Table 3. Results from simple and multiple logistic regression analyses that evaluated the association between Royal Free Interview for Spiritual and Religious Beliefs (RFI-SRB) score (independent) on various clinical characteristics (i.e., hypertension, diabetes, and CVD) of the participants (dependent covariates)

Dependent outcome	Unadjusted Odds Ratio (95%CI)	Age, gender adjusted Odds Ratio (95%CI)	Fully adjusted* Odds Ratio (95%CI)
Hypertension			
RFI-SRB score (*by 1 unit*)	0.37 (0.19-0.70)	0.93 (0.91-0.96)	0.96 (0.92-0.99)
Age (*by 1 year*)	-	1.13 (1.09-1.17)	1.14 (1.09-1.19)
Gender (*males vs. females*)	-	0.43 (0.18-1.00)	0.47 (0.18-1.21)
Family status (*married vs. widowed/not married/divorced*)	-	-	1.05 (0.25-4.50)
Smoking (*current vs. ex/never*)	-	-	5.80 (1.06-31.89)
Body mass index (*per 1 kg/m²*)	-	-	1.22 (1.05-1.42)
Diabetes mellitus			
RFI-SRB score (*by 1 unit*)	0.04 (0.01-0.17)	0.90 (0.87-0.93)	0.91 (0.87-0.94)
Age (*by 1 year*)	-	1.06 (1.02-1.10)	1.06 (1.02-1.11)
Gender (*males vs. females*)		2.29 (0.85-6.14)	2.69 (0.90-8.06)
Family status (*married vs. widowed/not married/divorced*)	-	-	0.75 (0.22-2.55)
Smoking (*current vs. ex/never*)	-	-	1.54 (0.45-5.49)
Body mass index (*per 1 kg/m²*)	-	-	1.09 (0.95-1.25)
Cardiovascular disease**			
RFI-SRB score (*by 1 unit*)	0.06 (0.01-0.48)	0.93 (0.90-0.97)	0.92 (0.89-0.96)
Age (*by 1 year*)	-	1.06 (1.02-1.12)	1.05 (0.99-1.11)
Gender (*males vs. females*)		1.50 (0.47-4.82)	1.89 (0.46-7.87)
Family (*married vs. widowed/not married/divorced*)	-	-	0.73 (0.16-3.27)
Smoking (*current vs. ex/never*)	-	-	0.41 (0.08-1.99)
Body mass index (*per 1 kg/m²*)	-	-	0.97 (0.82-1.16)

The results are presented as OR (odds ratio) and 95% confidence intervals for the 1-unit increase of RFI-SRB score.
*Fully adjusted for age, gender, family status, smoking habits and body mass index; **Congestive heart failure or Myocardial infarction