

REFERENCES

- Abaido, G. M., & Attaweya, P. G. (2021). Guardians of humanity: How angels are portrayed in Islam. *PalArch's Journal Of Archaeology Of Egypt/Egyptology*, 18(4), 2943–2952.
https://www.researchgate.net/publication/349623758_Guardians_of_Humanity_How_Angels_are_Portrayed_in_Islam
- Abdul, Z., & Shah, I. (2015). Measuring Islamic spiritual intelligence. *Procedia Economics and Finance*, 31(15), 134-139. [https://doi.org/10.1016/S2212-5671\(15\)01140-5](https://doi.org/10.1016/S2212-5671(15)01140-5)
- Abokhodair, N., Elmadany, A., & Magdy, W. (2020). Holy tweets: Exploring the sharing of Quran on twitter. *Proceedings of the ACM on Human-Computer Interaction*, 4, 32. <https://doi.org/10.1145/nnnnnnnn.nnnnnnnn>
- Abu Raiya, H. (2008). *A psychological measure of Islamic religiousness: Evidence for relevance, reliability and validity* [Doctoral dissertation, Bowling Green State University]. https://etd.ohiolink.edu/rws_etd/document/get/bgsu1158091753/inline
- Abu Raiya, H., Pargament, K. I., Mahoney, A., & Stein, C. (2008). A psychological measure of islamic religiousness: Development and evidence for reliability and validity. *Int. J. Psychol. Relig.*, 18(4), 291–315. <https://doi.org/10.1080/10508610802229270>
- Abu Yazid, A. B., Amla, M. S., & Dharatun Nissa, F. M. K. (2017). *Pengujian dan penilaian psikologi dalam kaunseling*. Bangi: Penerbit Universiti Kebangsaan Malaysia.
- Abur Hamdi, U., Rosni, W., Mohd Norzi, N., Suriani, S., Zanariah, I., Sakinah, S., & Azman, A. R. (2016). *Hujah golongan anti hadith: Analisis kritis*. [Paper presentation]. Seminar Antarabangsa Aqidah & Pemikiran Islam (ICONAIT) 2016, Makassar, Indonesia.
https://www.researchgate.net/publication/340548881_Hujah_Golongan_Anti_Hadith_Analisis_Kritis
- Achour, M., Grine, F., Mohd Nor, M.R. (2015) Measuring religiosity and its effects on personal well-being: A case study of Muslim female academicians in Malaysia. *Journal of Religion and Health*, 54, 984–997. <https://doi.org/10.1007/s10943-014->

- Adibah, A. L. (2013). *Pembangunan instrumen penilaian akhlak pelajar di institusi pengajian tinggi awam* [Doctoral dissertation, Universiti Teknologi Malaysia]. <http://eprints.utm.my/id/eprint/38028/1/AdibahAbdulLatifPFP2013.pdf>
- Ahmad Jazimin, J., & Rozman, S. (2016). Kesahan dan kebolehppercayaan soal selidik egogram analisis transaksional dalam kalangan pelajar sekolah menengah. *Jurnal PERKAMA*, 19, 67–82. https://www.researchgate.net/publication/301731490_Kesahan_dan_kebolehppercayaan_soal_selidik_egogram_analisis_transaksional_dalam_kalangan_pelajar_sekolah_menengah
- Allen, R. O., & Spilka, B., Allen, R. O., Spilka, B., & Allen, R. O., & Spilka, B. (1967). Committed and consensual religion: A specification of religion-prejudice relationships. *Journal for the Scientific Study of Religion*, 6(2), 191–206. <https://doi.org/10.2307/1384046>
- Amal Salim, K., Shukri, A., Musa Yusuf, O., & Muhammad, A. (2017). Islamic ethics: The attributes of al-ihsan in the Quran and its effects on muslim morality. *International Journal of Business and Social Science*, 8, 102-103. www.ijbssnet.com
- American Counseling Association. (2014). *2014 ACA code of ethics: As approved by the ACA governing council*. Alexandria: American Counseling Association. <https://www.counseling.org/resources/aca-code-of-ethics.pdf>
- American Counseling Association. (n.d.). *What is professional counseling*. <https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling>
- American Educational Research Association, American Psychological Association, & National Council on Measurement in Education. (2014). *Standards for educational and psychological testing*. file:///C:/Users/Masni/Downloads/344894060-AERA-APA-NCME-2014-Standars-for-Educational-and-Psychological-Testing.pdf
- American Psychological Association. (2010). *Ethical principles of psychologists and code of conduct*. <https://www.apa.org/ethics/code/principles.pdf>
- Amini, A. A. (2014). *Islam yang dinamik*. Serdang: Universiti Putra Malaysia. https://www.researchgate.net/publication/344646730_BAB_1_Amini_Amir_Abdullah2014_Islam_Yang_Dinamik_Serdang_Penerbit_Universiti_Putra_Malaysia

- Aminudin, B., & Jamsari, A. (2012). Etika keserjanaan muslim menurut akhlak islam. *Jurnal Hadhari*, 4(2), 45-64. www.ukm.my/jhadhari
- An-Nawawi, I. (1976). *An-Nawawi's Forty Hadith: An Anthology of the Sayings of the Prophet Muhammad*. (E. I. and D. J.-D. (Abdul Wadoud), Ed.). Beirut, Lebanon: Dar Al-Koran Al-Kareem.
- Aspers, P., & Corte, U. (2019). What is qualitative in qualitative research. *Qualitative Sociology*, 42, 139–160. <https://link.springer.com/content/pdf/10.1007%2Fs11133-019-9413-7.pdf>
- Athar, A. (2019, July 4). ..A mindful Muslim monk: Exercising mindfulness in Islamic meditation. Athar Ali. <https://medium.com/@alineutron/a-mindful-muslim-an-exercise-in-islamic-meditation-d41c2b0dbcdd>
- Azimi, H., Krauss, E. S., Sidek, M. N., Turiman, S., Rumaya, J., Jamiah, M., ... Hasnan, K. (2007). *Muslim religiosity personality assessment: prototype for nation building*. Serdang: Universiti Putra Malaysia.
- Azizah, O., & Siti Salina, A. (2015). Counselling in Malaysia: Trends and practice with the Malays. *International Journal of Business and Applied Social Science*, 1(1). www.ijbassnet.com
- Azrilah, A. A., Mohd Saidfudin, M., & Azami, Z. (2013). *Asas model pengukuran rasch: pembentukan skala & struktur pengukuran*. Bangi: UKM Press.
- Baghaei, P. (2008). The Rasch model as a construct validation tool. *Rasch Measurement Transactions*, 22(1), 1145–1146. <file:///C:/Users/Admin/Downloads/rmt221.pdf>
- Baker, S. E., & Edwards, R. (2012). How many qualitative interviews is enough? Expert voices and early career reflections on sampling and cases in qualitative research. *National Centre for Research Methods Review Paper*. http://eprints.ncrm.ac.uk/2273/4/how_many_interviews.pdf
- Balkin, R. S., & Juhnke, G. A. (2014). *The theory and practice of assessment in counseling*. United States: Pearson.
- <https://www.pearsonhighered.com/assets/samplechapter/0/1/3/7/0137017510.pdf>
- Balkin, R. S., & Juhnke, G. A. (2018). *Assessment in counseling: Practice and applications*. New York: Oxford University Press.
- https://books.google.com.my/books?id=cQpDDwAAQBAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false

- Beck, A.T, Steer, R. ., Ball, R., & Ranieri, W. (1996). Comparison of Beck depression inventories -IA and -II in psychiatric outpatients. *Journal of Personality Assessment*, 67(3), 588–597. http://www.tandfonline.com/doi/abs/10.1207/s15327752jpa6703_13
- Beck, A.T., Epstein, N., Brown, G., & Steer, R. A. (1988). An inventory for measuring clinical anxiety: Psychometric properties. *Journal of Consulting and Clinical Psychology*, 56(6), 893–897. <https://doi.org/10.1037/0022-006X.56.6.893>
- Beck, A.T. (1997). The past and future of cognitive therapy. *The Journal of Psychotherapy Practice and Research*, 6(4), 276–284. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3330473/pdf/jp64276.pdf>
- Beck, J. S., & Broder, F.R. (2016, January 19). The new “homework” in cognitive behavior therapy. *Beck Institute for Cognitive Behavior Therapy*. <https://beckinstitute.org/the-new-homework-in-cognitive-behavior-therapy/>
- Beck, J. S. (2021). *Cognitive behavior therapy: Basics and beyond* (3rd ed.). New York & London: Guilford Press.
- Bell, R. (1982). Person fit and person reliability. *Education Research and Perspective*, 9(1), 105-113. <https://www.rasch.org/erp8.htm>
- Bennett-Levy, J., Thwaites, R., Chaddock, A., & Davis, M.L. (2009). Reflective practice in cognitive behavioural therapy : The engine of lifelong learning. *Cognitive Behavioural Therapy*, 115–135. http://cbttraining.com.au/wp-content/uploads/pdf_publications/Stedmon_Dallos_ch7.pdf
- Bernama. (2016, September 12). Mental health of malaysian students cause of worry: Health ministry. *New Straits Times (M) Berhad*. <https://www.nst.com.my/news/2016/09/172683/mental-health-malaysian-students-cause-worry->
- Bernard, H.R., & Ryan, G.W. (2010). *Analyzing qualitative data: Systematic approaches*. Sage Publication. https://books.google.com.my/books/about/Analyzing_Qualitative_Data.html?id=Ru2Ncu8ZIVUC&redir_esc=y
- Bhat, S. A., & Rizvi, T. (2013). Religious orientation and emotional intelligence among muslim adults. *Quest International Multidisciplinary Research Journal*, II(II). <http://www.researchjournals.in/ALL/QIMRJ/2013/2.2/2237.pdf>
- Bhutto, S. (2020). Is Islam against science and technology? *Indian Journal of Science and*

