional Abuse**

Research shows spiritual abuse involves manipulation using spiritual authority, leading to long-term identity and relational harm.

* Article: *“Spiritual Abuse: A Hidden Type of Abuse”* – Lisa Oakley & Justin Humphreys (2019)
* Journal: *Mental Health, Religion & Culture*
* [Link](https://www.tandfonline.com/doi/full/10.1080/13674676.2019.1674002)

### **🔹 3. Adverse Religious Experiences and Mental Health**

Analyzes the link between harmful religious experiences and outcomes like anxiety, depression, and dissociation.

* Study: *Adverse Religious Experiences and Mental Health Outcomes*
* Source: [PubMed Central (PMC)](https://pubmed.ncbi.nlm.nih.gov/3108032/)