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Indicators of Sensory and Intellectual Thinking Based on Clinical Psychology and Islamic Perspective and their Role in Psychotherapy and Spiritual Health: Introducing a New Model of Thinking

Nasir Javidi, et al.
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Abstract

Today, the field of health is not limited to physical and mental health, but is related to all aspects of life, including spirituality. Spiritual health is so important that it is suggested as the fourth dimension of health, and in the near future, it will form part of the definition of health by the WHO. According to research in clinical psychology, in addition to spiritual health, another important issue in most psychotherapy theories is the issue of thinking. Given the importance of health and thinking, so far, no model has been presented in the field of the relationship between "thinking and health". So, the purpose of the present study is introducing a new model of healthy thinking based on human soul faculties. In this study, qualitative content analysis method has been used. Indicators of sensory and intellectual thinking have been noted within research results, which are the main components of the new model of thinking. In this type of thinking model, it is argued that all human beings have powers within them that can grow, which are referred to as the faculties of the soul. The level of thinking of individuals is determined by the level of each person's soul faculties. The lowest level is sensory perception and the highest level is intellectual perception. The more a person grows from the level of sensory thinking to the level of intellectual thinking, the sources of thought error decrease and the better the health of the thinking. Also, those who have a level of intellectual thinking have a higher level of spiritual health and the lifestyle of these people is health-oriented. This is a philosophical-psychological model in which indicators of sensory thinking and intellectual deviation have been extracted from theories and texts of psychology and philosophy. The results of this study can be used in psychotherapy because research has shown that thinking, especially healthy thinking, has a very effective role in mental health and a healthy lifestyle as well as treatment of disorders.

Keywords Spiritual health · Thinking · Model · Clinical psychology · Soul faculties · Sensory · Intellectual · Psychotherapy

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Introduction

According to the American Psychological Association (APA), psychology is the science of mind and behavior that includes the study of conscious and unconscious phenomena, as well as feeling and thought (Association et al. 1999). So, psychological theories and approaches focus on human behavior and psychological processes but have received less attention to human "existence" and "soul". Topics such as, how is mankind a creature? what soul faculties does mankind have? and what is the role of each of these soul faculties in human function? Although psychological theories are based on research findings, empirical, these theories are still based on philosophical concepts and assumptions. In fact, the formation of structure, theoretical framework, pathology and content of treatment has always been based on philosophical concepts (Slote 2020). That is why the relationship between philosophy and the psyche can be considered a fundamental relationship (Gabbay et al. 2006). In fact, the subject of the faculties of the soul in philosophy is related to the subject of the psyche in psychology (Davidson 1974). When there is a balance between the forces of the soul in man, the person behaves healthily, and when there is extremism and wastage between the forces, it means that the human soul is dominated by one of the forces and the person's behavior is out of health and he suffers damage (Adam and Brett 2018). That's why, discussing the faculties of the soul is important in human behavior, but so far it has received less attention in psychology. For the first time, the present study introduces a model of healthy thinking based on the faculties of the soul and brings up the factors of health and harm in thinking.

Soul (Al-Nafs)

The word "Al-Nafs" is from the root of the Arabic word Nafs, which is evident in classical Islamic philosophy. Associated with English words (soul), Latin (anima), Greek (fluent). In addition, the soul is the existential and eternal essence of man (Rizvi 2013). In other definitions, soul is the life force that is breathed into man from "God". So because it is from God, it can grow to infinity and reach perfection (Swinburne 1986).

The soul has different dimensions, biological, psychological and metaphysical. These are not going to be separated from each other, but these dimensions are interacting with each other. This comprehensive approach is related to Sadra's understanding of existence, who is one of the philosophers we need to think about existence with his view (López-Muñoz et al. 2012).

All philosophers of theology, especially Plato, believe that the soul, because of its immateriality and vastness, is the eternal factor that shapes the world. According to Aristotle, the soul is a printed image in the body and therefore will not remain without the body unless there is a power of it called "wisdom" to be eternal by joining active reason. Aristotle spoke vaguely about active wisdom. As

we have said, one of the dimensions of the soul is its spiritual and immaterial dimension, which is explained in the context of religion. The human soul without religion cannot feel happiness and peace in life. Religion helps man to eliminate the feeling of emptiness in a person through goal setting and having a framework to achieve the goal (Baasher 2001).