- Technology*, 13(10), 1148–1159. <https://doi.org/10.17485/ijst/2020/v13i10/149741>
- Bicer, R. (2020). The alteration of the sacred books according to the Islamic theologians. *Research Association for Interdisciplinary Studies (RAIS)*, 256–261. DOI: 10.5281/zenodo.3909957
- Bond, T. G. (2003). Validity and assessment: A Rasch measurement perspective. *Metodologia de Las Ciencias Del Comportamiento*, 5(2), 179–194. https://www.researchgate.net/publication/228692536_VValidity_and_assessment_A_Rasch_measurement_perspective
- Bond, T. G., & Fox, C. M. (2007). *Applying the Rasch model: Fundamental measurement in the human sciences* (2nd ed.). Mahwah, NJ, US: Lawrence Erlbaum Associates. <https://doi.org/10.4324/9781410614575>
- Boone, W. J. (2016). Rasch analysis for instrument development: Why, when, and how? *CBE Life Sciences Education*, 15(4), 1-7. <https://doi.org/10.1187/cbe.16-04-0148>
- Brown, P. (2016). *The invisible problem? improving students' mental health*. Oxford. <http://www.hepi.ac.uk/wp-content/uploads/2016/09/STRICTLY-EMBARGOED-UNTIL-22-SEPT-Hepi-Report-88-FINAL.pdf>
- Burdette, A. M., Webb, N. S., Hill, T. D., Haynes, S. H., & Ford, J. A. (2018). Religious Involvement and marijuana use for medical and recreational purposes. *Journal of Drug Issues*, 48(3), 421-434. <https://doi.org/10.1177/0022042618770393>
- Butcher, J. N. (2012). Historical highlights on the empirical method underlying the MMPI/MMPI-2 and MMPI-A 1. <http://www.unn.edu/mmpi>
- Canadian Counselling and Psychotherapy Association. (2015). Standards of practice 5th edition. https://www.ccpa-accp.ca/wp-content/uploads/2015/07/StandardsOfPractice_en_June2015.pdf
- Canadian Psychological Association. (2017). *Canadian Code of Ethics for Psychologists fourth edition*. http://www.cpa.ca/docs/File/Ethics/CPA_Code_2017_4thEd.pdf
- Carvalho, M., & Lai, A. (2019, June 20). Youths toyed with self-harm. *Star Online*, 6-8. <https://www.thestar.com.my/news/nation/2019/06/20/youths-toyed-with-selfharm/>
- Castillo-Montoya, M. (2016). Preparing for interview research: The interview protocol refinement framework. *The Qualitative Report*, 21(5), 5-6. <https://doi.org/10.46743/2160-3715/2016.2337>
- Chiang, K.-J., Tsai, J.-C., Liu, D., Lin, C.-H., Chiu, H.-L., & Chou, K.-R. (2017). Efficacy

- of cognitive-behavioral therapy in patients with bipolar disorder: A meta analysis of randomized controlled trials. *Plos One*, 12(5), Article e0176849. <https://doi.org/10.1371/journal.pone.0176849>
- Choy, L. T. (2014). The strengths and weaknesses of research methodology : Comparison and complimentary between qualitative and quantitative approaches. *Journal of Humanities and Social Science*, 19(4), 99-104. <https://doi.org/10.9790/0837-194399104>
- Cohen, J. (1960). A coefficient of aggrement for normal scales. *Educational and Psychological Measurement*, 20(3), 37-46. <https://doi.org/10.1177/001316446002000104>
- Connell, J., Carlton, J., Grundy, A., Taylor Buck, E., Keetharuth, A. D., Ricketts, T., ... Brazier, J. (2018). The importance of content and face validity in instrument development: Lessons learnt from service users when developing the recovering quality of life measure (ReQoL). *Quality of Life Research*, 27(7), 1893-1902. <https://doi.org/10.1007/s11136-018-1847-y>
- Conrad, K. J., Conrad, K. M., Mazza, J., Riley, B. B., Funk, R., Stein, M. A., & Dennis, M. L. (2012). Dimensionality, hierarchical structure, age generalizability, and criterion validity of the GAIN's behavioral complexity scale. *Psychological Assessment*, 24(4), 913-924. <https://doi.org/10.1037/a0028196>
- Conrad, K. M., Conrad, K. J., Passetti, L. L., Funk, R. R., & Dennis, M. L. (2015). Validation of the full and short-form self-help involvement scale against the rasch measurement model. *Evaluation Review*, 39(4), 395-427. <https://doi.org/10.1177/0193841X15599645>
- Cooperman, A., Sahgal, N., & Schiller, A. (2017). *Religious belief and national belonging in Central and Eastern Europe*. Pew Research Center. https://www.academia.edu/33489853/Religious_Belief_and_National_Belonging_in_Central_and_Eastern_Europe_National_and_religious_identities_converge_in_a_region_once_dominated_by_atheist_regimes_FOR_MEDIA_OR_OTHER_INQUIRIES
- Corey, G. (2011). Integrating spirituality in counseling practice. *Vistas Online*, 117. <https://www.counseling.org/docs/default-source/vistas/integrating-spirituality-in-counseling-practice.pdf?sfvrsn=10>

- Corey, G. (2013). *Theory and Practice of Counseling and Psychotherapy* (9th ed.). Brooks/Cole: Cengage Learning.
- Corrigan, J. (2009). *Introduction: The study of religion and emotion*. Oxford University Press. <https://doi.org/10.1093/oxfordhpb/9780195170214.003.0001>
- Creswell J. W. (2014). *Research design: Qualitative, quantitative and mixed method approaches* (4th ed.). Los Angeles, London, New Delhi, Singapore, Washington DC: Sage Publications, Inc. <http://englishlangkan.com/produk/E Book Research Design Cressweell 2014.pdf>
- Creswell, J. W., & Poth, C. N. (2017). *Qualitative inquiry and research design: Choosing among five approaches* (4th ed.). Sage Publications Inc. <https://www.amazon.com/Qualitative-Inquiry-Research-Design Approaches/dp/1506330207>
- Curtin, M., Browne, J., Staines, A., & Perry, I. J. (2016). The early development instrument: An evaluation of its five domains using Rasch analysis. *BMC Pediatrics*, 16(1), 10. <https://doi.org/10.1186/s12887-016-0543-8>
- D'Anci, K. E., Uhl, S., Giradi, G., & Martin, C. (2019). Treatments for the prevention and management of suicide. *Annals of Internal Medicine*, 171(5), 334. <https://doi.org/10.7326/M19-0869>
- Dalhat, Y. (2015). The concept of al-Aql (reason) in Islam. *International Journal of Humanities and Social Science*, 5(9), 77-82. www.ijhssnet.com
- Daniel, E. (2016). The Usefulness of qualitative and quantitative and methods in researching problem-solving approaches and methods in researching problem-Solving Ability in science education curriculum. *Journal of Education and Practice*, 7(15), 91-100. <https://files.eric.ed.gov/fulltext/EJ1103224.pdf>
- Daniels, C., & Fitzpatrick, M. (2013). Integrating spirituality into counselling and psychotherapy: Theoretical and clinical perspectives/intégration de la spiritualité dans les perspectives théoriques et cliniques du counseling et de la psychothérapie. *Canadian Journal of Counselling and Psychotherapy (Online)*, 47(3), 315-341. [http://search.proquest.com/docview/1428438780?accountid=14477%5Cnhttps://nevada.ual.es/biblioteca/gtb/sod/poa_login.php?centro=\\$UALMG&sid=\\$UALMG&titl e=Canadian+Journal+of+Counselling+and+Psychotherapy+\(Online\)&atitle=Integrating+Spirituality+into+Counsel](http://search.proquest.com/docview/1428438780?accountid=14477%5Cnhttps://nevada.ual.es/biblioteca/gtb/sod/poa_login.php?centro=$UALMG&sid=$UALMG&titl e=Canadian+Journal+of+Counselling+and+Psychotherapy+(Online)&atitle=Integrating+Spirituality+into+Counsel)

