



researchtm.net

Scientific Validation of the Effect of the Transcendental Meditation Programme in

Increasing Academic Performances

Increasing Cognitive Performances

Promoting Better Learning and Memory

Paper N°	Finding	Reference
Increasing Academic Performances		
640	Increased Graduation Rate from Secondary School	Colbert, Robert D.; and Nidich, Sanford. Effect of the Transcendental Meditation program on graduation, college acceptance and dropout rates for students attending an urban public high school. Education 133: 495–501, 2013.
640	Decreased Dropout Rate from Secondary School	Colbert, Robert D.; and Nidich, Sanford. Effect of the Transcendental Meditation program on graduation, college acceptance and dropout rates for students attending an urban public high school. Education 133: 495–501, 2013.

640	Increased Post-Secondary Education Acceptance Rate	Colbert, Robert D.; and Nidich, Sanford. Effect of the Transcendental Meditation program on graduation, college acceptance and dropout rates for students attending an urban public high school. <i>Education</i> 133: 495–501, 2013.
639	Improved Mathematics Achievement	Nidich, Sanford; Mjasiri, Shujaa; Nidich, Randi; Rainforth, Maxwell; Grant, James; Valosek, Laurent; Chang, Walter; and Zigler, Ronald L. Academic achievement and Transcendental Meditation: A study with at-risk urban middle school students. <i>Education</i> 131: 556–564, 2011.
639	Improved Language Achievement	Nidich, Sanford; Mjasiri, Shujaa; Nidich, Randi; Rainforth, Maxwell; Grant, James; Valosek, Laurent; Chang, Walter; and Zigler, Ronald L. Academic achievement and Transcendental Meditation: A study with at-risk urban middle school students. <i>Education</i> 131: 556–564, 2011.
555	Reduction of Absentee Periods	Barnes, Vernon A.; Bauza, Lynnette B.; and Treiber, Frank A. Impact of stress reduction on negative school behavior in adolescents. <i>Health and Quality of Life Outcomes</i> 1: 10, 2003.
555	Decrease in School Rule Infractions	Barnes, Vernon A.; Bauza, Lynnette B.; and Treiber, Frank A. Impact of stress reduction on negative school behavior in adolescents. <i>Health and Quality of Life Outcomes</i> 1: 10, 2003.
555	Reduction in Suspension Days	Barnes, Vernon A.; Bauza, Lynnette B.; and Treiber, Frank A. Impact of stress reduction on negative school behavior in adolescents. <i>Health and Quality of Life Outcomes</i> 1: 10, 2003.
486	Enhancement of Military Education among Police Officer Trainees	Alvarez Roset, J. L., and Schuler, M. Implementing the Transcendental Meditation programme in the Brazilian military police forces: A case study. International Meditation Society, Rio de Janeiro, Brazil, in conjunction with Committee of Ayurvedic Medicine, Secretary of Medical Services, Ministry of Social Welfare, Brasilia, Brazil.
476	Correlation of Field Independence with Artistic Ability, Self-Perceived Artistic Competence, and College Academic Performance	Fergusson, L.C. Field independence, Transcendental Meditation and achievement in college art: a reexamination. <i>Perceptual and Motor Skills</i> 77:1104-1106, 1993.
475	Field Independence Correlated with Artistic Ability and College Academic Performance	Fergusson, L. C. Field Independence and art achievement in meditating and nonmeditating college students. <i>Perceptual and Motor Skills</i> 75: 1171-1175, 1992.
391	Enhanced Academic Performance in Postgraduate Students	Kember, P. The Transcendental Meditation technique and postgraduate academic performance. <i>British Journal of Educational Psychology</i> 55: 164–166, 1985.

387	Higher Academic Achievement and IQ in Secondary School Students as a Function of Number of Months Practicing the Transcendental Meditation and TM-Sidhi Programs	Muehlman, J. M.; Nidich, S. I.; Reilly, B.; and Cole, C. Relationship of the practice of the Transcendental Meditation technique to academic achievement. Findings presented at the Annual Meeting of the Mid-Western Educational Research Association, Chicago, Illinois, USA, October 1988. Findings also published in Abstracts of Papers of the Annual Meeting of the Mid-Western Educational Research Association, p. 6, 1988.
386	Improved Scores on Social Studies, Literary Materials, Reading, Quantitative Thinking, and General Academic Achievement for Primary and Secondary School Students	Nidich, S. I.; and Nidich, R. J. Increased academic achievement at Maharishi School of the Age of Enlightenment: A replication study. <i>Education</i> 109: 302–304, 1989.
385	Increased Academic Achievement for Both Incoming and Continuing Primary School Students	Nidich, S. I.; Nidich, R. J.; and Rainforth, M. School effectiveness: Achievement gains at the Maharishi School of the Age of Enlightenment. <i>Education</i> 107: 49–54, 1986.
306	Improved Academic Performance	Kember, P. The Transcendental Meditation technique and academic performance: A short report on a controlled longitudinal pilot study. Findings also published in <i>British Journal of Educational Psychology</i> 55: 164–166, 1985.
304	Better Academic Atmosphere	Baer, N.; Nidich, S.; and Abrams, A. A comparative study of Maharishi International University and two small private colleges on perceived personal growth, perceived academic atmosphere, and general quality of life. Master's thesis, Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1981.
304	Higher Motivation to Learn	Baer, N.; Nidich, S.; and Abrams, A. A comparative study of Maharishi International University and two small private colleges on perceived personal growth, perceived academic atmosphere, and general quality of life. Master's thesis, Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1981.
304	Greater Enjoyment of School	Baer, N.; Nidich, S.; and Abrams, A. A comparative study of Maharishi International University and two small private colleges on perceived personal growth, perceived academic atmosphere, and general quality of life. Master's thesis, Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1981.
304	Greater Desire for Higher Academic Degrees	Baer, N.; Nidich, S.; and Abrams, A. A comparative study of Maharishi International University and two small private colleges on perceived personal growth, perceived academic atmosphere, and general quality of life. Master's thesis, Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1981.
231	Greater Neurological Efficiency (Faster H-Reflex Recovery) Correlated with Superior Academic Performance	Wallace, R. K.; Orme-Johnson, D. W.; Mills, P. J.; Dillbeck, M. C.; and Jacobe, E. The relationship between the paired Hoffman reflex and academic achievement in participants of the Transcendental Meditation (TM) Program. Departments of Biology and Psychology, Maharishi International University, Fairfield, Iowa, USA, 1980.