Soul Faculties

The faculties of the soul are the individual characteristics attributed to a soul. There have been different attempts to define them over the centuries. The meaning of the faculties of soul is that human has different dimensions of ability in his being (Moris 2010). Islam as a religion views the human soul as soul that has special potential. In this case, Al-Ghazali and allameh Tabatabaei divide it into plant souls (al-Nafs al-Nabatiyah), animal spirit (al-Nafs al-Hayawaniyah), and human soul (al-Nafs al-Insaniyah), all of which became the center of Islamic attention within develop these potentials (Hall 2004).

1. al-Nafs al-Nabatiyah: "The vegetable soul or intellect" had of three powers or resources: nutritive control (Quwwat al-Ghadhiyah) by which it changes another body into the shape of the creature body into which it dwells; the control of development (al-quwwat al-namiyah) by which the creature body increments without changing its frame till it accomplishes full development; and control of generation (al-quwwat al-muwallidah) which draws from the body a portion comparative to itself in possibility competent of creating other bodies comparable to it in reality (Grinell 2020).

2. al-Nafs al-Hayawaniyah: The animal soul or mind; it has all the powers or resources of the vegetable intellect (al-Nafs al-Nabatiyah), viz. the nutritive control (al-quwwat al-ghadhiyah), the control of development (al-quwwat al-namiyah) and the control of generation (al-quwwat al-muwallidah). In expansion, it has two powers or resources impossible to miss to itself, i.e., thought process workforce (al-quwwat al-muharrikah) and cognitive staff (al-quwwat al-mudrikah) each one of which has numerous sorts of sub-classes (Firdaos 2017).

3. al-Nafs al-Insaniyah: The human intellect or soul. It has all the resources and powers of the vegetable intellect (Nafs al-Nabatiyah) as well as those of the creature intellect (Nafs al-Hayawaniyah), but in expansion has the levelheaded workforce (al-quwwat al-'aqliyah) impossible to miss to itself which has two shapes: one hypothetical or theoretical which empowers man to have theoretical considering and the other viable on which profound quality depends (Hasyim 2015). The al-Nafs al-Insaniyah has perceptual faculties, which are the tools of knowing the world. It includes sensory perception, imaginary perception, delusional perception and intellectual perception (Fig. 1).
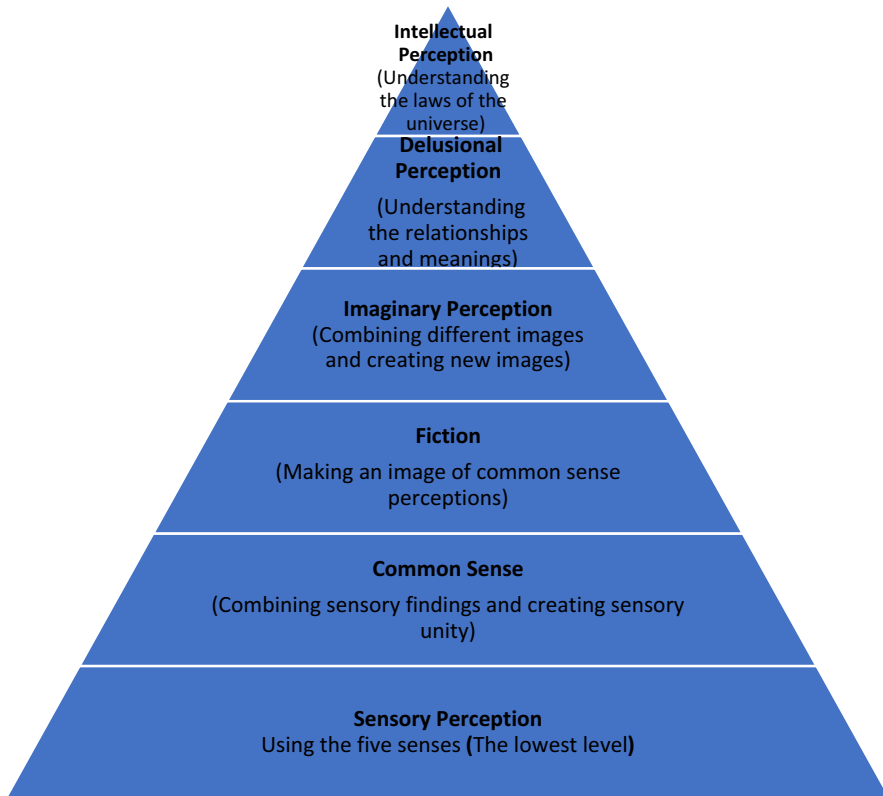
Fig. 1 The lowest and highest of perceptual faculties (sense level to wisdom level)