- Darwin, C. R. (1909). *Harvard classics, vol. 11 the origin of species*. New York: P.F. Collier & Son Company. <https://www.bartleby.com/11/2002.html>
- Dasti, R., & Aisha, S. (2014). Development of a multidimensional measure of Islamic spirituality (MMIS). *Journal of Muslim Mental Health* 8(2), 47-63. https://www.researchgate.net/publication/284473708_Development_of_a_Multidimensional_Measure_of_Islamic_Spirituality_MMIS
- Davis, K. (2016). Cognitive behavioral therapy (CBT): How does CBT work?. *MedicalNewsToday*. <https://www.medicalnewstoday.com/articles/296579.php>
- Doody, O., & Doody, C. M. (2015). Conducting a pilot study: Case study of a novice researcher. *British Journal of Nursing*, 24(21), 1074-1078. <https://doi.org/10.12968/bjon.2015.24.21.1074>
- Drummond, R. J., Sheperis, C., & Jones, K. D. (2016). *Assessment procedures for counselors and helping professionals* (8th ed.). Upper Saddle River, NJ: Pearson. <https://www.pearsonhighered.com/assets/samplechapter/0/1/3/2/013285063X.pdf>
- Dzulkifli, A. R. (2015). *Nurturing a balanced person. The leadership challenge*. USIM Press.
- Eakman, A. M. (2012). Measurement characteristics of the engagement in meaningful activities survey in an age-diverse sample. *American Journal of Occupational Therapy*, 66(2), 20-29. <https://doi.org/10.5014/ajot.2012.001867>
- Education Act 1996 (Act 550) 2006 (MALA (MA)). <http://www.unesco.org/education/edurights/media/docs/b23f75adacffad84dacf9ac5ac431c0e3596ef62.pdf>
- El-Menouar, Y. (2014). The five dimensions of Muslim religiosity . Results of an empirical study. *Method, Data, Analyses*, 8(1), 53-78. <https://mda.gesis.org/index.php/mda/article/view/2014.003/32>
- Embretson, S. E., & Reise, S. P. (2000). *Item Response Theory for Psychologists*. Lawrence. Erlbaum Associates, Inc. https://books.google.com.my/books?hl=en&lr=&id=9Xm0AAAAQBAJ&oi=fnd&pg=PR1&dq=Item+Response+Theory+for+Psychologists.&ots=Ec0_WrFQVh&sig=ZeadfDxSyDx0cHBL7h-s4Q_LAw#v=onepage&q=Item%20Response%20Theory%20for%20Psychologists.&f=false

- Executive Summary Malaysian Education. (2012). *Malaysia Education Blueprint 2013-2025*. <https://www.studymalaysia.com/images/editordesk/executive-summary-joined.pdf>
- Exline, J. J., Van Tongeren, D. R., Bradley, D. F., Wilt, J. A., Stauner, N., Pargament, K. I., & DeWall, C. N. (2020). Pulling away from religion: Religious/spiritual struggles and religious disengagement among college students. *Psychology of Religion and Spirituality*. <https://doi.org/10.1037/rel0000375>
- Ezealah, I. Q. (2019). *The role of self-reflection in the spiritual quest to make meaning the role of self-reflection in the spiritual quest to make meaning of experiences of experiences*. Clemson University. https://tigerprints.clemson.edu/all_dissertations
- Farhan, R., Dasti, R., & Khan, M. N. S. (2015). Moral intelligence and psychological wellbeing in healthcare students. *Journal of Education Research and Behavioral Sciences*, 4(5), 160-164. <http://www.apexjournal.org>
- Fawziah, K., Ismaiel, H., & Mohamad Sahari, N. (2012). Moral character of muslim personality: Scale validation. *Journal of Education and Practice*, 3(16), 118-128. <http://iiste.org/Journals/index.php/JEP/article/view/3704>
- Ferlis, M. H., & Rosnah, I. (2016). Proses pembentukan instrumen kebahagiaan subjektif orang kurang upaya-fizikal (IKSOKU-F). *Southeast Asia Psychology Journal*, 3, 45-46. <file:///C:/Users/masni/Downloads/4be93fb9a05f85ecd9e405920e1eacd7.pdf>
- Firdaus, M., & Oei, T. P. (2008a). Exploratory and confirmatory factor validation and psychometric properties of the automatic thoughts questionnaire for Malays (ATQ-Malay) in Malaysia. *Hong Kong Journal of Psychiatry*, 18(3), 92-100. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.385.2445&rep=rep1&type=pdf>
- Firdaus, M., & Oei, T. P. S. (2008b). BDI-II Malay. *Malaysian Journal of Psychiatry E-Journal*, 17(1). <https://doi.org/10.1017/CBO9781107415324.004>
- Firdaus, M., & Oei, T. P. S. (2010). Exploratory and confirmatory factor validation of the dysfunctional attitude scale for Malays (DAS-Malay) in Malaysia. *Asian Journal of Psychiatry*, 3(3), 145-151. <https://doi.org/10.1016/j.ajp.2010.07.007>
- Foley, G., Timonen, V., Conlon, C., & O'Dare, C. E. (2021). Interviewing as a vehicle for theoretical sampling in grounded theory. *International Journal of Qualitative Method*, 20, 1-10. <https://doi.org/10.1177/1609406920980957>

- Gaudiano, B. A. (2008). Cognitive-behavioural therapies: Achievements and challenges. *Evidence-Based Mental Health*, 11(1), 5-7. <https://doi.org/10.1136/ebmh.11.1.5>
- Gay, L. R., Mills, G. E., & Airasian, P. (2012). *Educational research: Competencies for analysis and applications* (10th ed.). Upper Saddle River, New Jersey: Merrill Hall, Pearson.
- Geranmayeh, M., Zareiyan, A., Moghadam, Z. B., Mirghafourvand, M., & Sanaati, F. (2020). Designing and psychometric of reproductive health related behaviors assessment tool in iranian males: An exploratory mixed method study protocol. *Reproductive Health*, 17(1), 1-9. <https://doi.org/10.1186/s12978-020-00966-z>
- Głaz, S. (2021). Psychological analysis of religiosity and spirituality: Construction of the scale of abandonment by god (SAG). *Journal of Religion and Health*, 1-17. <https://doi.org/10.1007/s10943-021-01197-7>
- Granger, C. V. (2008). Rasch analysis is important to understand and use for measurement. *Rasch Measurement Transactions*, 21(3), 1122. <https://doi.org/https://www.rasch.org/rmt/rmt213d.htm>
- Gratzer, D., & Khalid-Khan, F. (2016). Internet-delivered cognitive behavioural therapy in the treatment of psychiatric illness. *Canadian Medical Association Journal*, 188(4), 263-272. <https://doi.org/10.1503/cmaj.150007>
- Griffin, M. M., & Steinbrecher, T. D. (2013). Large-scale datasets in special education research. *International Review of Research in Developmental Disabilities*, 45, 155-183. <https://doi.org/10.1016/B978-0-12-407760-7.00004-9>
- Guo, Y.-J., Wang, S.-C., & Johnson, V. (2012). Clinical assessment in the counseling process: a teaching model. *VISTAS*, 1, 1-6. <http://www.counseling.org/library/Article10>
- Hair, J. F., Gabriel, M., da Silva, D., & Braga Junior, S. (2019). Development and validation of attitudes measurement scales: Fundamental and practical aspects. *RAUSP Management Journal*, 54(4), 490-507. <https://doi.org/10.1108/RAUSP-05-2019-0098>
- Hajizadehanari, K., Massoud, S., Seyed, H., Fard, H., Hajizadehanari, H., Yaghoubzadeh, A., ... Aska Ri F, M. (2013). The effectiveness of life skills education with religious approach to safety, mental health and self-esteem in elementary school students. *The European Journal of Social & Behavioural Sciences*, 2301-2218.

<https://doi.org/10.15405/ejsbs.67>

- Hales, S., Blackwell, S. E., Di Simplicio, M., Iyadurai, L., Young, K., & Holmes, E. A. (2015). *Imagery-based cognitive-behavioral assessment. Assessment in cognitive therapy*. Guilford Press. <http://www.ncbi.nlm.nih.gov/pubmed/26334081>
- Halverson, J. L. (2018, February 28). *Cognitive behavioral therapy for depression medication*. Medscape. <https://emedicine.medscape.com/article/2094696-medication>
- Hamdan, A. (2008). Cognitive restructuring: An Islamic perspective. *Journal of Muslim Mental Health*, 3, 99-116. <https://doi.org/10.1080/15564900802035268>
- Hanapi, M. S., Nashir, Z., Kob, I. M., & Abdullah, C. G. C. (2019). Construct validity and reliability of manufacturing industry: A Rasch measurement model approaches for pilot study. *International Journal of Academic Research in Business and Social Sciences*, 9(3), 654-665. <https://doi.org/10.6007/IJARBS/v9-i3/5733>
- Haque, A., Khan, F., Keshavarzi, H., & Rothman, A. E. (2016). Integrating Islamic traditions in modern psychology: Research trends in last ten years. *Journal of Muslim Mental Health*, 10(1), 1556-4908. <https://doi.org/10.3998/jmmh.10381607.0010.107>
- Harrell, M., & Bradley, M. A. (2009). Data collection methods: Semi-structured interview and focus groups. *RAND National Defense Research Institute*. https://www.rand.org/pubs/technical_reports/TR718.html
- Hasbullah, M. D., Ahmad, Y., & Fakhrul Adabi, A. K. (2020). Pembentukan akhlak dan sahsiah pelajar melalui. *Journal of Social Sciences and Humanities*, 17(9), 75-89. <https://ejournal.ukm.my/ebangi/article/viewFile/44628/11486>
- Hashim, Z., Adabi, F., & Kadir, A. (2015). Agenda Hasan Al-Banna dalam pembangunan insan menerusi penulisan karya majmuat Al-rasail. *Jurnal Kemanusiaan*, 24(3), 1-14. [file:///C:/Users/Admin/Downloads/84-Article%20Text-167-1-10-20170308%20\(2\).pdf](file:///C:/Users/Admin/Downloads/84-Article%20Text-167-1-10-20170308%20(2).pdf)
- Hasna, B. (2016). *Pelaksanaan Solat dalam Kalangan Pelajar Muslim di Kolej Komuniti Negeri Johor*. [Master's thesis, Universiti Teknologi Malaysia]. Universiti Teknologi Malaysia Institutional Repository.
- Hasna, B., & Mohad Nazari, K. (2020). Kajian pemahaman dan pelaksanaan ibadat solat fardu dalam kalangan pelajar di Kolej Komuniti Bandar Penawar dan Kolej Komuniti Cawangan Gelang Patah. *E-Journal of Islamic Thought and Understanding*, 2, 1-14. <https://ir.uitm.edu.my/id/eprint/43443/>