139	Decreased School Dropout Rate among Adolescents with Learning Problems	Jackson, Y. Learning disorders and the Transcendental Meditation Program: Retrospects and prospects. A preliminary study with economically deprived adolescents. Doctoral thesis (summary), University of Massachusetts, Amherst, Massachusetts, USA, 1977. Findings also published in Dissertation Abstracts International 38(6): 3351A, 1977.
138	Greater Commitment to Higher Education among Students	Brown, M. Higher education for higher consciousness: A study of students at Maharishi International University. Doctoral thesis (summary), University of California at Berkeley, Berkeley, California, USA, 1976. Findings also published in Dissertation Abstracts International 38(2): 649A, 1977.
138	Greater Interest in Academic Activities among Students	Brown, M. Higher education for higher consciousness: A study of students at Maharishi International University. Doctoral thesis (summary), University of California at Berkeley, Berkeley, California, USA, 1976. Findings also published in Dissertation Abstracts International 38(2): 649A, 1977.
138	Greater Intellectual and Scientific Orientation among Students	Brown, M. Higher education for higher consciousness: A study of students at Maharishi International University. Doctoral thesis (summary), University of California at Berkeley, Berkeley, California, USA, 1976. Findings also published in Dissertation Abstracts International 38(2): 649A, 1977.
138	Greater Aesthetic Orientation among Students	Brown, M. Higher education for higher consciousness: A study of students at Maharishi International University. Doctoral thesis (summary), University of California at Berkeley, Berkeley, California, USA, 1976. Findings also published in Dissertation Abstracts International 38(2): 649A, 1977.
133	Decreased Examination Anxiety among Children with Learning Problems	Overbeck, K.-D.; and Tönnies, S. E. Einige Effekte der Transzendentalen Meditation bei lernbehinderten Sonderschülern. Diplomarbeit of first author (summary), Psychologisches Institut III, University of Hamburg, Hamburg, W. Germany, 1975.
133	Decreased School Dislike among Children with Learning Problems	Overbeck, K.-D.; and Tönnies, S. E. Einige Effekte der Transzendentalen Meditation bei lernbehinderten Sonderschülern. Diplomarbeit of first author (summary), Psychologisches Institut III, University of Hamburg, Hamburg, W. Germany, 1975.
71	Increased Interest in Academic Activities	Penner, W. J.; Zingle, H. W.; Dyck, R.; and Truch, S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? Western Psychologist 4: 104–111, 1974.
71	Greater Aesthetic Orientation	Penner, W. J.; Zingle, H. W.; Dyck, R.; and Truch, S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? Western Psychologist 4: 104–111, 1974.
61	Improved Academic Performance among High School Students	Kory, R.; and Hufnagel, P. The effect of the Science of Creative Intelligence course on high school students: A preliminary report. American Foundation for the Science of Creative Intelligence, Hartford, Connecticut, USA, 1974.

60	Improved Academic Performance among University Students	Heaton, D. P.; and Orme-Johnson, D. W. The Transcendental Meditation Program and academic achievement. International Center for Scientific Research, Maharishi International University, Fairfield, Iowa, USA, 1974.
59	Improved Academic Performance among University Students	Collier, R. W. The effect of the Transcendental Meditation Program upon university academic attainment. Department of English as a Second Language, College of Arts and Sciences, University of Hawaii, Honolulu, Hawaii, USA, 1973.

 [Go Back to Menu](#)

Increasing Cognitive Performances

Paper N°	Finding	Reference
657	Broader Awareness and Intuition	Herriott, Eva Norlyk; Schmidt-Wilk, Jane; and Heaton, Dennis P. Spiritual dimensions of entrepreneurship in Transcendental Meditation and TM-Sidhi program practitioners. <i>Journal of Management, Spirituality & Religion</i> 6: 195–208, 2009.
641	Increased Mindfulness	Tanner, Melissa A.; Travis, Fred; Gaylord-King, Carolyn; Haage, David A. F.; Grosswald, Sarina; and Schneider, Robert H. The effects of the Transcendental Meditation program on mindfulness. <i>Journal of Clinical Psychology</i> 65: 574–589, 2009.
638	Reduced Symptoms of Attention Deficit Hyperactivity Disorder (ADHD) Reported by Students	Grosswald, Sarina J.; Stixrud, William R.; Travis, Fred; and Bateh, Mark A. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. <i>Current Issues in Education [On-line]</i> , 10(2), 2008.
638	Reduced Symptoms of ADHD Reported by Teachers	Grosswald, Sarina J.; Stixrud, William R.; Travis, Fred; and Bateh, Mark A. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. <i>Current Issues in Education [On-line]</i> , 10(2), 2008.
638	Improved Executive Function	Grosswald, Sarina J.; Stixrud, William R.; Travis, Fred; and Bateh, Mark A. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. <i>Current Issues in Education [On-line]</i> , 10(2), 2008.
638	Improved Behavioral Regulation	Grosswald, Sarina J.; Stixrud, William R.; Travis, Fred; and Bateh, Mark A. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. <i>Current Issues in Education [On-line]</i> , 10(2), 2008.