Thought

In the discussion of the soul faculties, perceptual faculties are the most important faculty and human thinking takes place under supervision it (Yasin et al. 2020). Thought involves "a purposeful reflection stream that can lead to a fact-based outcome" (Ennis 2011). Thinking is the basis of many human and intelligent activities that have been one of the most important topics in many disciplines such as logic, philosophy, psychology, neuroscience, humanities and cognitive sciences. Thinking is a mental task and arises when a person is faced with a problem and wants to solve it. At this stage of the mind, an attempt to solve the problem begins, which is called mental thinking. In fact, problem-solving activity consists of steps that begin with defining the problem in a clear, concise, and tangible manner and continue with finding solutions to the problem (Wing 2006). Thinking allows people to form a sense of, decipher, represent or show the world they involvement, and to create expectations approximately that world. It is subsequently accommodating to an organism with needs, destinations, and wants because it makes plans or something else endeavors to achieve those objectives (Pherson and Pherson 2020).

Levels of Thinking

Levels of thinking are based on perceptual levels based on the powers of the soul that was said. Accordingly, the highest level of thinking is rational thinking and the lowest level is sensory thinking.

Sensory Thinking

Sensory thinking is based on outward senses, and it will not go beyond sensations. Sensory thinking is one-dimensional thinking and cannot consider and study all its dimensions in one subject. People with sensory thinking usually regret their decisions very quickly (Casey 2000).

Intellectual Thinking

This type of thinking is not limited to sensory data but also uses other dimensions that can be metamaterial and spiritual. In fact, the intellectual thinking person is faced with two realities: material facts and metamaterial facts. As it is said in quantum science, when we leave the reality of the body, environment and time, we enter other realities (Dispenza 2019).

Thinking: Psychological Perspective

According to research in theories of psychotherapy, what is considered in most approaches is the issue of thinking (Sanabria-González 2020). Within the cognitive-behavioral approach, it is raised That considering is the source of convictions and convictions and decide the feeling and behavior of each person (Kline et al. 2020). Within the cognitive brain research approach, the cognitive forms of thought and data preparing within the intellect are considered, such as consideration, discernment, memory, dialect, problem-solving, imagination, and reasoning (Rabinowitz 2020). Also, in mind theory, healthy thinking underlies mental states such as beliefs, intentions, desires, pretense, and knowledge of oneself and others (Quesque and Rossetti 2020). In fact, the role of perception and thinking in psychological perspectives has always been considered. In the cognitive-behavioral perspective, developed by Ellis, Beck, and Meichenbaum, thoughts and perceptions are central to the theory. McKay et al. (2019) argues that the type of thinking determines our emotions and behavior in this approach, a person learns that it is thoughts that determine one's feelings, behaviors, and physical reactions in different situations (Craske 2010). This is what is emphasized in this view that people often have thoughts in which there are mistakes and distortions and produce inappropriate emotions, they then affect a person's behavior and can disrupt a person's function. So, if a person's cognitive errors and distortions are reduced, healthier thinking will emerge that will lead to healthier emotions and thus healthier functioning. This view has spread as

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an effective method to a wide range of treatments for psychological problems and mental disorders (Hofmann et al. 2012). Another perspective is the schema therapy approach founded by Yang (Young et al. 2003). Schemas are a set of basic beliefs and thought patterns that are formed around a subject in the mind of the individual and lead to certain behaviors. In schema therapy, early maladaptive schemas, also called life traps, are considered (DoughAbadi et al. 2016; Young et al. 2006). So far, 18 early incompatible schemas have been identified. These schemas lead to the formation of dysfunctional thoughts, the constant experience of negative emotions, and the occurrence of self-destructive behaviors in adulthood. In the face of each schema, each person chooses one of three coping styles, including surrender, avoidance, and extreme compensation (Jacob and Arntz 2013). Surrender means pure and unquestioning acceptance, avoidance means to withdraw and suppress, and intense retribution means opposing and fighting. In this approach, it is said that schemas can guide thoughts.