- Hays, D. G. (2013). *Assessment in counseling a guide to the use of psychological assessment procedures* (5th ed.). American Counseling Association.
- Hays, D. G. (2017). *Assessment in counseling: Procedures and practices* (6th ed.). Alexandria: Wiley. [https://books.google.com.my/books?id=-EwnDwAAQBAJ&printsec=frontcover&dq=assessment+in+counseling&hl=en&sa=X&ved=0ahUKEwip7evMjMDhAhW84XMBHfCWARQQ6AEIOzAD#v=onepage&q=assessment in counseling&f=false](https://books.google.com.my/books?id=-EwnDwAAQBAJ&printsec=frontcover&dq=assessment+in+counseling&hl=en&sa=X&ved=0ahUKEwip7evMjMDhAhW84XMBHfCWARQQ6AEIOzAD#v=onepage&q=assessment%20in%20counseling&f=false)
- Hadroos, Y. A. (2015). The effectiveness of a cognitive behavioral counseling program in development of anger management skill in a sample of females who suffer from dysthymic disorder. *Research on Humanities and Social Sciences*, 5(2), 10–24. https://www.researchgate.net/publication/330577863_The_Effectiveness_of_A_cognitive_Behavioral_counseling_Program_in_Development_of_Anger_Management_skill_in_a_sample_of_Females_who_suffer_from_Dysthymic_Disorder_Dr_Yasera_Abo_Hadroos
- Hill, Peter C., & Pargament, K. I. (2003). Advances in the conceptualization and measurement of religion and spirituality: Implications for physical and mental health research. *American Psychologist*, 58(1), 64-74. <https://doi.org/10.1037/0003-066X.58.1.64>
- Hill, P. C., & Maltby, L. E. (2009). Measuring religiousness and spirituality: Issues, Existing Measures, and the Implications for Education and Wellbeing. In M. de Souza, L. J. Francis, J. O'Higgins-Norman, & D. G. Scott (Eds.), *International handbook of education for spirituality, care and wellbeing* (pp. 33-50). Springer Netherlands. https://doi.org/10.1007/978-1-4020-9018-9_3
- Hinkin, T. R. (1995). A review of scale development practices in the study of organizations. *Journal of Management*, 21(5), 967-988. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.466.8045&rep=rep1&type=pdf>
- Hinkin, T. R. (1998). A brief tutorial on the development of measures for use in survey questionnaires. *Organizational Research Methods*, 1(1), 104-121. <https://doi.org/10.1177/109442819800100106>
- Hodge, D. R., & Husain, A. (2017). Increasing the cultural congruence of cognitive behavioral therapy self- Islamically modified cognitive behavioral therapy :

- Enhancing outcomes by increasing the cultural congruence of cognitive behavioral therapy self-statements. *International Social Work*, 59(3), 393-405. <https://doi.org/10.1177/0020872816629193>
- Hofmann, S. G., Wu, J. Q., & Boettcher, H. (2015). Effect of cognitive behavioral therapy for anxiety disorders on quality of life: A meta-analysis. *Journal Consulting and Clinical Psychology*, 82(3), 375-391. <https://doi.org/10.1037/a0035491>
- Horita, R., Kawamoto, A., Nishio, A., Sado, T., Locke, B. D., & Yamamoto, M. (2020). Development of the counseling center assessment of psychological symptoms-Japanese version: Pilot study. *Clinical Psychology and Psychotherapy*, 27(1), 97-105. <https://doi.org/10.1002/cpp.2412>
- Hosseini, S. H., Rafiei, A., Gaemian, A., Tirkari, A., Zakavi, A., Yazdani, J., ... Vaezzadeh, N. (2017). Comparison of the effects of religious cognitive behavioral therapy (RCBT), cognitive behavioral therapy (CBT), and sertraline on depression and anxiety in patients after coronary artery bypass graft surgery: Study protocol for a randomized controlled trial. *Iranian Journal of Psychiatry*, 12(3), 206-213. <http://www.ncbi.nlm.nih.gov/pubmed/29062373>
- Hosseini, S. H., Rafiei, A., Janbabai, G., Tirkari, A., Zakavi, A., Yazdani, J., ... Douki, Z. E. (2016). Comparison of religious cognitive behavioral therapy, cognitive behavioral therapy, and citalopram on depression and anxiety among women with breast cancer: A study protocol for a randomized controlled trial. *Asian Journal of Pharmaceutical Research and Health Care*, 8(1), 55-62. <http://informaticsjournals.com/index.php/ajprhc/article/view/8364/8422>
- Hughes, D. J. (2018). Psychometric validity: Establishing the accuracy and appropriateness of psychometric measures. In Irwing, P., Booth, T., & Hughes, J.D. (Eds.), *The Wiley Handbook of Psychometric Testing: A Multidisciplinary Approach to Survey, Scale and Test Development*. John Wiley & Sons Ltd.
- Husain, A., & Hodge, D. R. (2016). Islamically modified cognitive behavioral therapy: Enhancing outcomes by increasing the cultural congruence of cognitive behavioral therapy self-statements. *International Social Work*, 59(3), 393-405. <https://doi.org/10.1177/0020872816629193>
- Ibrahim, K. (2017). Al-Ghazali and the search for knowledge in the modern world. *Daily Sabah Columns*. <https://www.dailysabah.com/columns/ibrahim-kalin/2017/02/04/al->

ghazali-and-the-search-for-knowledge-in-the-modern-world

- Iles-Caven, Y., Gregory, S., Ellis, G., Golding, J., & Nowicki, S. (2020). The relationship between locus of control and religious behavior and beliefs in a large population of parents: An observational study. *Frontiers in Psychology*, 11, 1462. <https://doi.org/10.3389/fpsyg.2020.01462>
- Institute for Public Health. (2018). *National Health and Morbidity Survey (NHMS) 2017: Key Findings from the Adolescent Health and Nutrition Surveys*. Institute for Public Health, National Institutes of Health, Ministry of Health Malaysia. <http://iku.moh.gov.my/images/IKU/Document/REPORT/NHMS2017/NHMS2017Infographic.pdf>
- Ismail, N. A. ., & Tekke, M. (2015). Integrative Islamic personality inventory : Development and validation. *IJUM Journal of Educational Studies*, 3(2), 113-130.
- Jabatan Kemajuan Islam Malaysia, (JAKIM). (2013). *Manual Kaunseling Syari'e* (1st ed.). Jabatan Kemajuan Islam Malaysia.
- Jabrayilov, R., Emons, W. H. M., & Sijtsma, K. (2016). Comparison of classical test theory and item response theory in individual change assessment. *Applied Psychological Measurement*, 40(8), 559-572. <https://doi.org/10.1177/0146621616664046>
- Jack, A. I., Friedman, J. P., Boyatzis, R. E., Taylor, S. N., Lynn, R., Harvey, J., ... Armstrong, K. (2016). Why do you believe in god? Relationships between religious belief, analytic thinking, mentalizing and moral concern. *PLOS ONE*, 11(3), Article e0149989. <https://doi.org/10.1371/journal.pone.0149989>
- Jamiah, M., Azimi, H., Sidek, M. N., Hasnan, K., Krauss, S. E., Khairul Anwar, M., ... Fazilah, I. (2013). Prinsip pengukuran religiositi dan personaliti Muslim. *Journal of Psychology & Human Deleopment*, 1(1), 36-43.
- Jasmi, K. A. (2012, May 22-23). *Laporan dapatan kajian in kursus penyelidikan kualitatif siri 3 2012 at Felda Residence Tg. Leman, Mersing* [Paper presentation]. Institut Pendidikan Guru Malaysia Kampus Temenggong Ibrahim, Jalan Datin Halimah, 80350 Johor Bahru, Negeri Johor Darul Ta'zim,
- Jasmin, A. S. (2017). *Pembangunan dan Pengesahan Instrumen Literasi Kesihatan Remaja*. [Doctoral thesis, Universiti Putra Malaysia]. Universiti Putra Malaysia Institutional Repository (UPMIR). <http://psasir.upm.edu.my/id/eprint/76269/>
- Keller, A. (2017, February 12-15). *How to gauge the relevance of codes in qualitative data*

