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## Scientific Validation of the Effect of the Transcendental Meditation Programme in Promoting Better Social Behavior and Interpersonal Relationships

Paper N°	Finding	Reference
565	Greater Extraversion	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.
565	Greater Agreeableness	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.
564	Greater Practical Orientation	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in <i>Psychological Studies</i> 43: 95–105, 1998.

564	Greater Diplomacy and Astuteness	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in Psychological Studies 43: 95–105, 1998.
564	More Relaxed and Patient	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in Psychological Studies 43: 95–105, 1998.
564	Greater Seriousness and Prudence	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in Psychological Studies 43: 95–105, 1998.
564	Greater Conscientiousness	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in Psychological Studies 43: 95–105, 1998.
564	Greater Trust and Acceptance	Sridevi, K.; and Krishna Rao, P.V. Temporal effects of meditation on personality. Summary of a paper published in Psychological Studies 43: 95–105, 1998.
562	Increased Motivation for Warm Interpersonal Relationships	Chandler, Howard M.; Alexander, Charles N.; Heaton, Dennis P. The Transcendental Meditation program and postconventional self-development: A 10-year longitudinal study. Journal of Social Behavior and Personality 17: 93–121, 2005.
487	Overall Greater Positive Couple Agreement, and Greater Agreement on Marital Satisfaction, Personality Issues, Communication, Conflict Resolution, Financial Management, Children, Family and Friends, Religious Orientation, Marital Cohesion, and Marital Adaptability	Broome, V. J. Relationship between participation in Transcendental Meditation and the functionality of marriage. Masters thesis. University of the Witwatersrand, Johannesburg, South Africa, 1989.
486	Improved Relationships 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.

482	Greater Concern for Inmates among Prison Staff	Boudigues, J.-M. Case study of the Transcendental Meditation programme in the national prison system of Senegal. This paper summarizes results published in <i>Nouveaux horizons en criminologie et en science pénitentiaire: Le Système Intégré Maharishi de Réhabilitation Fondé sur le Champ Unifié dans les prisons Sénégalaises</i> . Séminaire annuel de l'Administration pénitentiaire. Dakar, Senegal: Maharishi European Research University and Penitentiary Administration of Senegal, 1988; and in a revised version published with the permission of the Penitentiary Administration of Senegal, published in both French and English, with the English title <i>New Horizons in Criminology and Penitentiary Science: The Maharishi Unified Field Based Integrated System of Rehabilitation in Senegalese Prisons</i> . Annual Seminar of the Penitentiary Administration. Vlodrop, The Netherlands: Maharishi Vedic University Press, 1990.
478	Increased Motivation for Warm Interpersonal Relationships	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.
477	Increased Spontaneity	Alexander, C. N.; Rainforth, M. V.; and Gelderloos, P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 6: 189-248, 1991.
477	Increased Nature of Man Constructive (Sees Man as Essentially Good)	Alexander, C. N.; Rainforth, M. V.; and Gelderloos, P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 6: 189-248, 1991.
477	Increased Capacity for Intimate Contact (Warm Interpersonal Relationships)	Alexander, C. N.; Rainforth, M. V.; and Gelderloos, P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 6: 189-248, 1991.
400	Higher Level of Family Health	Chen, M. E. A comparative study of dimensions of healthy functioning between families practicing the TM program for five years or for less than a year. Doctoral dissertation (abstract), University of Pittsburgh, Pittsburgh, Pennsylvania, USA, 1984. <i>Dissertation Abstracts International</i> 45(10): 3206B, 1985. Findings also published in Chen ME. A comparative study of dimensions of healthy functioning between families practicing the TM program for five years or for less than a year. <i>Journal of Holistic Nursing</i> 5(1): 6-10, 1987.
394	More Positive Appraisal of Others	Gelderloos, P.; Goddard III, P. H.; Ahlström, H. H. B.; and Jacoby, R. Cognitive orientation toward positive values in advanced participants of the TM and TM-Sidhi program. <i>Perceptual and Motor Skills</i> 64: 1003-1012, 1987.
316	Decreased Nervousness (Increased Composure and Relaxation) in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. <i>Dissertation Abstracts International</i> 38(8): 3895B, 1978.