Thinking: Islamic Perspective

Over the centuries, Islamic philosophers such as Ibn Sina, Sheikh Ishraq, and Mulla Sadra have always emphasized the importance of the role of thought (Khan 2006). Because the importance of thinking and reasoning in human life is so great that philosophers refer to it as the main difference between human beings and other living beings (Sternberg and Halpern 2020). The extent to which each person strives for individual and social excellence depends on the extent to which he or she uses his or her intellect and thinking (Hoerl and Snee 2020). For this reason, the invitation to thought and thinking has been the main advice of Islam (Ghaderi et al. 2018), and in the Holy Quran, the word thinking is used nineteen times (Nordin and Surajudeen 2015). The Prophet of Islam, Muhammad (PBUH) says about thinking: One hour of thinking is better than seventy years of worship (Arawi 2011). He also said: "Thinking and intellection causes patience and comprehensive study of things and ultimately leads to physical and mental health" (Nizah et al. 2012). Imam Ali (AS) says: Thinking gives man awareness and insight and, like a lamp, illuminates the dark path (moving from the unknown to the known) (Esmaeili et al. 2017). Therefore, one of the most important issues in the school of Islam is thinking, which is very important (Arawi 2011). Every person needs thinking and thinking in different areas in his personal and social life. In matters of education, housing, occupation, marriage, friend selection, ontology, ideology, self-knowledge, management, politics, and many other areas, we need sound thinking, which is the level of intellectual thinking. Because sensory thinking is one-dimensional and intellectual thinking is all-encompassing. In the Islamic ideology, thinking is one of the basic elements of individual and social life, thinking causes the growth and perfection of the individual and critical thinking means that a person analyzes and criticizes his personality, beliefs and values, and finally analyzes his lifestyle to identify strengths and weaknesses. In fact, human by overcoming his weakness, he reaches perfection and becomes an adult human being (Yucel 2014). Also, today, cognitive psychological

perspectives work on controlling the human mind and thinking to control individual behavior based on the Thinking model.

Spiritual Health

The word "spirit" springs from the Latin words "spiritus" (meaning breath, courage, vigor, or soul) and the word "spirare" (meaning to breathe) (Hjelm 2010). Five characteristics of spirituality include: meaning, value, transcendence, connecting (with oneself, others, God/supreme power and the environment), and becoming (the growth and progress in life) (Knapik et al. 2010). Spiritual health is about the reference to self (personal dimension), others (social dimension), the character (the environment) and God (transcendental dimension) (Gomez and Fisher 2003). The essential characteristics of spiritual health are as follows: proper lifestyle, reference to others, asking about the meaning and purpose of life, and transcendence (Jirásek 2015). Spiritual health is extremely important for several researchers, to the extent that it's seen jointly of the key aspects of health (Adib-Hajbaghery and Faraji 2015). In fact, spiritual health is considered to be an essential dimension of a person's overall health and well-being, which leads to the integration and coordination of other aspects of health, including physical, mental, social and emotional dimensions (Fisher 2004).

Spiritual health is so important that it is suggested as the fourth dimension of health, and in the near future it will be part of the definition of health in the World Health Organization. That time has come for a desire to discern and manage health beyond the health triangle and be inclusive of the 4th dimension of health, that is, the spiritual dimension and the health professionals globally must delve into the matter more profusely and provide a profound focus within the direction of introducing spiritual health for overall care (Dhar et al. 2013).

Thinking and Spiritual Health

One of the components of a healthy life is attending to spiritual health and healthy thinking, which can reduce harmful behaviors (Rafat et al. 2019), and thus the connection between thinking and spiritual health is very important (Bhatt 2019).

In 2019, During a study entitled Healthy Thinking and Healthy Living, was requested from the academic community that research the topic of "thinking" and focus the topics of their articles on thinking and their relationship to health (Earl and Lewis Jr 2019). It is said in health psychology and positive psychology that spiritual health, especially mental health, depends on how people think. If it is healthy, the feeling and action of the person is also healthy (Lynn et al. 2020). These people feel good about themselves and others, and they are responsible in their work environment and relationships because when we are mentally healthy, we expect the best things in life and we are ready to deal with any incident. In fact, by learning the characteristics of spiritual health, we can achieve a balanced and happy spirit (Evans 2020). Spiritual health is essential for human happiness. Achieving mental health is

by no means accidental, but achieving this goal is achieved by spending time and effort in the right direction. Positive and pleasant thoughts are also the key to spiritual health (Evans 2020).

Today, the models of thinking called "Thought Model of Spirituality" are being built in the world. As Mahesh Bhatt (Bhatt 2019) points out in his article that in clinical environment of contemporary healthcare, this "Thought Model" of defining and understanding spirituality provides its scientific compatibility by decreasing the conflicting religious beliefs, which are common in provision systems to almost nil by navigating the conflicting religious, cultural, and scientific thoughts.

The results of his research showed that the proposed "Thought Model" of spirituality relies on the character of the composition of assorted human thought processes within the ecosystem of human thoughts and their evolution. The evolution of human thought processes made spirituality and spiritual thought process because the most evolved thought among all thoughts, which consists of all positive thoughts among all thought processes, including ideas of humanity and human values.