- analysis? - A technique based on information retrieval* [Paper presentation]. 13th International Conference on Wirtschaftsinformatik, St. Gallen, Switzerland. <https://pdfs.semanticscholar.org/7428/8faede67cc1137f3f284350bc79843167144.pdf>
- Kementerian Pendidikan Malaysia. (2018). *Statistik pendidikan tinggi 2018 : Kementerian Pengajian Tinggi Malaysia (2011). Pelan tindakan pengajian tinggi negara fasa 2 (2011-2015)*. Kementerian Pengajian Tinggi. <http://www.mohe.gov.my/portal/penerbitan.html>
- Kennerley, H., Kirk, J., & Westbrook, D. (2017). *An introduction to cognitive behaviour therapy. skills and application (third edit)*. London: Sage Publications Ltd.
- Khairul Azhar, M. (2019). The effectiveness of zakat in developing Muslims in Malaysia. *Insaniyat: Journal of Islam and Humanities*, 3(2), 127-138. <https://doi.org/10.15408/insaniyat.v3i2.11315>
- Khawaja, S. . (2015). *Impact of Islamic practices on the mental health of Muslims. A literature review* [Master thesis, Deakin University]. Academia. https://www.academia.edu/20811677/IMPACT_OF_ISLAMIC_PRACTICES_ON_THE_MENTAL_HEALTH_OF_MUSLIMS
- Kim, K. H., & Zabelina, D. (2015). Cultural bias in assessment: Can creativity assessment help? *International Journal of Critical Pedagogy*, 6(2), 129-148.
- Koenig, Harold, G. (2015, December 7). *RCBT Overview* [Video]. YouTube. <https://www.youtube.com/watch?v=MwzSbP2aN0w>
- Koenig, H. G. (2012). Religion, spirituality, and health: The research and clinical implications. *ISRN Psychiatry*, 2012, 1-33. <https://doi.org/10.5402/2012/278730>
- Koenig, H. G. (2012). Research on religion, spirituality, and mental health: A review. *Canadian Journal of Psychiatry. Revue Canadienne de Psychiatrie*, 54(5), 283-291. <https://doi.org/10.5402/2012/278730>
- Koenig, H. G., & Al Shohaib, S. (2014). *Health and well-being in Islamic societies: background, research, and applications*. Springer. https://books.google.com.my/books?id=MsopBAAAQBAJ&pg=PA194&lpg=PA194&dq=personality+lead+to+psychological+well+being+in+islam&source=bl&ots=qnDdfTd8hI&sig=i8EIFkRsbI5k3NffWzW1zCIU4Rs&hl=en&sa=X&redir_esc=y#v=onepage&q&f=false

- Kotera, Y., Ting, S. H., & Neary, S. (2021). Mental health of Malaysian university students: UK comparison, and relationship between negative mental health attitudes, self-compassion, and resilience. *Higher Education*, 81(2), 403-419. <https://doi.org/10.1007/s10734-020-00547-w>
- Krauss, E. S. (2005). *Development of the Muslim religiosity-Personality for measuring the religiosity of Malaysian Muslim youth [Doctoral thesis, Universiti Putra Malaysia]*. ResearchGate. https://www.researchgate.net/publication/279680233_Development_of_the_Muslim_Religiosity-Personality_Inventory_for_Measuring_the_Religiosity_of_Malaysian_Muslim_Youth
- Krauss, E. S., Azimi, H., Rumaya, J., & Jamaliah, A. H. (2005). The Muslim religiosity-personality inventory (MRPI): Towards understanding differences in the Islamic religiosity among the Malaysian youth. *Pertanika J. Soc. Sci. & Hum.*, 13(2), 173-186.
- Krosnick, J. A., & Presser, S. (2009). *Question and Questionnaire Design*. In J. D. W. and P. V. Marsden (Eds), *Handbook of Survey Research* (2nd ed.). San Diego, CA: Stanford University
- Kumar, M., Salim, A. T., & Ramayah, T. (2013). *Business Research Methods*. Oxford Fajar.
- Lacourly, N., San Martin, J., Silva, M., & Uribe, P. (2018). *IRT scoring and the principle of consistent order*. New York. <https://arxiv.org/pdf/1805.00874.pdf>
- Lee, J. C., & Kuang, X. (2020). Walidation of the Chinese version of the Cebtrality of Religiosity Scale (CRS): Teacher perspectives. *Religions*, 11(266), 1-20.
- Lee, M., Miller, S. M., Wen, K.-Y., Hui, S. A., Roussi, P., & Hernandez, E. (2015). Cognitive-Behavioral intervention to promote smoking cessation for pregnant and postpartum inner city women. *Journal of Behavioral Medicine*, 38(6), 932-943. <https://doi.org/10.1007/s10865-015-9669-7>
- Leppma, M., & Jones, K. D. (2013). Multiple assessment methods and sources in counseling: Ethical considerations. *Ideas and Research You Can Use*, Article 37. <http://www.counseling.org/knowledge-center/vistas>
- Lessan, N., & Ali, T. (2019, May 1). Energy metabolism and intermittent fasting: The

- Ramadan perspective. *Nutrients MDPI*, 11(1192), 1-16.
<https://doi.org/10.3390/nu11051192>
- Lewis, C. A. (2016). Assessment of mental health, religion and culture: The development and examination of psychometric measures (part I). *Mental Health, Religion and Culture. Routledge*, 19(5), 415-419. <https://doi.org/10.1080/13674676.2016.1233662>
- Lewis, C. A. (2018). Assessment of mental health, religion and culture: The development and examination of psychometric measures (Part IV). *Mental Health, Religion and Culture. Routledge*, 21(9-10), 851-854,
<https://doi.org/10.1080/13674676.2018.1616383>
- Liang, L. J., Mukhtar, F., Sidik, S. M., Ibrahim, N., Mahadevan, R., & Oei, T. P. (2017). A randomised controlled trial to examine the effectiveness of group cognitive behavioural therapy for the treatment of unipolar depression in Malaysia. *Pertanika J. Soc. Sci. & Hum*, 25(3), 1271-1296. <http://www.pertanika.upm.edu.my/>
- Libakova, N. M., & Sertakova, E. A. (2015). The Method of expert interview as an effective research procedure of studying the indigenous peoples of the north. *Journal of Siberian Federal University. Humanities & Social Sciences*, 114-129.
<https://doi.org/10.17516/1997-1370-2015-8-1-114-129>
- Linacre, John M. (2002). What do infit and outfit, mean-square and standardized mean? *Rasch Measurement Transactions*, 16(2), 878.
<https://www.rasch.org/rmt/rmt162f.htm>
- Linacre, John Michael. (1994). Sample size and item calibration or person measure stability. *Rasch Measurement Transactions*, 7(4), 328.
<http://www.rasch.org/rmt/rmt74m.htm>
- Linacre, John Michael. (2006). *A user's guide to WINSTEPS MINISTEP Rasch-model computer programs*. winsteps.com. <https://archive.org/details/B-001-003-730/page/n15>
- Linacre, John Michael. (2019). *Help for Winsteps Rasch measurement and Rasch analysis software*. Winsteps.
<https://doi.org/https://www.winsteps.com/winman/reliability.htm>
- Linacre, John Michael. (2019). Reliability and separation of measures: Winsteps help. Winsteps. <https://www.winsteps.com/winman/reliability.htm>
- Lipka, M. (2017, August 9). *Muslims and Islam: Key findings in the U.S and around the*

- world. Pew Research Centre. <http://www.pewresearch.org/fact-tank/2017/08/09/muslims-and-islam-key-findings-in-the-u-s-and-around-the-world/>
- Lynch, M. (2016, September 10). *The real purpose of assessments in education*. The Edvocate. <https://www.theedadvocate.org/real-purpose-assessments-education/>
- Lynn, P. (2019). The advantage and disadvantage of implicitly stratified sampling. *Methods, Data, Analyses*, 13(2), 253-266. <https://doi.org/10.12758/mda.2018.02>
- Madina, M. Z. (2007). *Arabic-english dictionary of the modern language*. Shah Alam: Pustaka Darussalam.
- Malik Badri. (2000). *Contemplation. An Islamic Psychospiritual Study*. London: Human Behaviour Academy Ltd, The Great Britain.
- Mallinckrodt, B., Miles, J. R., & Recabarren, D. A. (2015). Using focus groups and Rasch item response theory to improve instrument development. *The Counseling Psychologist*, 1-49. <https://doi.org/10.1177/0011000015596437>
- Malmqvist, J., Hellberg, K., Möllås, G., Rose, R., & Shevlin, M. (2019). Conducting the pilot study: A neglected part of the research process? Methodological findings supporting the importance of piloting in qualitative research studies. *International Journal of Qualitative Methods*, 18. <https://doi.org/10.1177/1609406919878341>
- Manapsal, J. P. (2017). A comparative study on classical test theory and Rasch model in Comprehensive Mental Ability Test (CMAT): A pilot test. *International Journal of Sciences: Basic and Applied Research (IJSBAR)*, 33(2), 266-283. <file:///C:/Users/Masni/Downloads/ApplyingCTTandRaschModel.pdf>
- Mauss, A.L. (1998), *Encyclopedia of religion and society*. Glock, Charles young. AltaMira Press. <http://hirr.hartsem.edu/ency/glock.htm>
- Md Shidur, R. (2017). The advantages and disadvantages of using qualitative and quantitative approaches and methods in language “Testing and Assessment” research: A literature review. *Journal of Education and Learning*, 6(1), 102-112. [file:///C:/Users/Masni/Downloads/Theadvantagesanddisadvantagesof\(1\).pdf](file:///C:/Users/Masni/Downloads/Theadvantagesanddisadvantagesof(1).pdf)
- Meer, S., & Mir, G. (2014). Muslims and depression: The role of religious beliefs in therapy. *Journal of Integrative Psychology and Therapeutics*, 2(2), 8. <http://www.hoajonline.com/journals/pdf/2054-4723-2-2.pdf>
- Messick, S. (1995). Validity of psychological assessment: Validation of Inferences from persons’ responses and performances as scientific inquiry into score meaning.