316	Increased Enthusiasm for Social Involvement in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
316	Increased Capacity for Spontaneous Expression of Warmth and Affection in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
316	Increased Ability to Be Sympathetic, Compassionate, and Understanding in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
316	Increased Ability to Be Objective, Fair-Minded, and Reasonable in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
316	Increased Tolerance and Acceptance of Others in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
316	Increased Self-Discipline in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
316	Reduced Anxiety in Marriage Partners	Marcus, S. V. The influence of the Transcendental Meditation Program on the marital dyad. Doctoral thesis (abstract), California School of Professional Psychology, Fresno, California, USA, 1977. Dissertation Abstracts International 38(8): 3895B, 1978.
315	Greater Satisfaction with Marriage	Aron, E. N.; and Aron, A. Transcendental Meditation Program and marital adjustment. Psychological Reports 51: 887–890, 1982.
309	Greater Moral Maturity	Nidich, R.; and Nidich, S. I. An empirical study of the moral atmosphere at Maharishi International University / University High School. Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1983.
309	High Level of Moral Atmosphere	Nidich, R.; and Nidich, S. I. An empirical study of the moral atmosphere at Maharishi International University / University High School. Department of Education, Maharishi International University, Fairfield, Iowa, USA, 1983.
308	Less Irritability (Greater Calm and Tolerance)	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.

304	Greater Sensitivity to the Needs and Feelings of Others	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.
290	Increased Sociability (Increased Friendliness and Liveliness)	Bauhofer, U. Das Programm der Transzendentalen Meditation in der Behandlung von Adipositas. Maharishi European Research University, Seelisberg, Switzerland, 1983.
290	Increased Extraversion (Increased Openness to Interpersonal Relationships)	Bauhofer, U. Das Programm der Transzendentalen Meditation in der Behandlung von Adipositas. Maharishi European Research University, Seelisberg, Switzerland, 1983.
277	Increased Sociability (Increased Friendliness and Liveliness)	Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf den Drogenkonsumenten. Zeitschrift für klinische Psychologie 7(4): 235–255, 1978.
277	Increased Extraversion (Increased Openness to Interpersonal Relationships)	Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf den Drogenkonsumenten. Zeitschrift für klinische Psychologie 7(4): 235–255, 1978.
274	Increased Extraversion	Turnbull, M. J.; and Norris, H. Effects of Transcendental Meditation on self-identity indices and personality. British Journal of Psychology 73: 57–68, 1982.
271	Improved Perception of Others	Holeman, R.; and Seiler, G. Effects of sensitivity training and Transcendental Meditation on perception of others. Perceptual and Motor Skills 49: 270, 1979.
268	Less Interest in Superficial Social Contacts	Handmacher, B. H. Length of time spent in the practice of Transcendental Meditation and sex differences related to intrapersonal and interpersonal orientation. Doctoral thesis (summary), College of Education and Departments of Psychology and Sociology, The Ohio State University, Columbus, Ohio, USA, 1978. Findings also published in Dissertation Abstracts International 39(2): 676A, 1978.
268	Greater Selectivity in Personal Relationships	Handmacher, B. H. Length of time spent in the practice of Transcendental Meditation and sex differences related to intrapersonal and interpersonal orientation. Doctoral thesis (summary), College of Education and Departments of Psychology and Sociology, The Ohio State University, Columbus, Ohio, USA, 1978. Findings also published in Dissertation Abstracts International 39(2): 676A, 1978.
268	Less Need to Belong and Be Accepted	Handmacher, B. H. Length of time spent in the practice of Transcendental Meditation and sex differences related to intrapersonal and interpersonal orientation. Doctoral thesis (summary), College of Education and Departments of Psychology and Sociology, The Ohio State University, Columbus, Ohio, USA, 1978. Findings also published in Dissertation Abstracts International 39(2): 676A, 1978.
266	More Positive Conception of Human Nature	Hanley, C. P.; and Spates, J. L. Transcendental Meditation and social psychological attitudes. The Journal of Psychology 99: 121–127, 1978.