In fact, spiritual health is a multidimensional concept. So that the person may be healthy from one point of view and from another point of view in the condition of the disease (Bhatt 2019; Green 2020; Taverna et al. 2019).

Methods

In this study, qualitative content analysis method has been used. The search strategy included four databases (PubMed, Web of Science, Scopus and Scholar google) including books, articles, national and international reports and theses. Inclusion criteria involved empirical human studies published in peer-reviewed journals, written in English, Persian and Arabic, and dated 2000–2019 and dated 1980–2020. The search strategy followed a stepwise protocol starting with three key search terms: "thinking," "soul" and "health" in the content. Next, the search was narrowed to "Thinking" in the title (exact term) and lastly "soul" and "health" (exact terms) in title or abstract or content in combination with model in the title (exact term). Exclusion criteria were applied to eliminate non-peer-reviewed publications, other languages, irrelevant data and off-topic papers. An initial set of 440 abstracts were reviewed, and a total of 400 non-duplicate citations were screened with inclusion/exclusion criteria applied. Of these, 110 articles were excluded after the title/abstract screen and indicators of sensory and intellectual thinking were extracted (Fig. 2).

Results

Models of Thinking, Critiques

In the field of "thinking", there are few models in the world. There are many weaknesses in these models.

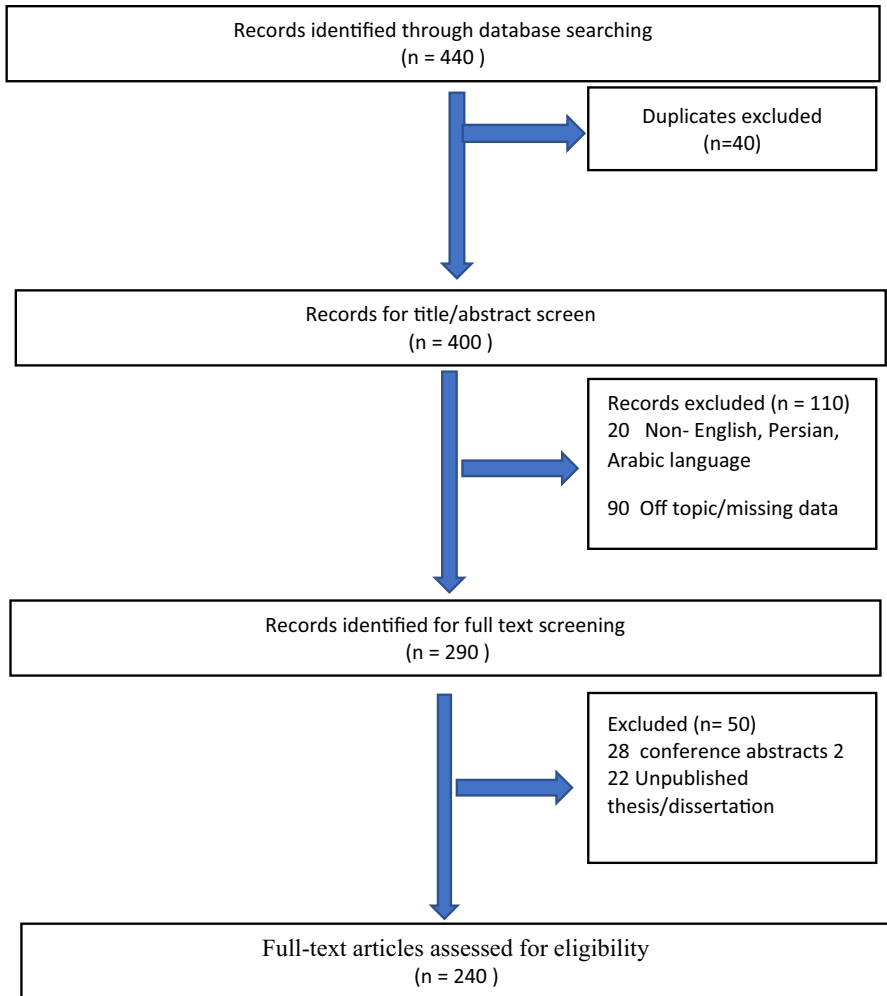In this research, we introduce the best models of thinking in the world and point out the gaps in these models.