- American Psychologist*, 50(9), 741-749. <https://doi.org/10.1037/0003-066X.50.9.741>
- Miguel, M. (2021, July 3). Therapist vs psychologist : which one to choose. BetterHelp. <https://www.betterhelp.com/advice/therapy/therapist-vs-psychologist-which-one-to-choose/>
- Miller, K. (2011, June 13). *CBT explained: An overview and summary of CBT*. PositivePsychologyprogram.com. <https://positivepsychologyprogram.com/cbt/>
- Miller, L. A., Lovler, R. L., & McIntire, S. A. (2013). *Foundations of psychological testing: A practical approach* (4th ed.). California: SAGE Publications Inc.
- Mizan Adiliah, A. I., Wan Mohd Fazrul Azdi, W. R., & Hanit, O. (2014). *Kaunseling dalam Islam* (Second). Nilai: Universiti Sains Islam Malaysia.
- Mohajan, H. (2017). *Munich Personal RePEc Archive (MPRA)*. Two criteria for good measurements in research: Validity and reliability. *Annals of Spiru Haret University*, 17(3), 58-82. <https://mpa.ub.uni-muenchen.de/83458/>
- Mohammad Aziz Shah, M. A. (2018). *Pembinaan dan Pengujian Instrumen Penyelidikan*. I Psychology and Counseling Academy.
- Mohammad Aziz Shah, M. A., Fauziah, M. S., Abdul Malek, A. R., Syed Sofian, S. S., Mohammad Nasir, B., & Muhammad Bazlan, M. (2014). Analisis Statistik. *Jurnal Psikologi Malaysia*, 28(1), 12-35. <https://doi.org/10.1017/S0025315407054872>
- Mohammad, G., & Azzah, K. (2015). Islamic Personality and Professionalism at Work: A Theoretical Analysis. *Shariah Journal*, 23(2), 255-286. <https://doi.org/10.22452/js.vol23no2.4>
- Mohd Effendi, M. M. (2015). *Pembinaan Instrumen Kecerdasan Menghadapi Cabaran (IKBAR) bagi pelajar politeknik menggunakan model Rasch* [Doctoral thesis, Universiti Sains Malaysia]. Repository@USM. <http://eprints.usm.my/31935/>
- Mohd Farid Hafidz, A., & Mohamad Khairi, O. (2016). Pusat Islam Polimas : Penglibatan program dakwah dan hubungannya dengan amalan ibadat solat dan pengamalan akhlak pelajar. *International Seminar on Generating Knowledge Through Research*, 1, 25-27.
- Mohd Hasrul, S., & Mohd Fauzi, H. (2020). Nilai-nilai penting individu Muslim menurut Al-Ghazali. *Jurnal Islam Dan Masyarakat Kontemporari*, 9(1), 34-47.
- Mohd Herzali, M. H. (2019, November). *Falsafah ilmu dalam pendidikan islam dan cabarannya di Malaysia* [Paper presentation]. Seminar Antarabangsa Falsafah Islam,

https://www.researchgate.net/publication/345778174_FALSAFAH_ILMU_DALAM_PENDIDIKAN_ISLAM_DAN_CABARANNYA_DI_MALAYSIA

Mohd Khairi, Z., Mohd Nazri, Z., & Mohd Fuad, M. I. (2010). *Al-Miftah. Kamus Arab-Melayu-Inggeris* (Cetakan Ke). Seremban: Al-Azhar Media.

Mohd Nasir, M., Siti Norlina, M., & Siti Aisyah, P. @ A. R. (2013). Iman, Islam dan Ihsan: kaitannya dengan kesihatan jiwa. *Seminar Pendidikan dan Penyelidikan Islam Kali Pertama*, 582–590.

https://www.researchgate.net/publication/315794770_Iman_Islam_dan_Ihsan_Kaitannya_dengan_Kesihatan_Jiwa

Mohd Nizam, S., & Fathullah, A. (2018). Malay undergraduates' knowledge about the kalima shahadat. *International Journal of Academic Research in Business and Social Sciences*, 8(5), 708. <https://doi.org/10.6007/IJARBS/v8-i5/4172>

Mojahed, A. (2014). Religiosity and preventing risky behaviors. *International Journal of High Risk Behaviors & Addiction*, 3(3), Article e22844. <https://doi.org/10.5812/ijhrba.22844>

Morgado, F. F. R., Meireles, J. F. F., Neves, C. M., Amaral, A. C. S., & Ferreira, M. E. C. (2017). Scale development: Ten main limitations and recommendations to improve future research practices. *Psicologia: Reflexão e Crítica*, 30(1), 3. <https://doi.org/10.1186/s41155-016-0057-1>

Mosier, C. I. (1947). A critical examination of the concepts of face validity. *Educational and Psychological Measurement*, 7(2), 191-205. <https://doi.org/10.1177/001316444700700201>

Muhammad, A. al-K. S. (2013). *Muslim Sects and Divisions. The section on Muslim sects in Kitab al-Milal wa 'l-Nihal* (Kazi, A.K. & Flynn, J.G. (Trans.). London and New York: Routledge Taylor & Francis Group. (Original work published 1984)

Muhammad Al-Mahdi, J., & Abdul Aziz, A. (2016). *Positive Islamic psychology: A transcendent model to achieve peace, happiness and success in the 21st century*. Excellent Ummah Development Association.

Muhammad Khalifah Hassan, A. K. (1976). *Medieval Jewish-Muslim contribution to the academic study of religion: A study in the methodology of Saadia Al Fayyumi and Muhammad Al Shahrastan*. Temple University.

- Muhammad Yasin, O. M., Siti Marhamah, K. A., Mohamad Firdaus, M. I., Ahmad Irfan, J., & Wan Norhayati, W. O. (2020). The concept of Altruism and Ihsan as an approach towards achieving psychological well-being at the workplace: An observation at The Islamic University College of Melaka. *International Journal of Academic Research in Business and Social Sciences*, 10(10), 637-648. <https://doi.org/10.6007/IJARBSS/v10-i10/7997>
- Murrad, K. (Ed.). (1985). *Let us be Muslims*. International Islamic Publishing House (I.I.P.H) http://www.understandingworldreligions.com/books_pdf/Mawdudi_Let_Us_Be_Muslims.pdf
- Musavimoghadam, S. R., Asilvand, S., & Kamarkhani, M. M. (2015). Examine the role of religious orientation and spiritual intelligence mothers on adolescent mental health case study: Secondary school students ILAM. *Jurnal UMP Social Sciences and Technology Management*, 3(2), 590-593.
- Neyrinck, B., Lens, W., Vansteenkiste, M., & Soenens, B. (2010). Updating Allport ' s and Batson ' s framework of religious orientations : A reevaluation from the perspective of self-determination theory and Wulff ' s social cognitive model. *Journal for the Scientific Study of Religion*, 49(3), 425-438. <https://doi.org/10.1111/j.1468-5906.2010.01520.x>
- NHS. (2016). *Overview Cognitive Behavioural Therapy (CBT)*. NHS website. <https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/>
- Nooraini, O. (2011). Exploring the ummatic personality dimensions from the psycho-spiritual paradigm. *International Journal of Psychological Studies*, 3(2), 37-47. <https://doi.org/10.5539/ijps.v3n2p37>
- Nooraini, O. (2016). A preface to the islamic personality psychology. *International Journal of Psychological Studies*, 8(1), 20. <https://doi.org/10.5539/ijps.v8n1p20>
- Nor Diana, M. M., Noraini, M. N., Mariam Adawiah, D., & Nazariah, S. J. (2016). Religiosity among Muslims : A scale development and validation study. *Makara Hubs-Asia*, 20(2), 109-120. <https://doi.org/10.7454/mssh.v20i2.3492>
- Norasmah, O. (2017). Daya tahan pelajar universiti awam dan universiti swasta. *Jurnal Pendidikan Malaysia*, 42(1), 77-86. <file:///C:/Users/HP/Downloads/19601-55801-1-SM.pdf>

- Norzihan, Rohany, N., Mohd Suhaimi, M., & Nor Ba' Yah, A. K. (2016). Keberkesanan kaunseling kelompok tingkah laku kognitif terhadap kemarahan dan agresif dalam kalangan banduan penjara lelaki. *Jurnal Psikologi Malaysia*, 30(1), 40-51. <http://journalarticle.ukm.my/10080/1/196-766-1-PB.pdf>
- Nowell, L. S., Norris, J. M., White, D. E., & Moules, N. J. (2017). Thematic analysis: Striving to meet the trustworthiness criteria. *International Journal of Qualitative Method*, 16, 1-13. <https://doi.org/10.1177/1609406917733847>
- Nunnally, J. C., & Bernstein, I. H. (1994). *Psychometric Theory* (3rd ed.). New York: McGraw Hill Inc. <https://www.scribd.com/doc/141038429/Nunnally-Psychometric-Theory-2>
- Nur, Hadi. (2019). Islam, Iman dan Ihsan dalam kitab Matan Arba'in An-Nawawi: Studi materi pembelajaran pendidikan Islam dalam perspektif hadis Nabi SAW. *Jurnal Pendidikan Dan Studi Keislaman*, 9(1), 1-18.
- Nyklíček, I., Zonneveld, R., & Denollet, J. (2020). Introspective interest and insight in the context of mindfulness-Based stress reduction: A randomized trial. *Mindfulness*, 11(9), 2176-2188. <https://doi.org/10.1007/s12671-020-01439-x>
- O'Connor, C., & Joffe, H. (2020). Intercooder reliability in qualitative research: Debates and practical guidelines. *International Journal of Qualitative Methods*, 19, 1-13. <https://doi.org/10.1177/1609406919899220>
- Olufadi, Y. (2016). Muslim Daily Religiosity Assessment Scale (MUDRAS): A new instrument for muslim religiosity research and practice. *Psychology of Religion and Spirituality*, 9(2), 165-179. <https://doi.org/10.1037/rel0000074>
- Onwuegbuzie, A. J., Bustamante, R. M., & Nelson, J. A. (2010). Mixed research as a tool for developing quantitative instruments. *Journal of Mixed Methods Research*, 4(1), 56-78. <https://doi.org/10.1177/1558689809355805>
- Page, R. L., Peltzer, J. N., Burdette, A. M., & Hill, T. D. (2020). Religiosity and Health: A holistic biopsychosocial perspective. *Journal of Holistic Nursing*, 38(1), 89-101. <https://doi.org/10.1177/0898010118783502>
- Pallant, J. (2016). *SPSS Survival Manual* (6th ed.). New York: McGraw-Hill Education.
- Pardede, P. (2018, April 6). *Mixed methods research designs in EFL [Paper presentation]*. *Proceeding of EED Collegiate Forum 2015-2018*.
- Park, C. L., Edmondson, D., & Hale-Smith, A. (2013). *Why religion? Meaning as*