638	Improved Metacognition	Grosswald, Sarina J.; Stixrud, William R.; Travis, Fred; and Bateh, Mark A. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. <i>Current Issues in Education [On-line]</i> , 10(2), 2008.
638	Improved Performance Measures of Executive Performance	Grosswald, Sarina J.; Stixrud, William R.; Travis, Fred; and Bateh, Mark A. Use of the Transcendental Meditation technique to reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) by reducing stress and anxiety: An exploratory study. <i>Current Issues in Education [On-line]</i> , 10(2), 2008.
637	Student Experiences of Increased Restful Alertness, Improved Emotional Intelligence Skills, and Improved Academic Performance	Rosaen, Cara; and Benn, Rita. The experience of Transcendental Meditation in middle school students: A qualitative report. <i>Explore 2</i> : 422–425, 2006.
636	Higher Levels of Cognitive Performance in Children: Verbal IQ Correlated with Length of Practice (Controlling for Age)	Warner, Tifrah Q. Awareness and cognition: The role of awareness training in child development. <i>Journal of Social Behavior and Personality 17</i> : 47–64, 2005.
636	Higher Levels of Cognitive Performance in Children: Enhanced Working Memory	Warner, Tifrah Q. Awareness and cognition: The role of awareness training in child development. <i>Journal of Social Behavior and Personality 17</i> : 47–64, 2005.
636	Higher Levels of Cognitive Performance in Children: Greater Reflectivity	Warner, Tifrah Q. Awareness and cognition: The role of awareness training in child development. <i>Journal of Social Behavior and Personality 17</i> : 47–64, 2005.
636	Higher Levels of Cognitive Performance in Children: Greater Flexibility	Warner, Tifrah Q. Awareness and cognition: The role of awareness training in child development. <i>Journal of Social Behavior and Personality 17</i> : 47–64, 2005.
635	Advanced Cognitive Stage Development in Children: Faster Rate of Acquisition of Conservation	Alexander, Charles, N.; Kurth, Sidney C.; Travis, Frederick; and Alexander, Victoria K. Effect of practice of Maharishi Word of Wisdom technique on children's cognitive stage development: Acquisition and consolidation of conservation. <i>Journal of Social Behavior and Personality 17</i> : 21–46, 2005.
635	Advanced Cognitive Stage Development in Children: More Rapid Consolidation of Conservation	Alexander, Charles, N.; Kurth, Sidney C.; Travis, Frederick; and Alexander, Victoria K. Effect of practice of Maharishi Word of Wisdom technique on children's cognitive stage development: Acquisition and consolidation of conservation. <i>Journal of Social Behavior and Personality 17</i> : 21–46, 2005.
617	Increased Letter Fluency	Travis, Frederick; Grosswald, Sarina; and Stixrud, William. ADHD, brain functioning, and Transcendental Meditation practice. <i>Mind & Brain, The Journal of Psychiatry 2</i> : 73–81, 2011.

617	Parental Rating of Increased Ability to Focus on Schoolwork	Travis, Frederick; Grosswald, Sarina; and Stixrud, William. ADHD, brain functioning, and Transcendental Meditation practice. <i>Mind & Brain, The Journal of Psychiatry</i> 2: 73–81, 2011.
617	Parental Rating of Increased Organizational Ability	Travis, Frederick; Grosswald, Sarina; and Stixrud, William. ADHD, brain functioning, and Transcendental Meditation practice. <i>Mind & Brain, The Journal of Psychiatry</i> 2: 73–81, 2011.
613	Higher Moral Reasoning	Travis, Frederick; and Arenander, Alarik. Cross-sectional and longitudinal study of effects of Transcendental Meditation practice on interhemispheric frontal asymmetry and frontal coherence. <i>International Journal of Neuroscience</i> 116: 1519–1538, 2006.
565	Higher Moral Reasoning	Travis, Frederick; Arenander, Alarik; and DuBois, David. Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness. <i>Consciousness and Cognition</i> 13: 401–420, 2004.
562	Increased Principled Moral Reasoning	Chandler, Howard M.; Alexander, Charles N.; Heaton, Dennis P. The Transcendental Meditation program and postconventional self-development: A 10-year longitudinal study. <i>Journal of Social Behavior and Personality</i> 17: 93–121, 2005.
561	Higher Reasoning Ability	Nidich, Sanford I.; Schneider, Robert H.; Nidich, Randi J.; Foster, Gloria; Sharma, Hari; Salerno, John; Goodman, Rachel; and Alexander, Charles N. Effect of the Transcendental Meditation program on intellectual development in community-dwelling older adults. <i>Journal of Social Behavior and Personality</i> 17: 217–226, 2005.
561	Higher Verbal Intelligence	Nidich, Sanford I.; Schneider, Robert H.; Nidich, Randi J.; Foster, Gloria; Sharma, Hari; Salerno, John; Goodman, Rachel; and Alexander, Charles N. Effect of the Transcendental Meditation program on intellectual development in community-dwelling older adults. <i>Journal of Social Behavior and Personality</i> 17: 217–226, 2005.
561	Faster Speed of Processing	Nidich, Sanford I.; Schneider, Robert H.; Nidich, Randi J.; Foster, Gloria; Sharma, Hari; Salerno, John; Goodman, Rachel; and Alexander, Charles N. Effect of the Transcendental Meditation program on intellectual development in community-dwelling older adults. <i>Journal of Social Behavior and Personality</i> 17: 217–226, 2005.
558	Greater Field Independence	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on cognitive style. Summary of a paper published in <i>Journal of Indian Psychology</i> 21: 38–15, 2003.
558	Greater Spatial Reasoning Ability	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on cognitive style. Summary of a paper published in <i>Journal of Indian Psychology</i> 21: 38–15, 2003.