Fig. 2 Search strategy

First, the critical thinking model: Critical or Critical Thinking (Critical Thinking) means thinking right in an attempt to gain reliable awareness in the world. This method involves the mental processes of data recognition, analysis and evaluation (Sternberg and Halpern 2020). In other words, the art of thinking is about thinking while we want to make our idea better, clearer, more accurate, or more defensible (Elder and Paul 2020). A critical thinker can ask the right questions and gather relevant information. Then categorize them creatively and reason logically; and in the end he comes to a reliable conclusion about the problem (Dekker 2020). Philosophers such as Socrates, Plato, and Aristotle also saw critical

thinking as the ability to question, test, and think about ideas and values [Wang et al. 2008].

Critique: As it turns out, in this model, it does not deal with the process of thinking and how to reason logically and presents only the ideal as "rational criticism." But it does not explain at what level of logic operates and what the essence of thinking itself is.

The next model is Hurson's Productive Thinking Model. This model is a structured approach to solving problems or creating creative ideas (Hurson 2014).

Being "creative" in problem-solving allows one to understand issues related to problems, and it helps to find the best solution.

This model helps the individual to be more creative in problem-solving (Živković 2016).

Critique: This model also seeks only a kind of divergent thinking and "creativity", not the very nature of thinking. It also does not discuss how the problem-solving process is carried out by thinking, and not consider what level of thinking does the process of creativity and problem-solving operate?

The next models are mental models which help the person to do a task "simply." The technique of these models is to perform the desired task first in the mind and then in reality. In this case, because the work has been done once in the mind, it will be easier again (Abdel-Raheem 2020). This kind of thinking is more common in movie directors. In psychology, the term "mental models" is sometimes used to refer to mental representations or mental simulations in general (Mejía et al. 2019).

Critique: In this view, mental models can be constructed using the imagination, but there is no reference to the imaginary level of thinking. And it has not been studied what is the nature of imagination and what are the sources of error of thinking and imagination. Also, the explanation of thinking in these models is very vague and lacks a regular structure and framework.

Summary of Criticisms

According to the proposed models of thinking, the shortcomings in them can be summarized as follows:

1. It is clear that these models are very imperfect and limited, and in other words, none of them has the power to clarification thinking.
2. Where does thinking come from and what levels does it include and what is the difference between its different levels?
3. In none of the theories and models has the relationship between thinking and health been clearly explained, while philosophers consider the level of the intellectual of thinking to depend on the healthy behavior of the individual.
4. It is also not stated exactly what level of thinking affects what level of behavior and performance.

5. In psychological approaches also, only the application of thinking has been addressed and the existential nature of thinking has not been addressed.
6. None of the sources of thinking error and mental health factors are mentioned.

In this study, to develop a new model of thinking based on the faculties of the soul, we extracted the indicators of sensory and intellectual thinking from the relevant texts (Table 1).

New Model of Thinking

Due to the importance of health as well as the discussion of thinking in psychology and philosophy and the views of many scientists in this field, so far, no model has been presented in the field of the relationship between "thinking and health" and this model is introduced for the first time.

The new model of thinking that is presented in the present study does not have the gaps and shortcomings of existing models of thinking in the world, and it is designed in a simple and comprehensive way. In this type of thinking model, it is said that all human beings have powers within them that can grow, which are referred to as the faculties of the soul.

The level of thinking of individuals is determined by the level of each person's soul faculties. The lowest level is sensory perception, and the highest level is intellectual perception. The more a person grows from the level of sensory thinking to the level of intellectual thinking, the sources of thought error decrease and the better the health of the thinking. This is a philosophical-psychological model based on theories of psychology and philosophy, in which indicators of sensory thinking and intellectual deviation have been extracted from theories and texts of psychology and philosophy.

There are several concepts in this model:

The nature of thinking Explains the concept, nature and essence of thinking.
Levels of thinking Determines how many levels of thinking there are and what levels of existence each of these levels is associated with.
Sources of error in thinking Thought is always subject to cognitive distortions and cognitive bias, and perceptual errors that all of these are sources of error and produce error and deviation in thinking.

Healthy thinking: Healthy thinking means looking at the entire situation—the positive, the negative and the neutral parts—and then coming to a conclusion. In other words, healthy thinking means looking at life and the world in a balanced way, not through rose-colored glasses (Kendall-Tackett 2002). In fact, thinking can be harmful and healthy. When the mind is free from cognitive distortions, cognitive bias, and perceptual errors, it is healthy and otherwise harmful.