- motivation. *APA handbook of psychology, religion, and spirituality (vol. 1): Context, theory, and research* (pp. 157–171). American Psychological Association. <https://doi.org/10.1037/14045-008>
- Parrot, J. (2017, November 21). *How to be a mindful Muslim: An exercise in Islamic meditation*. Yaqeen Institute. https://yaqeeninstitute.org/justin-parrott/how-to-be-a-mindful-muslim-an-exercise-in-islamic-meditation/#.Xji5_2gzZnI
- Parrott, J. (2019, November 27). *Islam, Iman, Ihsan: Climbing spiritual mountain*. Yaqeen Institute for Islamic Research. <https://yaqeeninstitute.org/justin-parrott/islam-iman-ihsan-climbing-the-spiritual-mountain#.Xd67vDJKgWo>
- Petrillo, J., Cano, S. J., McLeod, L. D., & Coon, C. D. (2015). Using classical test theory, item response theory, and rasch measurement theory to evaluate patient-reported outcome measures: A comparison of worked examples. *Value in Health*, 18(1), 25-34. <https://doi.org/10.1016/j.jval.2014.10.005>
- Pew Research Center. (2012). “Nones” on the rise : One-in-five adults have no religious affiliation. Pew Research Centre. *Pew Forum on Religion & Public Life*, (202), 1-80. <http://www.pewforum.org/files/2012/10/NonesOnTheRise-full.pdf>
- Polit, D. F., & Beck, C. T. (2006). The content validity index: Are you sure you know what’s being reported? critique and recommendations. *Research in Nursing & Health*, 29, 489-497. <https://doi.org/10.1002/nur.20147>
- Popoola, B. ., & Oluwatosin, S. . (2018). Assessment and testing in counselling practice. *Advances in Social Sciences Research Journal*, 5(3), 266-275. <https://doi.org/10.14738/assrj.53.2755>
- Preko, A., Allaberganov, A., Mohammed, I., Albert, M., & Amponsah, R. (2020). Understanding Spiritual Journey to Hajj: Ghana and Uzbekistan Perspectives. *Journal of Islamic Marketing*. <https://doi.org/10.1108/JIMA-06-2020-0176>
- Qasim, M. M., Ahmad, M., Omar, M., Zulkifli, A. N., Aida, J., & Bakar, A. (2018). *A process for developing an instrument to measure the persuasion perspectives of parents using PMCOM App*. AIP Conference Proceedings 2016. 3rd International Conference on Applied Science and Technology (ICAST’18), 020119-1-020119-7. <https://doi.org/10.1063/1.5055521>
- Rabeca, A. (2018, August 23). *Religion is the secret to a good night’s sleep*. Eternity. <https://www.eternitynews.com.au/in-depth/religion-is-the-secret-to-a-good-nights->

sleep/

- Rajaei, A. R. (2010). Religious cognitive-emotional therapy: A new form of psychotherapy. *Iranian Journal of Psychiatry*, 5(3), 81-87. <http://www.ncbi.nlm.nih.gov/pubmed/22952497>
- Rassool, G. H. (2016). *Islamic counseling: An introduction to theory and practice*. New York & London: Routledge.
- Richards, P. S., & Bergin, A. E. (2011). *A spiritual strategy for counseling dan psychotherapy* (2nd ed.). American Psychological Association.
- Rockenbach, A. ., Mayhew, M. ., Giess, M. ., Morin, S. ., Staples, B. ., & Correia-Harker, B. . (2020). *Bridging religious divides through higher education*. IDEALS: Bridging religious divides through higher education. Interfaith Youth Core.
- Rohana, T., & Norhasni, Z. A. (2016). Tinjauan permasalahan akhlak belia di institusi pengajian tinggi. *Mimbar Pendidikan*, 1(2), 213-222.
- Ross, J. J., Kennedy, G. A., & Macnab, F. (2015). *The Effectiveness of Spiritual / Religious Interventions in Psychotherapy and Counselling : A Review of Recent Literature*, 1-13. PACFA. <https://www.pacfa.org.au/common/Uploaded%20files/PCFA/Documents/Research/The-effectiveness-of-spiritualreligious-interventions-in-psychotherapy-and-counselling.pdf>
- Royanulloh, & Komari. (2019). Bulan ramadan dan kebahagiaan seorang Muslim. *Jurnal Psikologi Islam Dan Budaya*, 2(2), 51-62. <https://doi.org/10.15575/jpib.v2i2.5587>
- Rozman, S., & Ahmad Jazimin, J. (2015). Kesahan dan kebolehpercayaan soal selidik egogram analisis transaksional dalam kalangan pelajar sekolah menengah. *Jurnal PERKAMA*, 19, 67-82.
- Ruscio, J. (2015). Rational/theoretical approach to test construction. In R. Cautin & S. Lilienfeld (Eds.), *The Encyclopedia of Clinical Psychology (First Edit)*. John Wiley & Sons, Inc. <https://doi.org/10.1002/9781118625392.wbecp454>
- Sabry, W. M., & Vohra, A. (2013). Role of Islam in the management of psychiatric disorders. *Indian Journal of Psychiatry*, 55(2), 205-214. <https://doi.org/10.4103/0019-5545.105534>
- Safdar, N., Abbo, L. M., Knobloch, M. J., & Seo, S. K. (2016). Research methods in healthcare epidemiology: survey and qualitative research. *Infection Control and*

- Hospital Epidemiology*, 37(11), 1272-1277. <https://doi.org/10.1017/ice.2016.171>
- Salasiah Hanin, H. (2018). *Pendekatan kaunseling spiritual menurut Al-Ghazali*. Kuala Lumpur: Dewan Bahasa dan Pustaka.
- Salbiah, M. S., Jamil, A., & Mohd Aderi, C. N. (2016). Systematic literature review of Islamic oriented scale in Malaysia. *International Journal of Academic Research in Business and Social Sciences*, 6(11), 2222-6990. <https://doi.org/10.6007/IJARBS>
- Sania, S. S., & Amena Zehra, A. (2015). Religious faith, flourishing and self-efficacy in young adult : A correlational study. *Global Journal of Arts, Humanities and Social Sciences*, 3(10), 34-45. <http://www.eajournals.org/wp-content/uploads/Religious-Faith-Flourishing-and-Self-Efficacy-in-Young-Adults-A-Correlational-Study.pdf>
- Sapora, S. (2016). *Kaunseling daripada perspektif Islam dan Barat*. Nilai: Universiti Sains Islam Malaysia.
- Schermer, J. A., Krammer, G., Goffin, R. D., & Biderman, M. D. (2020). Using the 16PF to test the differentiation of personality by intelligence hypothesis. *Journal of Intelligence*, 8(1). <https://doi.org/10.3390/jintelligence8010012>
- Sekaran, U. (2003). *Research Methods for Business. A Skill Building Approach* (4th ed.). Wiley India Pvt. Limited, 2006.
- Seyed Hamzeh, H., Alireza, R., Ali, G., Abdolhakim, T., Aliasghar, Z., Jamshid, Y., ... Nazanin, V. (2017). Comparison of the effects of Religious Cognitive Behavioral Therapy (RCBT), Cognitive Behavioral Therapy (CBT), and Sertraline on Depression and anxiety in patients after coronary artery bypass graft surgery: Study protocol for a randomized controlled tri. *Iranian Journal of Psychiatry*, 12(3), 206-213. <http://www.embase.com/search/results?subaction=viewrecord&from=export&id=L617014427%0Ahttp://iacs.c17.net/openurl?sid=EMBASE&issn=20082215&id=doi:&atitle=Comparison+of+the+effects+of+Religious+Cognitive+Behavioral+Therapy+%28RCBT%29%2C+Cognitive+Behavio>
- Shabani, J., Hassan, S. A., Ahmad, A., & Baba, M. (2011). Moderating effect of age on the link of emotional intelligence and mental health among high school students. *International Education Studies*, 4(2). <https://doi.org/10.5539/ies.v4n2p82>
- Sidek, M. N. (2005). *Pengujian dan penilaian dalam kaunseling: Teori dan aplikasi*. Serdang:Universiti Putra Malaysia.
- Siegel, A. (2016). *Practical Business Statistics* (7th ed.). Academic Press.