558	Greater Right Hemispheric Orientation	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on cognitive style. Summary of a paper published in Journal of Indian Psychology 21: 38–15, 2003.
557	Greater Field Independence	Jhansi Rani, N.; and Krishna Rao, P.V. Effects of meditation on attention processes. Summary of a paper published in Journal of Indian Psychology 18: 52–60, 2000.
557	Greater Cognitive Flexibility	Jhansi Rani, N.; and Krishna Rao, P.V. Effects of meditation on attention processes. Summary of a paper published in Journal of Indian Psychology 18: 52–60, 2000.
557	Greater Ability to Regulate Attention following the Transcendental Meditation technique	Jhansi Rani, N.; and Krishna Rao, P.V. Effects of meditation on attention processes. Summary of a paper published in Journal of Indian Psychology 18: 52–60, 2000.
556	Greater Ability to Regulate Attention	Jhansi Rani, N.; and Krishna Rao, P.V. Meditation and attention regulation. Summary of a paper published in Journal of Indian Psychology 14: 26–30, 1996.
553	Increased General Intellectual Performance	Dixon, Carol A.; Dillbeck, Michael C.; Travis, Frederick; Msemaje, Horus I.; Clayborne, B. Mawiyah; Dillbeck, Susan L.; Alexander, Charles N. Accelerating cognitive and self-development: Longitudinal studies with preschool and elementary school children. Journal of Social Behavior and Personality 17: 65–91, 2005.
553	Increased Psychological Differentiation	Dixon, Carol A.; Dillbeck, Michael C.; Travis, Frederick; Msemaje, Horus I.; Clayborne, B. Mawiyah; Dillbeck, Susan L.; Alexander, Charles N. Accelerating cognitive and self-development: Longitudinal studies with preschool and elementary school children. Journal of Social Behavior and Personality 17: 65–91, 2005.
553	Increased Analytical Ability	Dixon, Carol A.; Dillbeck, Michael C.; Travis, Frederick; Msemaje, Horus I.; Clayborne, B. Mawiyah; Dillbeck, Susan L.; Alexander, Charles N. Accelerating cognitive and self-development: Longitudinal studies with preschool and elementary school children. Journal of Social Behavior and Personality 17: 65–91, 2005.
552	Increased Creativity	So, K.-T.; and Orme-Johnson, D. W. Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition. Intelligence 29: 419–440, 2001.
552	Increased Field Independence	So, K.-T.; and Orme-Johnson, D. W. Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition. Intelligence 29: 419–440, 2001.

552	Increased Practical Intelligence	So, K.-T.; and Orme-Johnson, D. W. Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 29: 419–440, 2001.
552	Increased Fluid (General) Intelligence	So, K.-T.; and Orme-Johnson, D. W. Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 29: 419–440, 2001.
552	Increased Speed of Information Processing	So, K.-T.; and Orme-Johnson, D. W. Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 29: 419–440, 2001.
552	Results of Transcendental Meditation Technique on Cognitive Variables Superior to Control Procedures of Napping, Contemplation Meditation, or No Treatment	So, K.-T.; and Orme-Johnson, D. W. Three randomized experiments on the longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 29: 419–440, 2001.
486	Greater Capacity for Study among Police Officer Trainees	Alvarez Roset, J. L., and Schuler, M. Implementing the Transcendental Meditation programme in the Brazilian military police forces: A case study. International Meditation Society, Rio de Janeiro, Brazil, in conjunction with Committee of Ayurvedic Medicine, Secretary of Medical Services, Ministry of Social Welfare, Brasilia, Brazil.
485	Increased Concentration of Attention among Military Officers	Belham, M. F. C. Introducing in a military academy the Transcendental Meditation program for prevention of stress. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Rio de Janeiro, Brazil.
485	Increased Capacity of Attention among Military Cadets	Belham, M. F. C. Introducing in a military academy the Transcendental Meditation program for prevention of stress. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Rio de Janeiro, Brazil.
478	Increased Principled Moral Reasoning	Chandler, H. M. Transcendental meditation and awakening wisdom: A 10–year longitudinal study of self development. <i>Dissertation Abstracts International</i> 51(10): 5048B, 1991.
476	Higher Level of Field Independence	Fergusson, L.C. Field independence, Transcendental Meditation and achievement in college art: a reexamination. <i>Perceptual and Motor Skills</i> 77:1104-1106, 1993.
475	Higher Level of Field Independence	Fergusson, L. C. Field Independence and art achievement in meditating and nonmeditating college students. <i>Perceptual and Motor Skills</i> 75: 1171-1175, 1992.

474	Increased Analytical Ability	Dillbeck, M. C.; Msemaje, H. I.; Clayborne, B. M.; and Dillbeck, S. L. Cognitive and self development among urban children participating in an after-school educational program. Paper presented at the 98th Annual Convention of the American Psychological Association, Boston, Massachusetts, USA, August 1990.
474	Increased General Intellectual Performance	Dillbeck, M. C.; Msemaje, H. I.; Clayborne, B. M.; and Dillbeck, S. L. Cognitive and self development among urban children participating in an after-school educational program. Paper presented at the 98th Annual Convention of the American Psychological Association, Boston, Massachusetts, USA, August 1990.
473	Increased Creativity	So, Kam-Tim. Testing and developing holistic intelligence in Chinese Culture with Maharishi's Vedic Psychology: Three experimental replications using Transcendental Meditation. Dissertation Abstracts International 56(6): 2178A, 1995.
473	Increased Fluid Intelligence	So, Kam-Tim. Testing and developing holistic intelligence in Chinese Culture with Maharishi's Vedic Psychology: Three experimental replications using Transcendental Meditation. Dissertation Abstracts International 56(6): 2178A, 1995.
473	Decreased Inspection Time (Increased Speed of Information Processing)	So, Kam-Tim. Testing and developing holistic intelligence in Chinese Culture with Maharishi's Vedic Psychology: Three experimental replications using Transcendental Meditation. Dissertation Abstracts International 56(6): 2178A, 1995.
473	Increased Field Independence	So, Kam-Tim. Testing and developing holistic intelligence in Chinese Culture with Maharishi's Vedic Psychology: Three experimental replications using Transcendental Meditation. Dissertation Abstracts International 56(6): 2178A, 1995.
473	Increased Constructive Thinking	So, Kam-Tim. Testing and developing holistic intelligence in Chinese Culture with Maharishi's Vedic Psychology: Three experimental replications using Transcendental Meditation. Dissertation Abstracts International 56(6): 2178A, 1995.
472	Increased Nonverbal Intelligence	Fergusson, L. C.; Bonshek, A. J.; and Le Masson, G. Vedic Science based education and nonverbal intelligence: A preliminary longitudinal study in Cambodia. Higher Education Research and Development 15: 73-82, 1995.
471	Improved Intelligence Test Performance	Cranson, R. W.; Orme-Johnson, D.W.; Gackenbach, J.; Dillbeck, M. C.; Jones, C. H.; and Alexander, C. N. Transcendental Meditation and improved performance on intelligence-related measures: A longitudinal study. Personality and Individual Differences 12: 1105-1116, 1991.
457	Increased Cognitive Flexibility (Verbal Task) among the Elderly	Alexander, C. N.; Langer, E. J.; Newman, R. I. ; Chandler, H. M.; and Davies, J. L. Transcendental Meditation, mindfulness, and longevity: An experimental study with the elderly. Journal of Personality and Social Psychology 57: 950-964, 1989.