266	Higher Levels of Tolerance	Hanley, C. P.; and Spates, J. L. Transcendental Meditation and social psychological attitudes. <i>The Journal of Psychology</i> 99: 121–127, 1978.
266	Greater Sociability	Hanley, C. P.; and Spates, J. L. Transcendental Meditation and social psychological attitudes. <i>The Journal of Psychology</i> 99: 121–127, 1978.
265	Improved Moral Judgment 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.
261	Increased Sociability	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.
261	Increased Social Maturity	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.
239	Better Social Relationships	Farinelli, L. Possibilità di applicazioni della tecnologia della coscienza in aspetti di medicina preventiva: Una ricerca pilota. Doctoral thesis (summary), Faculty of Medicine and Surgery, University of Padova at Verona, Verona, Italy, 1981.
239	Less Nervousness	Farinelli, L. Possibilità di applicazioni della tecnologia della coscienza in aspetti di medicina preventiva: Una ricerca pilota. Doctoral thesis (summary), Faculty of Medicine and Surgery, University of Padova at Verona, Verona, Italy, 1981.
165	Greater Happiness between Marital Partners	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.
165	Greater Agreement on Recreation and Conduct between Marital Partners	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.
165	Greater Satisfaction with Marriage	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.
165	Greater Acceptance of One's Spouse	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.

165	Greater Admiration of One's Spouse	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.
165	Greater Harmony between Marital Partners	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.
165	Greater Closeness between Marital Partners	Suarez, V. W. The relationship of the practice of Transcendental Meditation to subjective evaluations of marital satisfaction and adjustment. Master's thesis (summary), School of Education, University of Southern California, Los Angeles, California, USA, 1976.
153	Increased Scores on Nature of Man Constructive Scale (Seeing Man as Essentially Good)	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Increased Capacity for Close Contact (Capacity for Warm Interpersonal Relationships)	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Increased Easy-Going, Tolerant, and Conciliatory Attitudes	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Increased Self-Control, Persistence, Foresight, Consideration for Others, and Regard for Etiquette	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Increased Outgoingness and Tendency to Participate	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Decreased Unconventional, Autistic, and Anxious Behavior	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
151	Increased Spontaneity	Russie, R. E. The influence of Transcendental Meditation on positive mental health and self-actualization; and the role of expectation, rigidity, and self-control in the achievement of these benefits. Doctoral thesis (summary), California School of Professional Psychology, Los Angeles, California, USA, 1975. Findings also published in Dissertation Abstracts International 36(11): 5816B, 1976.
151	Increased Capacity for Close Contact (Capacity for Warm Interpersonal Relationships)	Russie, R. E. The influence of Transcendental Meditation on positive mental health and self-actualization; and the role of expectation, rigidity, and self-control in the achievement of these benefits. Doctoral thesis (summary), California School of Professional Psychology, Los Angeles, California, USA, 1975. Findings also published in Dissertation Abstracts International 36(11): 5816B, 1976.

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150	Increased Emotional Harmony with an Absence of Regressive Behavior	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 Trusting Behavior	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.
149	Greater Empathy	Griggs, S. T. A preliminary study into the effect of Transcendental Meditation on empathy. Master's thesis (summary), School of Human Behavior, United States International University, San Diego, California, USA, 1976.
147	Decreased Introversion	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.
147	Decreased Aggressive Irritation	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.
138	Greater Commitment to Helping Others and Improving Society 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 Optimism about the Future of Society 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 Tolerance of Authority 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 Respect for Traditional Religious Values 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 Sense of Social Responsibility 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 Sociability, Trust, and Openness to Others 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.
91	Greater Moral Maturity	Nidich, S. I. A study of the relationship of the Transcendental Meditation Program to Kohlberg's stages of moral reasoning. Doctoral thesis (summary), Department of Learning and Development, College of Education, University of Cincinnati, Cincinnati, Ohio, USA, 1975. Findings also published in Dissertation Abstracts International 36(7): 4361A, 1976.
77	Decreased Aggressiveness (Increased Self-Control and Emotional Maturity)	Fehr, T. A longitudinal study of the effect of the Transcendental Meditation Program on changes in personality. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1974.
77	Decreased Irritability (Increased Calm and Tolerance)	Fehr, T. A longitudinal study of the effect of the Transcendental Meditation Program on changes in personality. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1974.
77	Increased Sociability (Increased Friendliness and Liveliness)	Fehr, T. A longitudinal study of the effect of the Transcendental Meditation Program on changes in personality. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1974.
77	Increased Extraversion (Increased Openness to Interpersonal Relationships)	Fehr, T. A longitudinal study of the effect of the Transcendental Meditation Program on changes in personality. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1974.
76	Greater Spontaneity	Orme-Johnson, D. W.; and Duck, B. Psychological testing of MIU students: First report. Department of Psychology, Maharishi European Research University, Switzerland, and International Center for Scientific Research, Maharishi International University, Fairfield, Iowa, USA, 1974.
76	Higher Scores on Nature of Man Constructive Scale (Seeing Man as Essentially Good)	Orme-Johnson, D. W.; and Duck, B. Psychological testing of MIU students: First report. Department of Psychology, Maharishi European Research University, Switzerland, and International Center for Scientific Research, Maharishi International University, Fairfield, Iowa, USA, 1974.
76	Greater Capacity for Close Contact (Capacity for Warm Interpersonal Relationships)	Orme-Johnson, D. W.; and Duck, B. Psychological testing of MIU students: First report. Department of Psychology, Maharishi European Research University, Switzerland, and International Center for Scientific Research, Maharishi International University, Fairfield, Iowa, USA, 1974.

