

## **Summary Research on Meditation**

## Contents

<b>Question Posed</b>	<b>Page no.</b>
1.Studies showing whether meditation can reduce sick days in an organisation – if so, by how much	3
2.Effects of meditation work efficiency, productivity etc	4
3. Effects on mood, well-being etc	6

## EFFECTS ON HEALTH AND MORTALITY

The scientifically rigorous paper has been called by experts ‘the strongest proof yet’ that meditation brings significant health benefits.

In the randomized, controlled trial, 201 overweight African American heart patients were followed up for 5 years. The end results showed that patients doing regular Transcendental Meditation practice were 48 per cent less likely to suffer a heart attack, stroke or die than men and women with similar physical conditions.

To a great extent, this outcome is caused by the positive effect of Transcendental Meditation practice on [blood pressure](#), [stress levels](#), and [overall well-being](#). Robert Schneider, the lead researcher of the study conducted at the Medical College of Wisconsin in Milwaukee, explained, “It appears that Transcendental Meditation is a technique that turns on the body’s own pharmacy – to repair and maintain itself.”



### Full academic reference:

*Circulation: Cardiovascular Quality and Outcomes*. “Stress reduction in the secondary prevention of cardiovascular disease.”

2012; 5: 750-758

### 1. Studies showing whether meditation can reduce sick days in an organisation – if so, by how much

Meditation or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial

<http://www.annfammed.org/content/10/4/337>

Transport for London survey .

<https://www.mentalhealth.org.uk/publications/be-mindful-report/>

Stats on the importance of Meditation within the Workplace

Buck Montgomery

<https://prohabits.com/blog/an-introduction-to-promeditation/>

(case study also found in Meditation by Luis S.R. Vas, Pustak Mahal, 2004)

Effects of mindfulness meditation on occupational functioning and health care utilization in individuals with anxiety

<http://www.sciencedirect.com/science/article/pii/S0022399917300661>

## **2. Effects of meditation work efficiency, productivity etc**

Meditation Practice as Related to Occupational Stress, Health and Productivity

<http://journals.sagepub.com/doi/abs/10.2466/pms.1984.59.2.581>

Presenteeism: sick and tired at work

<https://search.proquest.com/openview/4d6f7e8ad1abb9ac3b58cf9baa071f1e/1?pq-origsite=gscholar&cbl=30763>

Mindfulness meditation improves cognition: Evidence of brief mental training

<https://www.gwern.net/docs/dnb/2010-zeidan.pdf>

Adapting meditation to promote negotiation success: A guide to varieties and scientific support

[https://repository.uchastings.edu/cgi/viewcontent.cgi?referer=https://scholar.google.com.au/scholar?start=10&q=meditation+mood&hl=en&as\\_sdt=0,5&httpsredir=1&article=2058&context=faculty\\_scholarship](https://repository.uchastings.edu/cgi/viewcontent.cgi?referer=https://scholar.google.com.au/scholar?start=10&q=meditation+mood&hl=en&as_sdt=0,5&httpsredir=1&article=2058&context=faculty_scholarship)

Short-term meditation training improves attention and self-regulation

[http://www.pnas.org/content/104/43/17152.full?utm\\_source=buffer&utm\\_campaign=Buffer&utm\\_content=buffer67dff&utm\\_medium=google](http://www.pnas.org/content/104/43/17152.full?utm_source=buffer&utm_campaign=Buffer&utm_content=buffer67dff&utm_medium=google)

Zen and well-being at the workplace

<http://www.emeraldinsight.com/doi/abs/10.1108/TQM-07-2013-0077>

Mindfulness Meditation as an On-The-Spot Workplace Intervention

<http://www.sciencedirect.com/science/article/pii/S0148296317300462>

The influence of managers' spiritual mindfulness on ethical behaviour in organisations

[http://www.slam.org.au/wp-content/uploads/2015/07/JSLaMvol8no1\\_McGhee.pdf](http://www.slam.org.au/wp-content/uploads/2015/07/JSLaMvol8no1_McGhee.pdf)

Fifteen Minutes of Chair-Based Yoga Postures or Guided Meditation Performed in the Office Can Elicit a Relaxation Response.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265094/?tool=pubmed>

Effects of Relaxation Training, Combining Imagery, and Meditation the Stress Level of Chinese Nurses Working in Modern Hospitals in Taiwan

<https://www.ncbi.nlm.nih.gov/pubmed/8454464>

Mindfulness for Teachers: A Pilot Study to Assess Effects on Stress, Burnout, and Teaching Efficacy

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3855679/>

The Effects of Meditation on Teacher Perceived Occupational Stress, State and Trait Anxiety, and Burnout

[https://www.researchgate.net/publication/263919776\\_The\\_Effects\\_of\\_Meditation\\_on\\_Teacher\\_Perceived\\_Occupational\\_Stress\\_State\\_and\\_Trait\\_Anxiety\\_and\\_Burnout](https://www.researchgate.net/publication/263919776_The_Effects_of_Meditation_on_Teacher_Perceived_Occupational_Stress_State_and_Trait_Anxiety_and_Burnout)

### **3. Effects on mood, well-being etc**

A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction

[https://link.springer.com/article/10.1207%2Fs15324796abm3301\\_2?LI=true](https://link.springer.com/article/10.1207%2Fs15324796abm3301_2?LI=true)