395	Longitudinal Increase in Creativity	Gelderloos, P. Psychological health and development of students at Maharishi International University: A controlled longitudinal study. <i>Modern Science and Vedic Science</i> 1: 471–487, 1987.
395	Higher Creativity	Gelderloos, P. Psychological health and development of students at Maharishi International University: A controlled longitudinal study. <i>Modern Science and Vedic Science</i> 1: 471–487, 1987.
392	Higher Creativity and Intelligence Correlated with Duration of Practice of the TM-Sidhi program and with Clarity of TM-Sidhi program Experiences	Jedrczak, A.; Beresford, M.; and Clements, G. The TM-Sidhi program, pure consciousness, creativity and intelligence. <i>The Journal of Creative Behavior</i> 19(4): 270–275, 1985.
390	Increased General Intelligence among University Students	Cranson, R. Increased general intelligence through the Transcendental Meditation and TM-Sidhi Program. Abstract of a paper presented at the Annual Meeting of the American Psychological Association, New Orleans, Louisiana, USA, August 1989.
389	Increased Fluid Intelligence among University Students	Dillbeck, M. C.; Assimakis, P. D.; Raimondi, D.; Orme-Johnson, D. W.; and Rowe, R. Longitudinal effects of the Transcendental Meditation and TM-Sidhi Program on cognitive ability and cognitive style. <i>Perceptual and Motor Skills</i> 62: 731–738, 1986.
389	Increased Field Independence among University Students	Dillbeck, M. C.; Assimakis, P. D.; Raimondi, D.; Orme-Johnson, D. W.; and Rowe, R. Longitudinal effects of the Transcendental Meditation and TM-Sidhi Program on cognitive ability and cognitive style. <i>Perceptual and Motor Skills</i> 62: 731–738, 1986.
384	Greater Field Independence in Children	Gelderloos, P.; Lockie, R. J.; and Chuttoorgoon, S. Field independence of students at Maharishi School of the Age of Enlightenment and a Montessori school. <i>Perceptual and Motor Skills</i> 65: 613–614, 1987.
383	Advanced Cognitive Development in Children	Warner, T. Q. Transcendental Meditation and developmental advancement: Mediating abilities and conservation performance. Doctoral dissertation (abstract), York University, Toronto, Ontario, Canada, 1986. <i>Dissertation Abstracts International</i> 47(8): 3558B, 1987.
382	Accelerated Cognitive Development in Children	Dixon, C. A. Consciousness and cognitive development: A six-month longitudinal study of four-year-olds practicing the children's Transcendental Meditation technique. Doctoral dissertation (abstract), Maharishi International University, Fairfield, Iowa, USA, 1989. Abstract of findings also published in <i>Dissertation Abstracts International</i> 51(3): 1518B, 1990.
380	Increased Cognitive Flexibility among the Elderly	Alexander, C. N.; Langer, E.; Newman, R. I.; Chandler, H. M.; and Davies, J. L. Transcendental Meditation, mindfulness, and longevity: An experimental study with the elderly. Summary of a paper to appear in <i>Journal of Personality and Social Psychology</i> .

