Abstract: Introduction: No period of human history is not empty from religious beliefs. Having religious beliefs and doing Religious orders, made The person a mental fulcrum brings and Kingdom force. Since the religious beliefs, Affect on personal behavior and life style,that can providing health promotion. The aim of This paper is evaluate the role of religious beliefs on Reducing risk behaviors.

Methods: Reviewing article with Using library and Internet Studies.

Results: Researchs showed that having religious beliefs Causes a decrease in psychological stress And prevention of risk behaviors such as Smoking and consume alcohol. Results showed that The correlation between religious beliefs and Drug abuse is negative and statistically significant(r=-0.14 , p<0.01). In a study that investigated two groups that had statistically significant differences in terms of importance to prayer (p<0.01), Concluded that; who gave more importance to prayer, Symptoms of anxiety, insomnia and stress were less and their mental health was better. Statistics presented in the field of social corruption Indicate that; Incidence of crime in the Muharram, 40% decrease. the results of other studies showed that The correlation between religious orientation in students with Anxiety and depression is negative and statistically significant and with Increasing religious orientation, Decreased their anxiety and depression. Also the studies showed that; Activation concept Spirituality cases significant increasing in student mental health (p,0.05 т=2.08).Morris Examined effects of religious pilgrimage on anxiety and depression of 24 elderly patients. He realized that their symptoms had much reduced after the pilgrimage And at least ten months after returning from the pilgrimage has continued this effect.

Conclusion: According to the findings concerning the role of religious beliefs on reducing risk behavior, And thus increasing in physical and mental health of people, The following are suggested:

More attention to Strengthening religious beliefs in schools and colleges, Training people Particular Young people in religious beliefs, Participation in religious ceremony, inform people of the dangers of smoking, obesity, stress and Other harmful things that Exist in the new life style religious beliefs, Risk behaviors, health.

Presentation: Poster