Stress Reduction through Mindfulness Meditation

Effects on Psychological Symptomatology, Sense of Control, and Spiritual Experiences

<https://www.karger.com/Article/PDF/289116>

The effects of a mindfulness-based stress reduction program on stress, mindfulness self-efficacy, and positive states of mind

<http://onlinelibrary.wiley.com/doi/10.1002/smi.1011/full>

Meditation Lowers Stress and Supports Forgiveness Among College Students: A Randomized Controlled Trial

<http://www.tandfonline.com/doi/abs/10.3200/JACH.56.5.569-578?src=reccsys>

Meditation can reduce habitual responding

<https://search.proquest.com/openview/bf0899be1f7e0349e333fa6d5bf32cb4/1?pq-origsite=gscholar&cbl=32528>

A Randomized, Controlled Trial of Meditation for Work Stress, Anxiety and Depressed Mood in Full-Time Workers

<https://www.hindawi.com/journals/ecam/2011/960583/abs/>

Does Mindfulness Meditation Improve Anxiety and Mood Symptoms? A Review of the Controlled Research

<http://journals.sagepub.com/doi/pdf/10.1177/070674370705200409>

Brief meditation training can improve perceived stress and negative mood

<http://managstressnow.com/pubarticles/Brief%20Meditation%20Lane%20and%20Seskevich.pdf>

One-Session Mindfulness Meditation: A Randomized Controlled Study of Effects on Cognition and Mood

[https://www.researchgate.net/profile/Susan\\_Johnson6/publication/257795424\\_One-Session\\_Mindfulness\\_Meditation\\_A\\_Randomized\\_Controlled\\_Study\\_of\\_Effects\\_on\\_Cognition\\_and\\_Mood/links/54f096520cf2b36214aa9267.pdf](https://www.researchgate.net/profile/Susan_Johnson6/publication/257795424_One-Session_Mindfulness_Meditation_A_Randomized_Controlled_Study_of_Effects_on_Cognition_and_Mood/links/54f096520cf2b36214aa9267.pdf)

Meditation programs for psychological stress and well-being: a systematic review and meta-analysis

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1809754>

Pulling yourself together: Meditation promotes congruence between implicit and explicit self-esteem

[http://www.ssoar.info/ssoar/bitstream/handle/document/30973/ssoar-jexpsoepschol-2009-6-koole\\_et\\_al-pulling\\_your\\_self\\_together.pdf?sequence=1](http://www.ssoar.info/ssoar/bitstream/handle/document/30973/ssoar-jexpsoepschol-2009-6-koole_et_al-pulling_your_self_together.pdf?sequence=1)

Mindfulness meditation and the perception of beauty

<https://cdn.intechopen.com/pdfs-wm/55890.pdf>

Meditate don't medicate: How medical imaging evidence supports the role of meditation in the treatment of depression.

[http://www.radiographyonline.com/article/S1078-8174\(15\)00094-2/fulltext](http://www.radiographyonline.com/article/S1078-8174(15)00094-2/fulltext)

Mindfulness-Based Interventions for Youth With Anxiety: A Systematic Review and Meta-Analysis.

<http://journals.sagepub.com/doi/10.1177/1049731516684961>

Turning Towards or Turning Away: A Comparison of Mindfulness Meditation and Guided Imagery Relaxation in Patients with Acute Depression

<https://www.cambridge.org/core/journals/behavioural-and-cognitive-psychotherapy/article/turning-towards-or-turning-away-a-comparison-of-mindfulness-meditation-and-guided-imagery-relaxation-in-patients-with-acute-depression/4450D1ABBE569530DB729B2E159B2AC>

An update on mindfulness meditation as a self-help treatment for anxiety and depression.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3500142/>

Meditation Experience Predicts Introspective Accuracy

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3458044/>

A Randomized Trial Comparing a Brief Meditation Retreat to a Vacation: Effects on Daily Well-Being.



<http://online.liebertpub.com/doi/full/10.1089/acm.2014.5242.abstract>

Mindfulness Meditation: A Preliminary Study on Meditation Practice During Everyday Life Activities and its Association with Well-Being

[https://www.researchgate.net/publication/50252261\\_Mindfulness\\_Meditation\\_A\\_Preliminary\\_Study\\_on\\_Meditation\\_Practice\\_During\\_Everyday\\_Life\\_Activities\\_and\\_its\\_Association\\_with\\_Well-Being](https://www.researchgate.net/publication/50252261_Mindfulness_Meditation_A_Preliminary_Study_on_Meditation_Practice_During_Everyday_Life_Activities_and_its_Association_with_Well-Being)

Immediate and long-term effects of meditation on acute stress reactivity, cognitive functions, and intelligence.

<https://www.ncbi.nlm.nih.gov/pubmed/23251943>

The impact of mindfulness meditation on anger

<http://europepmc.org/abstract/MED/23847996>

Meditation: a Process of Cultivating Enhanced Well-Being

<https://link.springer.com/article/10.1007/s12671-013-0266-y>

Intensive Meditation Training Influences Emotional Responses to Suffering.

<http://psycnet.apa.org/record/2015-19635-001>