372	More Settled Physiological Response during Cognitively Demanding Tasks	Dillbeck, M. C.; and Araas-Vesely, S. Participation in the Transcendental Meditation Program and frontal EEG coherence during concept learning. <i>International Journal of Neuroscience</i> 29: 45–55, 1986.
310	Greater Responsiveness and Ability to Focus Intently	Jedrczak, A.; Cox, D.; and Cunningham, C. Pilot testing of subjects practising the Transcendental Meditation and TM-Sidhi Programme: Neuroticism, anxiety, well-being, and the capacity for absorbing experiences. Department of Psychology, MERU Research Institute, Mentmore, Buckinghamshire, England, and Department of Psychology, Institute of Psychiatry, London, England, 1982.
308	Less Dreaminess	Törber, S.; Mertesdorf, F.; and Hiesel, E. Effects of Transcendental Meditation on mood and bodily sensations. Diplomarbeit of first author (summary), University of Cologne, Cologne, W. Germany, 1976.
307	Increased Intelligence	Dillbeck, M. C.; Raimondi, D.; Assimakis, P. D.; Rowe, R.; and Orme-Johnson, D. W. The longitudinal effects of the MIU curriculum on intelligence and field independence. Department of Psychology and Office of Evaluation, Maharishi International University, Fairfield, Iowa, USA, 1984.
307	Increased Field Independence	Dillbeck, M. C.; Raimondi, D.; Assimakis, P. D.; Rowe, R.; and Orme-Johnson, D. W. The longitudinal effects of the MIU curriculum on intelligence and field independence. Department of Psychology and Office of Evaluation, Maharishi International University, Fairfield, Iowa, USA, 1984.
305	Enhanced Artistic Creativity and Appreciation	Wrycza, P. J. Some effects of the Transcendental Meditation and TM-Sidhi Programme on artistic creativity and appreciation. Doctoral thesis (summary), School of Modern Languages and European History, University of East Anglia, Norwich, Norfolk, England, 1982.
304	Greater Growth in Creativity	Baer, N.; Nidich, S.; and Abrams, A. A comparative study of Maharishi International University and two small private colleges on perceived personal growth, perceived academic atmosphere, and general quality of life. Master's thesis, Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1981.
303	Enhanced Cognitive Development in Children	Alexander, C. N.; Kurth, S. C.; Travis, F.; Warner, T.; and Alexander, V. K. Cognitive stage development in children practicing the Transcendental Meditation Program: Acquisition and consolidation of conservation. Department of Psychology and Social Relations, Harvard University, Cambridge, Massachusetts, USA; Hampshire College, Amherst, Massachusetts, USA; Department of Psychology and Department of Management and Public Affairs, Maharishi International University, Fairfield, Iowa, USA; and Department of Psychology, York University, Toronto, Ontario, Canada, 1979.
300	Increased Cognitive Flexibility among the Elderly (Including Increased Learning Ability and Greater Perceptual Flexibility)	Alexander, C. N.; Davies, J. L.; Newman, R. I.; and Chandler, H. M. The effects of Transcendental Meditation on cognitive and behavioral flexibility, health, and longevity in the elderly: An experimental comparison of the Transcendental Meditation Program, mindfulness training, and relaxation. Department of Psychology and Social Relations and Graduate School of Education, Harvard University, Cambridge, Massachusetts, USA, and Macquarie University, North Ryde, New South Wales, Australia, 1983.

294	Increased Creativity (Verbal Fluency and Flexibility) Longitudinally through the TM-Sidhi program	Orme-Johnson, D. W.; Wallace, R. K.; Dillbeck, M. C.; Alexander, C. N.; and Ball, O. E. Improved functional organization of the brain through the Maharishi Technology of the Unified Field as indicated by changes in EEG coherence and its cognitive correlates: A proposed model of higher states of consciousness. Departments of Psychology and Biology, Maharishi International University, Fairfield, Iowa, USA; Department of Psychology and Social Relations, Harvard University, Cambridge, Massachusetts, USA; and Department of Education, University of Georgia, Athens, Georgia, USA. Paper presented at the American Psychological Society Annual Convention, Los Angeles, California, USA, September 1981.
270	Enhanced Cognitive-Moral Development	Nidich, S. I.; and Nidich, R. The Transcendental Meditation and TM-Sidhi Program and moral development. Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1983.
270	Benefits of Transcendental Meditation for Enhanced Cognitive-Moral Development Further Enhanced by the TM-Sidhi program	Nidich, S. I.; and Nidich, R. The Transcendental Meditation and TM-Sidhi Program and moral development. Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1983.
265	Increased Intelligence among High School Students	Kotchabhakdi, N. J.; Pipatveravat, S.; Kotchabhakdi, N.; Tapanya, P.; and Pornpathkul, S. Improvement of intelligence, learning ability and moral judgment through the practice of the Transcendental Meditation technique. In Proceedings of the Second Asian Workshop on Child and Adolescent Development, Bangkok and Bangsaen, Thailand, 15–24 February 1982. Bangkok: Sri Nakharinwirot University.
261	Increased Intelligence	Aron, A.; Orme-Johnson, D.; and Brubaker, P. The Transcendental Meditation Program in the college curriculum: A 4-year longitudinal study of effects on cognitive and affective functioning. <i>College Student Journal</i> 15(2): 140–146, 1981.
260	Increased Creativity—Figural Flexibility	Travis, F. Creative thinking and the Transcendental Meditation technique. <i>The Journal of Creative Behavior</i> 13(3): 169–180, 1979.
260	Increased Creativity—Figural Originality	Travis, F. Creative thinking and the Transcendental Meditation technique. <i>The Journal of Creative Behavior</i> 13(3): 169–180, 1979.
260	Increased Creativity—Figural Verbal Fluency	Travis, F. Creative thinking and the Transcendental Meditation technique. <i>The Journal of Creative Behavior</i> 13(3): 169–180, 1979.
259	Greater Field Independence	Jedrczak, A. The Transcendental Meditation and TM-Sidhi Programme and field independence. Department of Psychology, MERU Research Institute, Mentmore, Buckinghamshire, England, 1982. Findings also appeared in <i>Perceptual and Motor Skills</i> 59: 999–1000, 1984.

