

Table 3*Exploratory Factorial Analysis of the Perception Questionnaire on the Effects of Prayer*

Items (anexa 1)	Factor Loadings	Item-scale correlation	Uniqueness
Emotion Regulation ($\alpha=.87$)			
i7 Prayer is the act through which I rid myself of negative emotions.	.787	.833**	.227
i6 Prayer relieves me of a spiritual burden.	.733	.869**	.237
i5 Prayer helps me have a better emotional disposition.	.685	.885**	.362
i8 to unload myself from worries, troubles, inner tensions.	.640	.827**	.306
Sensory Deprivation ($\alpha=.83$)			
i3 to use social media less.	.939	.834**	.132
i4 to distance myself from sources that visually/aurally demand from me.	.769	.905**	.362
i2 to communicate less in social contexts.	.706	.865**	.504
Self-control ($\alpha=.91$)			
i55 to maintain patience in the face of problems being resolved.	.801	.865**	.107
i56 to cope more easily with everyday stressful situations.	.611	.910**	.244
i54 to acquire better management of disturbing emotions (anxiety, anger, rage, indignation).	.604	.895**	.231
i53 to handle conflict situations more effectively.	.411	.896**	.319
Introspection ($\alpha=.92$)			
i27 to analyze my own conscience more.	.689	.875**	.173
i24 to reflect on my real needs.	.596	.859**	.263
i25 to be more attentive to the connotation of the thoughts that come to my mind.	.594	.892**	.226
i26 to delve deeper into myself.	.549	.853**	.271
i23 to analyze my inner states more profoundly.	.407	.888**	.234
Increase Will-power ($\alpha=.88$)			
i60 to feel stronger in accomplishing my activities.	.831	.834**	.106
i61 to be more efficient in tasks that require effort from me.	.607	.867**	.257
i59 to be perseverant in achieving goals.	.495	.912**	.304
i57 to reach my personal objectives.	.483	.852**	.409
Interpersonal Intuition ($\alpha=.86$)			
i14 to intuit events, people, and things in my life more easily.	.980	.946**	.110
i15 to recognize the emotional state and feelings of others more easily.	.760	.935**	.226
Faith in Divine Providence ($\alpha=.88$)			
i21 to strengthen my faith and hope in divine providence.	.729	.908**	.144
i22 to feel genuine support as a result of communion with God.	.643	.906**	.197
i20 to better understand the will of God and what He asks of me.	.615	.883**	.226
Compassion for Others ($\alpha=.88$)			
i13 to be interested in the needs of the sick or those facing problems of any kind.	.754	.887**	.131
i11 to be more attentive to the needs of those around me.	.546	.829**	.203
i12 to be more empathetic/compassionate towards people.	.499	.895**	.305
i16 to support more those who need me.	.440	.821**	.321

Altruism ($\alpha=.82$)				
i18	to adopt an ethical/moral behavior towards the rules of the community in which I live.	.699	.878**	.216
i17	to become more available to engage in social-philanthropic projects.	.615	.897**	.325
i19	to consider the common good as well.	.584	.812**	.310
Changing Perspective ($\alpha=.90$)				
i68	to perceive a much deeper aspect of reality.	.642	.846**	.212
i66	to see the world with 'different eyes.'	.599	.881**	.261
i67	to find a deeper meaning in the events that happen to me.	.565	.900**	.211
i51	to direct my thoughts in a positive manner.	.363	.906**	.305
Self-knowledge ($\alpha=.82$)				
i32	to become aware of my own limits in communication.	.662	.847**	.197
i33	to better understand my role in relation to the community's objectives.	.553	.893**	.237
i31	to self-disclose.	.484	.860**	.534
Prosociality ($\alpha=.88$)				
i46	to become more respectful towards the elderly.	.662	.886**	.151
i47	to become more responsible and trustworthy.	.605	.913**	.139
i45	to become loyal to friends and my reference group.	.371	.909**	.243
Changing of Behavior ($\alpha=.90$)				
i39	to give up certain undesirable behaviors for myself and others.	.590	.884**	.184
i38	to improve my way of interacting with others.	.548	.919**	.224
i42	to replace harmful habits with more constructive ones.	.400	.861**	.259
i43	to humble myself (reduce selfishness).	.371	.853**	.332

Note. 'Minimum residual' extraction method was used in combination with a 'oblimin' rotation
 **. Correlation is significant at the 0.01 level (2-tailed).