

THE LOURDES PILGRIMAGE AND THE IMPACT ON PILGRIM QUALITY OF LIFE



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Acknowledgements..

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Accessible at.....

- <https://rdcu.be/czMUU>
- <https://link.springer.com/article/10.1007/s10943-021-01398-0>



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Aims

- The present study aimed to measure the impact of pilgrimage to Lourdes on QOL in self-defined "sick pilgrims"

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Methods

- EuroQol EQ-5D-5L questionnaire
- Measured two aspects of QOL-Visual Analogue Scale (VAS) score of self-rated health and an Index Value Score (IVS) of the five dimensions of QOL
- (IVS) of the five dimensions of QOL- mobility; self-care; usual activities; pain/discomfort; anxiety/depression
- Each scored 1 = No problems to 5 = Extreme problems
- Group of pilgrims (Salford Diocese, UK) before (Q1), immediately after (Q2) and two months after (Q3) return from pilgrimage to Lourdes
- Pilgrims also asked to rate whether they felt pilgrimage had impacted on QOL and what factors had influenced this the most

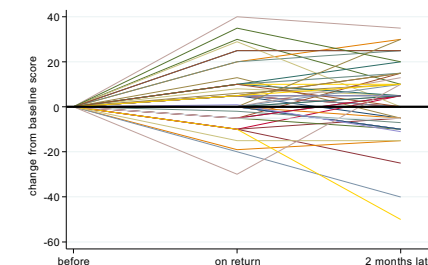
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Results

- A total of 93 pilgrims responded at time Q1, 71 at Q2 and 64 at Q3

- VAS scores showed statistically significant improvement immediately after pilgrimage ($P=0.04$)
- This was not sustained at 2 months

IVS scores did not show statistically significant change



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Results

- At Q2 67.6% of pilgrims reported their self-rated QOL as "much better" or "better", and this was maintained in 54.7% at Q3
- Factors most influencing improvement in QOL were the 'spiritual and religious aspects of pilgrimage', 'a sense of togetherness' and a 'sense of spiritual healing'

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Reasons for improvement

REASON	RANK 1	RANK 2	RANK 3
Spiritual and religious aspects of pilgrimage	40	6	1
A sense of togetherness/community/being with others	6	17	17
A sense of spiritual healing	3	11	11
Relationships formed during pilgrimage	1	4	7
Holiday	2	3	5
A sense of psychological healing	2	5	2
Social aspects of pilgrimage	0	2	6
A sense of physical healing	0	0	2
Other	0	0	3

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Conclusions

- The Lourdes pilgrimage had a statistically significant positive impact on the immediate post-pilgrimage VAS scores of QOL of "sick pilgrims"
- Pilgrims reported they felt an improvement in their QOL at Q2 and Q3
- Pilgrims identified beneficial holistic, spiritual and communal aspects of the pilgrimage experience