259	Greater Field Independence	Jedrczak, A. The Transcendental Meditation and TM-Sidhi Programme and field independence. Department of Psychology, MERU Research Institute, Mentmore, Buckinghamshire, England, 1982. Findings also appeared in <i>Perceptual and Motor Skills</i> 59: 999–1000, 1984.
258	Correlations Found between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, and Psychomotor Speed in Subjects Practicing the Transcendental Meditation and TM-Sidhi program	Jedrczak, A. Psychological correlates of experiences of higher states of consciousness in subjects practising the Transcendental Meditation and TM-Sidhi Programme. Department of Psychology, MERU Research Institute, Mentmore, Buckinghamshire, England, 1982.
258	Correlations Found between Frequency of Clear Experiences in the TM-Sidhi program and Superior Performance on Tests Measuring Creativity, Intelligence, Field Independence, and Psychomotor Speed	Jedrczak, A. Psychological correlates of experiences of higher states of consciousness in subjects practising the Transcendental Meditation and TM-Sidhi Programme. Department of Psychology, MERU Research Institute, Mentmore, Buckinghamshire, England, 1982.
255	Increased Field Independence	Orme-Johnson, D. W.; Raimondi, D.; Veseley, B.; Dillbeck, M. C.; and Wallace, R. K. The influence of the Transcendental Meditation and TM-Sidhi Program on field independence: The growth of a stable internal frame of reference. Maharishi International University, Fairfield, Iowa, USA, 1981.
219	Increased Efficiency of Concept Learning as a Result of the TM-Sidhi program	Dillbeck, M. C.; Orme-Johnson, D. W.; and Wallace, R. K. Frontal EEG coherence, H-reflex recovery, concept learning, and the TM-Sidhi Program. <i>International Journal of Neuroscience</i> 15: 151–157, 1981.
202	Improved IQ and Cognitive Functioning in Mentally Retarded Subjects	Subrahmanyam, S.; and Porkodi, K. Neurohumoral correlates of Transcendental Meditation. <i>Journal of Biomedicine</i> 1: 73–88, 1980.
150	Increased Functional Intelligence	Throll, D. A.; and Throll, L. A. The effect of a three-month residence course upon the personalities of experienced meditators. Victoria University, Wellington, New Zealand, 1977.
150	Increased Creativity	Throll, D. A.; and Throll, L. A. The effect of a three-month residence course upon the personalities of experienced meditators. Victoria University, Wellington, New Zealand, 1977.

147	Increased Mental Clarity and Wakefulness	Weiss, C. The immediate effect of the Transcendental Meditation technique and theoretical reflections upon the psychology and physiology of subjective well-being. Diplomarbeit (summary), Institute of Psychology, University of the Saarland, Saarbrücken, W. Germany, 1975.
135	Better Spatial Localization	Harrison, S. D.; Pagano, R.; and Warrenburg, S. Meditation and right hemispheric functioning—spatial localization. In Proceedings of the Biofeedback Research Society, Seventh Annual Meeting, Colorado Springs, Colorado, USA, 27 February–2 March 1976, p. 33 (abstract).
132	Improved Concentration among High School Students	Nataraj, P.; and Radhamani, M. G. The Transcendental Meditation Program and its effects on psychological functions in secondary school students of a rural Indian high school. Department of Psychology, Maharani's College, Mysore, India. Research presented at the International Conference on 'Veda and Science', Bangalore, Karnataka, India, 25–30 June 1975.
132	Improved Reading Comprehension among High School Students	Nataraj, P.; and Radhamani, M. G. The Transcendental Meditation Program and its effects on psychological functions in secondary school students of a rural Indian high school. Department of Psychology, Maharani's College, Mysore, India. Research presented at the International Conference on 'Veda and Science', Bangalore, Karnataka, India, 25–30 June 1975.
132	Improved Memory among High School Students	Nataraj, P.; and Radhamani, M. G. The Transcendental Meditation Program and its effects on psychological functions in secondary school students of a rural Indian high school. Department of Psychology, Maharani's College, Mysore, India. Research presented at the International Conference on 'Veda and Science', Bangalore, Karnataka, India, 25–30 June 1975.
123	Superior Dichotic Listening	Daniels, D. Comparison of the Transcendental Meditation technique to various relaxation procedures. Department of Psychology, Washington Singer Laboratories, University of Exeter, Exeter, Devon, England, 1976.
103	Increased Field Independence (Growth of a More Stable Internal Frame of Reference) through TM-Sidhi program	Orme-Johnson, D. W.; and Granieri, B. The effects of the Age of Enlightenment Governor Training Courses on field independence, creativity, intelligence, and behavioral flexibility. Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1977.
103	Increased Creativity—Increased Figural Fluency and Originality through TM-Sidhi program	Orme-Johnson, D. W.; and Granieri, B. The effects of the Age of Enlightenment Governor Training Courses on field independence, creativity, intelligence, and behavioral flexibility. Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1977.
103	Increased Intelligence through TM-Sidhi program	Orme-Johnson, D. W.; and Granieri, B. The effects of the Age of Enlightenment Governor Training Courses on field independence, creativity, intelligence, and behavioral flexibility. Centre for the Study of Higher States of Consciousness, Maharishi European Research University, Switzerland, 1977.
71	Greater Flexibility of Mental Orientation	Penner, W. J.; Zingle, H. W.; Dyck, R.; and Truch, S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? <i>Western Psychologist</i> 4: 104–111, 1974.

63	Greater Creativity—Greater Verbal Fluency, Flexibility, and Originality	MacCallum, M. J. The Transcendental Meditation Program and creativity. Graduate Department of Psychology, California State University at Long Beach, Long Beach, California, USA, 1974.
62	Increased Creativity among High School Students	Shecter, H. The Transcendental Meditation Program in the classroom: A psychological evaluation. Doctoral thesis (summary), Graduate Department of Psychology, York University, North York, Ontario, Canada, 1975. Findings also published in <i>Dissertation Abstracts International</i> 38(7): 3372B, 1978.
62	Improved Intellectual Performance (Improved Problem-Solving Ability) among High School Students	Shecter, H. The Transcendental Meditation Program in the classroom: A psychological evaluation. Doctoral thesis (summary), Graduate Department of Psychology, York University, North York, Ontario, Canada, 1975. Findings also published in <i>Dissertation Abstracts International</i> 38(7): 3372B, 1978.
62	Increased Comfort in Working with More Abstract and Complex Situations among High School Students	Shecter, H. The Transcendental Meditation Program in the classroom: A psychological evaluation. Doctoral thesis (summary), Graduate Department of Psychology, York University, North York, Ontario, Canada, 1975. Findings also published in <i>Dissertation Abstracts International</i> 38(7): 3372B, 1978.
62	Increased Innovation among High School Students	Shecter, H. The Transcendental Meditation Program in the classroom: A psychological evaluation. Doctoral thesis (summary), Graduate Department of Psychology, York University, North York, Ontario, Canada, 1975. Findings also published in <i>Dissertation Abstracts International</i> 38(7): 3372B, 1978.
58	Improved Problem-Solving Ability among University Students	Miskiman, D. E. The effect of the Transcendental Meditation Program on the organization of thinking and recall (secondary organization). Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1973.
55	Increased Intelligence	Tjoa, A. Increased intelligence and reduced neuroticism through the Transcendental Meditation Program. Findings also published in <i>Gedrag: Tijdschrift voor Psychologie (Behavior: Journal for Psychology)</i> 3: 167–182, 1975.
54	Increased Intelligence Growth Rate among High School Students	Tjoa, A. Some evidence that the Transcendental Meditation Program increases intelligence and reduces neuroticism as measured by psychological tests. G.I.T.P., Amsterdam, the Netherlands, 1972.
53	Increased Intelligence among Athletes	Reddy, M. K.; Bai, A. J. L.; and Rao. R. The effects of the Transcendental Meditation Program on athletic performance. A.P. Sports Council, Lal Bahadar Stadium, and Nilouffer Hospital Hyderabad, Andhra Pradesh, India, 1974.
52	Increased Field Independence	Pelletier, K. R. The effects of the Transcendental Meditation Program on perceptual style: Increased field independence. Langley Porter Neuropsychiatric Institute, University of California School of Medicine, San Francisco, California, USA. Paper presented at the meeting of the Western Psychological Association, San Francisco, California, USA, 25–28 April 1974.