- <https://www.elsevier.com/books/practical-business-statistics/siegel/978-0-12-804250-2>
- Simpson, A., & Ferguson, K. (2014). Mental illness - The role of university support services on academic outcomes for students with mental illness. *Education Research International*, 2014, 1-6. <https://doi.org/http://dx.doi.org/10.1155/2014/295814>
- Sinaian, P. (2020, February 22). *Likert scales, online survey, survey examples. What is a Likert scale? Definition, Examples, and How To Use One*. SurveyLegend. <https://www.surveylegend.com/likert-scales/likert-type-scale-responses-examples-with-examples/>
- Siti Hajar, A. B., Haris, A. W., & Siti Balqis, M. A. (2019). Pelaksanaan terapi tingkah laku kognitif dalam program pemulihan terapeutik berasas institusi untuk remaja hamil luar nikah. *Jurnal Sains Kesihatan Malaysia*, 17(1), 83-90. <http://journalarticle.ukm.my/13342/>
- Siti Zubaidah, I., & Muhamad Zahiri, A. M. (2016). Faith and freedom: The Qur'anic notion of freedom of religion vs. the act of changing religion and thoughts on the implications for Malaysia. *Religions*, 7(88). <https://doi.org/10.3390/rel7070088>
- Slone, N. C., Reese, R. J., Mathews-Duvall, S., & Kodet, J. (2015). Evaluating the efficacy of client feedback in group psychotherapy. *Group Dynamics: Theory, Research, and Practice*, 19(2), 122-136. <https://doi.org/10.1037/gdn0000026>
- Stacy, M. (2014, February 25). *Getting to Know You*. Counseling Today - A Publication of the American Counseling Association. <https://ct.counseling.org/tag/personality-assessment/>
- Stolz, H. E., Olsen, J. A., Henke, T. M., & Barber, B. K. (2013). Adolescent religiosity and psychosocial functioning: investigating the roles of religious tradition, national-ethnic group, and gender. *Hindawi Publishing Corporation*, 2013, 1-13.
- Strangways-Booth, A. (2017). Mental health therapy for Muslims embraces religion. *BBC News*. <http://www.bbc.com/news/uk-england-38932954>
- Taghipoorreynah, M., & de Run, E. C. (2020). Using mixed methods research as a tool for developing an indigenous cultural values instrument in Malaysia. *Journal of Mixed Methods Research*, 14(3), 403-424. <https://doi.org/10.1177/1558689819857530>
- Taherdoost, H. (2016). Validity and reliability of the research instrument; How to test the validation of a questionnaire/survey in a research. *International Journal of Academic*

- Research in Management (IJARM)*, 5(3), 1-10. <https://hal.archives-ouvertes.fr/hal-02546799>
- Tang, W., & Kreindler, D. (2017). Supporting homework compliance in cognitive behavioural therapy: Essential features of mobile apps. *JMIR Mental Health*, 4(2), 20. <https://doi.org/10.2196/mental.5283>
- Tekke, M., & Ismail, N. A. H. (2016). Development of integrative Islamic personality model. *Insan ve Toplum Bilimleri Arastirmalari Dergisi*, 5(5), 1323-1332.
- Terides, Matthew, D., Dear, Blake, F., Karin, E., Jones, M. P., Milena, G., Fogliati, Vincent, J., ... Titov, N. (2016). The frequency of actions and thoughts scale: Development and psychometric validation of a measure of adaptive behaviours and cognitions. *Journal Cognitive Behaviour Therapy*, 45(3), 196-216. <http://www.tandfonline.com/doi/full/10.1080/16506073.2016.1149876?scroll=top&needAccess=true>
- The Commissioner of Law Revision Malaysia* (2006) [http://lib.perdana.org.my/PLF/GOVERNMENT%20PUBLICATION/Publication%20Laws%20of%20Malaysia%20\(L.O.M\)/Revision%20of%20Laws%20Act%201968%20%5BAct%201%5D%20\(Reprint%202006\).pdf](http://lib.perdana.org.my/PLF/GOVERNMENT%20PUBLICATION/Publication%20Laws%20of%20Malaysia%20(L.O.M)/Revision%20of%20Laws%20Act%201968%20%5BAct%201%5D%20(Reprint%202006).pdf)
- The Editors of Encyclopaedia Britannica. (2018, Feb. 09). *Chinese Civil Service*. Britannica. <https://www.britannica.com/topic/Chinese-civil-service>
- Thoma, N. C., & McKay, D. (2014). *Working with Emotion in Cognitive-Behavioral Therapy Techniques for Clinical Practice*. Guildford Publications. www.guilford.com/p/thoma
- Thomas, J. (2021, July 22). *Psychiatrist Vs. therapist: What's the difference?* BetterHelp. <https://www.betterhelp.com/advice/psychologists/psychiatrist-vs-therapist-whats-the-difference/>
- Tiliouine, H., & Belgoumidi, A. (2009). An exploratory study of religiosity, meaning in life and subjective wellbeing in muslim students from Algeria. *Applied Research in Quality of Life*, 4(1), 109-127. <https://doi.org/10.1007/s11482-009-9076-8>
- Tran, V. D., Dorofeeva, V. V, & Loskutova, E. E. (2018). Development and validation of a scale to measure the quality of patient medication counseling using Rasch model. *Pharmacy Practice*, 16(4), 1327. <https://doi.org/10.18549/PharmPract.2018.04.1327>
- Tsang, S., Royse, C. F., & Terkawi, A. S. (2017). Guidelines for developing, translating,

- and validating a questionnaire in perioperative and pain medicine. *Saudi Journal of Anaesthesia*, 11(1), 80-89. https://doi.org/10.4103/sja.SJA_203_17
- UNESCO. (2012). *Graduate Employability in Asia*. UNESCO Bangkok. <http://unesdoc.unesco.org/images/0021/002157/215706E.pdf>
- Uto, M., & Ueno, M. (2018). Empirical comparison of item response theory models with Rater's parameters. *Heliyon*, 4(5), 1-32. <https://doi.org/10.1016/J.HELİYON.2018.E00622>
- Van Dijk-Groeneboer, M. (2020). Religious education in (post-)pandemic times; becoming a resilient professional in a teacher academy. *Religions*, 11(11), 1-12. <https://doi.org/10.3390/rel11110610>
- Villani, D., Sorgente, A., Iannello, P., & Antonietti, A. (2019). The role of spirituality and religiosity in subjective well-being of individuals with different religious status. *Frontiers in Psychology*, 10, 1-11. <https://doi.org/10.3389/fpsyg.2019.01525>
- Vveinhardt, J., Gulbovaite, E., & Ahmed, R. R. (2017, 8-9 November). *Development and validation of the semi-structured interview questionnaire of congruence of personal and organizational values*. [Paper presentation]. Vision 2020: Sustainable economic development, innovation management, and global growth (pp. 1225-1238). Proceedings of the 30th International Business Information Management Association Conference (IBIMA), (Madrid, Spain).
- Walinga, J., & Stangor, C. (2014). *Introduction to psychology - 1st Canadian edition*. BCCampus. <https://open.bccampus.ca/find-open-textbooks/?uuid=8390d51e-0efe-493c-881c-cf86852a612f&contributor=&keyword=&subject=Psychology>
- Wan Mohd Rushidi, W. M., Amir, A., Iran, H., & Mahmood Nazar, M. (2004). Analysis of the psychometric properties of the Malay version of Beck Depression Inventory II (BDI-II) among postpartum women in Kedah, North West of Peninsular Malaysia. *Malaysian Journal of Medical Sciences*, 11(2), 19-25.
- Wang, S., Wang, H., & Khalil, N. (2018). A thematic analysis of interdisciplinary journal of information, knowledge, and management (IJKM). *Interdisciplinary Journal of Information, Knowledge, and Management*, 13, 201-231. <https://doi.org/10.28945/4095>
- Watson, J., & Flamez, B. (2014). *Counseling Assessment and evaluation : Fundamentals of applied practice*. Thousand Oak, United States: Sage Publications, Inc.

- https://www.sagepub.com/sites/default/files/upm-binaries/64979_Watson_Chapter_1.pdf
- Wazzainab, I. (2017, April 26-27). *Pemerolehan bahasa ilmu Al-Shafie sebagai suri teladan pembelajaran bahasa Arab* [Paper presentation]. PASAK 2017 Persidangan Antarabangsa Sains Sosial dan Kemanusiaan Kali ke 2, Selangor International Islamic University College (KUIS). <http://conference.kuis.edu.my/pasak2017/index.php/17-prosiding-jilid2>
- Weir, K. (2020). Reaching Out to the Faithful. *American Psychological Association*, 51(3), 30. <https://www.apa.org/monitor/2020/04/reaching-faithful>
- Wilson, S. (2021, March 3). *Counselor vs. therapist vs. psychologist*. Human Services Guide. <https://www.humanservicesedu.org/counselor-vs-psych-vs-therapist.html#context/api/listings/prefilter>
- Wong, K. (2017, December 1). *How to find a therapist*. The Cut. <https://www.thecut.com/2017/12/a-beginners-guide-to-finding-the-right-therapist.html>
- Yahya Jaya, P. (2004). *Bimbingan kaunseling agama Islam*. Angkasa Raya.
- Zhou, Y. (2019). A mixed methods model of scale development and validation analysis. *Measurement*, 17(1), 38-47. <https://doi.org/10.1080/15366367.2018.1479088>
- Zuraida, A. S., Che Zarrina, S., & Sharifah Basirah, S. M. (2018). Islamic integrated cognitive behavior therapy. 10 sessions treatment manual for depression in clients with chronic physical illness. *Therapist Manual Workbook*, 1-63. https://spiritualityandhealth.duke.edu/images/pdfs/Muslim_Sunni_Version_Client_Workbook.pdf