According to the proposed model of the present study, it is said that thought has levels that have different attitudes and behaviors according to the level of thinking of

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Table 1 Indicators of sensory thinking and intellectual thinking

Levels of thinking	Component	Indicator	Explain
Sensory thinking	Primary perception	The first recognition	Complete and error-free assurance of your initial assessments
		Limited cognition	Considering only one dimension of each phenomenon, not all its dimensions
		Acting based on basic needs	Behavior is done only to meet basic needs and enjoyment
	One-dimensional perception	The five senses (Touch, taste, smell, hearing, sight)	Metamaterial phenomena have no place
		capability to error	Sensory perception is very capability to error because it is one-dimensional
		Material perception	Whatever is seen, heard, touched
Intellectual thinking	Multidimensional perception	Metamaterial perception	Understanding the immaterial dimensions of phenomena
		Theorizing	Ability to generate concepts and generate meanings
		Understanding causality	Finding the cause and understanding of causation for phenomena
	Analytical perception	Correct judgment	Comprehensive judgment with reflection
		Scientific principles	Learning new sciences and ways of thinking
		Targeting	setting a goal with deep reflection and thinking
	Conscious perception	Conscience	Understanding things beyond the law
		Emotional Management	Mastery of emotions and control of impulsive behaviors

the person, and in fact, his action is derived from his attitude, which also determines the type of attitude, the level of thinking.

Thought is always subject to error and deviation. The higher the levels of thinking, the less sources of error and the healthier the mind. So that in the last level of thinking called "Wisdom" or "Intellectual Thinking," the sources of error are eliminated and the person achieves healthy thinking (Fig. 3).

Points

1. The spectrum of mental health is directly related to levels of thinking (The higher the levels of thinking, the better the health of the mind).
2. There is a range of sources of error and thought damage inversely related to levels of thinking (The higher the levels of thinking, the less damage is done to the mind).
3. Red color is a sign of injury, and white is a sign of health. As can be seen in the figure, sensory thinking is in the boldest state and gradually, as the levels of thinking go through, its color fades, that is, the severity of the damage and the error of thought decrease.
4. A triangle is a sign of a person's lifestyle ranging from red to white.
   That is, the farther away from the mistakes and harms of lifestyle, the closer a person gets to health.
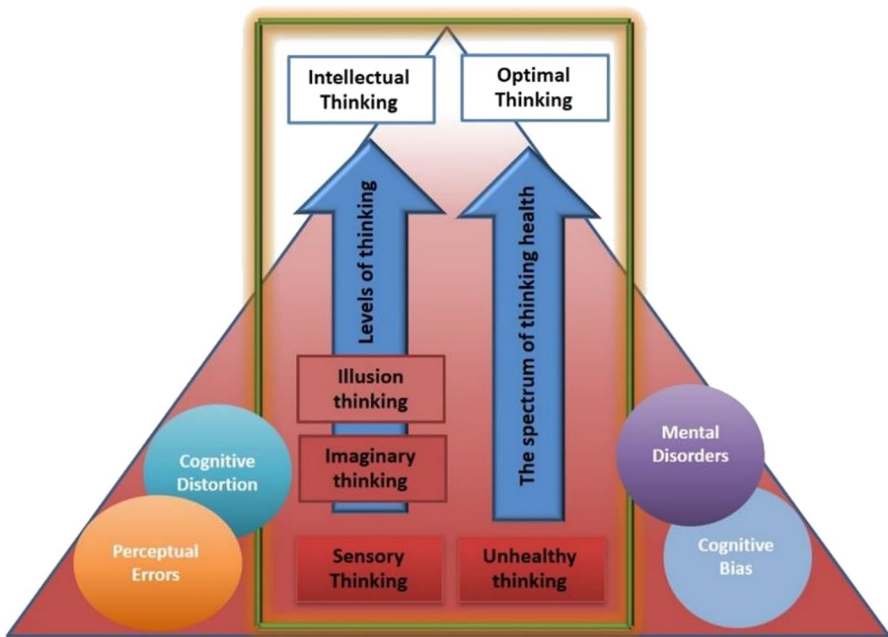

Fig. 3 Optimal thinking model (from the findings of the present research)

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To the extent that a person has a perfectly healthy lifestyle at the level of intellectual thinking.

5. Healthy thinking and a healthy lifestyle are directly related.
6. Sources of error and damage are always around the person and are interrelated.
7. Red indicates the spectrum of damage and disorder. (The darker it is, the more mental errors and less mental health.
8. A person's nurtured and development is related to their health-oriented lifestyle and level of intellectual thinking (Fig. 4).