51	Increased Field Independence	Pelletier, K. R. Influence of Transcendental Meditation upon autokinetic perception. <i>Perceptual and Motor Skills</i> 39: 1031–1034, 1974.
----	------------------------------	--

 [Go Back to Menu](#)

Promoting Better Learning and Memory

Paper N°	Finding	Reference
561	Better Long-Term Memory	Nidich, Sanford I.; Schneider, Robert H.; Nidich, Randi J.; Foster, Gloria; Sharma, Hari; Salerno, John; Goodman, Rachel; and Alexander, Charles N. Effect of the Transcendental Meditation program on intellectual development in community-dwelling older adults. <i>Journal of Social Behavior and Personality</i> 17: 217–226, 2005.
485	Improved Memory of Details among Military Officers	Belham, M. F. C. Introducing in a military academy the Transcendental Meditation program for prevention of stress. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Rio de Janeiro, Brazil.
485	Improved Memory of Details among Military Cadets	Belham, M. F. C. Introducing in a military academy the Transcendental Meditation program for prevention of stress. Centre for Personnel Studies, Department of Teaching and Research, Ministry of the Army, Rio de Janeiro, Brazil.
457	Increased Learning Ability (Paired Associate Learning Task) among the Elderly	Alexander, C. N.; Langer, E. J.; Newman, R. I. ; Chandler, H. M.; and Davies, J. L. Transcendental Meditation, mindfulness, and longevity: An experimental study with the elderly. <i>Journal of Personality and Social Psychology</i> 57: 950–964, 1989.
380	Increased Learning Ability among the Elderly	Alexander, C. N.; Langer, E.; Newman, R. I.; Chandler, H. M.; and Davies, J. L. Transcendental Meditation, mindfulness, and longevity: An experimental study with the elderly. Summary of a paper to appear in <i>Journal of Personality and Social Psychology</i> .
265	Improved Learning Ability among High School Students	Kotchabhakdi, N. J.; Pipatveravat, S.; Kotchabhakdi, N.; Tapanya, P.; and Pornpathkul, S. Improvement of intelligence, learning ability and moral judgment through the practice of the Transcendental Meditation technique. In <i>Proceedings of the Second Asian Workshop on Child and Adolescent Development</i> , Bangkok and Bangsaen, Thailand, 15–24 February 1982. Bangkok: Sri Nakharinwirot University.
264	Improved Working Memory in School Children	Dillbeck, M. C.; and Szal, T. J. The Transcendental Meditation technique, working memory, and field independence in school-aged children. Department of Psychology, Maharishi International University, Fairfield, Iowa, USA, 1981.

140	Better tonal memory	Pagano, R. R.; and Frumkin, L. R. The effect of Transcendental Meditation on right hemispheric functioning. <i>Biofeedback and Self-Regulation</i> 2(4): 407–415, 1977.
136	Improved Short-Term Recall among College Students	Berrettini, R. B. The effects of the Transcendental Meditation Program on short-term recall performance. Master's thesis (summary), Department of Education, Wilkes College, Wilkes-Barre, Pennsylvania, USA, 1976.
134	Superior Short-Term Recall	Scher, D. The effects of Transcendental Meditation on free recall. Master's thesis (summary), State University College, New Paltz, New York, USA, 1975.
134	Greater Spontaneous Organization of Memory	Scher, D. The effects of Transcendental Meditation on free recall. Master's thesis (summary), State University College, New Paltz, New York, USA, 1975.
58	Improved Spontaneous Organization of Memory among University Students	Miskiman, D. E. The effect of the Transcendental Meditation Program on the organization of thinking and recall (secondary organization). Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1973.
58	Improved Stabilization of Organized Memory among University Students	Miskiman, D. E. The effect of the Transcendental Meditation Program on the organization of thinking and recall (secondary organization). Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1973.
57	Superior Learning Ability among University Students—Faster Learning and Fewer Errors	Miskiman, D. E. Performance on a learning task by subjects who practice the Transcendental Meditation technique. Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1972.
56	Superior Learning Ability (Faster Acquisition of Information) among University Students	Abrams, A. I. Paired-Associate learning and recall: A pilot study of the Transcendental Meditation Program. Graduate Department of Education, University of California at Berkeley, Berkeley, California, USA, 1972.
56	Better Short- and Long-Term Recall among University Students	Abrams, A. I. Paired-Associate learning and recall: A pilot study of the Transcendental Meditation Program. Graduate Department of Education, University of California at Berkeley, Berkeley, California, USA, 1972.