

# Attendance at Religious Services as a Moderator of the Work Stress–Depression Relationship

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This study examined whether religious service attendance moderates the relationship between work-related stress and depressive symptoms among U.S. adults. Using 2018 General Social Survey data ( $N = 673$ ), I tested a moderation model. Work stress, religious attendance, and depression were assessed using single-item measures. Multiple regression indicated work stress was positively associated with depression ( $B = .327, p < .001$ ), whereas religious attendance was negatively associated ( $B = -.057, p < .001$ ). The interaction between work stress and religious attendance was significant ( $B = -.047, p = .001$ ), explaining an additional 1.5% of variance. Simple slopes analyses revealed the stress–depression link was nonsignificant among individuals attending services weekly or more. Findings suggest religious attendance may buffer stress effects on mental health. Limitations include cross-sectional design, single-item measures, and lack of confounder control. Future research should use longitudinal designs, validated scales, and cross-cultural samples to clarify causal pathways and generalizability.

Keywords: religious attendance, work stress, depression, stress-buffering, mental health

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