The figure above shows that the type of thinking is directly and specifically related to a person's health, personality traits, and lifestyle. Also, sources of thinking errors such as cognitive distortions, cognitive bias, and perceptual errors always revolve around a person's thinking and can also affect the health, personality and lifestyle of the person. The health and damage of thought is affected by levels of thinking.

Discussion

In the discussion of health, especially spiritual health, the type of thinking and beliefs of the individual has always been discussed. Because of the better and more rational the level of thinking, the healthier the person's lifestyle and the greater the person's spiritual health (Rafat et al. 2019). In the present study, after introducing the sensory and intellectual thinking, a new model of thinking based on the levels of intellectual thinking was introduced. According to what was said, it will pave the way for future research in the field of developing models of thinking. The proposed model will not have the gaps and weaknesses of previous models of thinking such as (weakness in explaining the nature of thinking, not explaining the levels of thinking, not explaining the relationship between thinking and human health, not examining the relationship between thinking and behavior and human performance). The results of this study can be used to assess the levels of sensory and intellectual thinking as well as to assess the type of thinking of the individual for treatment and education. This means that each person's way of thinking determines their lifestyle.

Fig. 4 Health cycle and thinking damage (from the findings of the present research)
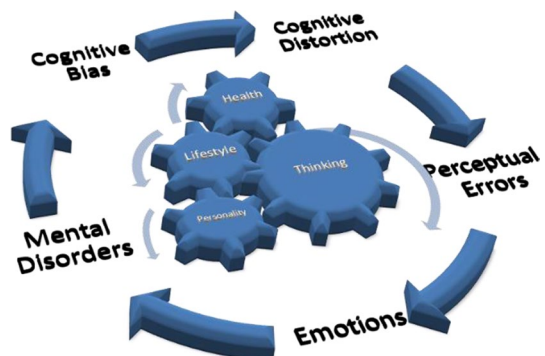
So, lifestyles that lead to excellence and health with lifestyles that lead to harm will be related and identifiable by the type of levels of thinking which will ultimately be effective in changing human behavior and improving performance. It was said in this model that thinking can be injured and it can also be healthy. Cognitive distortions, cognitive bias, and perceptual errors were discussed as sources of harm and error. Also, according to the proposed model of the present study that thought has levels that have different attitudes and behaviors according to the level of thinking and in fact, his action is derived from his attitude, the type of attitude also determines the level of thinking. So, the thought is always subject to error and deviation. In fact, the higher the levels of thinking, the less sources of error and the healthier the mind. As mentioned, Sources of error include: cognitive distortions and cognitive bias, and perceptual errors. Thus, in the last level of thinking, which is called reason, the sources of error are eliminated and the person achieves healthy thinking. The theoretical scope of the present study was part of the approaches of Islamic philosophers to thinking and other parts of the schools of cognitive psychology, including Ellis' cognitive-behavioral approach, schema therapy approach, and Piaget's theory of cognitive development. Therefore, in this research, indicators of thinking have been extracted from psychological approaches as well as the approaches of philosophers, especially Islamic philosophers.

Conclusion

The results of this research can be used in psychotherapy in clinical psychology. Today, research has shown that thinking, especially healthy thinking, has a very effective role in mental health and involved in reducing psychological disorders (Renshaw and Rock 2018; Vidourek and Burbage 2019). In fact, people do not want to suffer from physical and mental illnesses and experience a low quality of life, but the problem is with their dysfunctional thinking and lifestyle. Many people are not able to give up the unhealthy lifestyle because they have sensory thinking and cannot take into account all aspects of the phenomena, so the sources of mental error are abundant in them (Firth et al. 2019). Because this unhealthy way of thinking and living has developed over the years, it is difficult to put it aside. As a person's level of thinking gradually increases from sensory to intellectual thinking, so does their healthy lifestyle. And because of this, these people have a healthy lifestyle because when a person has intellectual thinking, his mental health also increases. In addition, what has been suggested in research related to the level of intellectual thinking is creativity (Sternberg and Halpern 2020), emotional intelligence (Barrett and Gross 2001; Maddahi et al. 2012), individual general knowledge level (Bellinger et al. 2004), and organized learning (Bierly et al. 2000), success in business (Miao et al. 2020), emotion management (Javidi 2013, 2014; Najafi et al. 2015; Sternberg and Jordan 2019) and happiness (Javidi et al. 2013).

The results of this study, which is actually a model for measuring levels of thinking, can be used to identify people's levels of thinking and its relationship with mental health and lifestyle to be used in psychotherapy approaches in the field of clinical

psychology, and the results of this research can provide the ground for the development of intellectual models in the world in the future.

Compliance with Ethical Standards

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