73	Increased Affiliation (Increased Neighborliness, Warmth, Good-Naturedness, Cooperativeness, Friendliness, and Loyalty)	Schilling, P. B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. Department of Clinical Psychology, Eastern Kentucky University, Richmond, Kentucky, USA, 1974.
73	Increased Nurturance (More Sympathetic, Helpful, Caring, Protective, Comforting, and Supportive)	Schilling, P. B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. Department of Clinical Psychology, Eastern Kentucky University, Richmond, Kentucky, USA, 1974.
73	Improved Leadership Ability	Schilling, P. B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. Department of Clinical Psychology, Eastern Kentucky University, Richmond, Kentucky, USA, 1974.
73	Decreased Aggression (Increased Easygoingness, Friendliness, Calmness, Tactfulness, Forgiveness, and Consideration, and Decreased Argumentativeness, Irritability, and Vengefulness)	Schilling, P. B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. Department of Clinical Psychology, Eastern Kentucky University, Richmond, Kentucky, USA, 1974.
73	Increased Sensitivity to Others	Schilling, P. B. The effect of the regular practice of the Transcendental Meditation technique on behavior and personality. Department of Clinical Psychology, Eastern Kentucky University, Richmond, Kentucky, USA, 1974.
71	Increased Personal Integration (Decreased Social Alienation and Decreased Emotional Disturbance)	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.
71	Greater Altruism (Greater Concern for the Welfare of Others)	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.
70	Increased Spontaneity	Nidich, S.; Seeman, W.; and Dreskin, T. Influence of Transcendental Meditation: A replication. <i>Journal of Counseling Psychology</i> 20: 565–566, 1973.
70	Increased Capacity for Close Contact (Capacity for Warm Interpersonal Relationships)	Nidich, S.; Seeman, W.; and Dreskin, T. Influence of Transcendental Meditation: A replication. <i>Journal of Counseling Psychology</i> 20: 565–566, 1973.
69	Greater Spontaneity	Hjelle, L. A. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 39: 623–628, 1974.
69	Greater Capacity for Close Contact (Capacity for Warm Interpersonal Relationships)	Hjelle, L. A. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 39: 623–628, 1974.

67	Greater Trust	Berg, W. P. van den; and Mulder, B. Psychological research on the effects of the Transcendental Meditation technique on a number of personality variables. Findings also published in Gedrag: Tijdschrift voor Psychologie (Behavior: Journal for Psychology) 4: 206–218, 1976, and DIJK, H. VAN; and Berg, W. P. van den. Begripsvaliditeit van de NPV Zelfwaarderings-schaal. Heymans Bulletins, Psychologische Instituten R.U., Groningen, the Netherlands, NR: HB-74-147 Ex.
65	Less Aggressiveness (Greater Self-Control and Emotional Maturity)	Fehr, T.; Nerstheimer, U.; and Törber, S. Study of personality changes resulting from the Transcendental Meditation Program: Freiburger Personality Inventory. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1972.
65	Less Irritability (Greater Calm and Tolerance)	Fehr, T.; Nerstheimer, U.; and Törber, S. Study of personality changes resulting from the Transcendental Meditation Program: Freiburger Personality Inventory. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1972.
65	Greater Sociability (Greater Friendliness and Liveliness)	Fehr, T.; Nerstheimer, U.; and Törber, S. Study of personality changes resulting from the Transcendental Meditation Program: Freiburger Personality Inventory. Department of Social Affairs, MIU/Forschungsring Schöpferische Intelligenz, Dormagen, W. Germany, 1972.
64	Increased Spontaneity	Seeman, W.; Nidich, S.; and Banta, T. Influence of Transcendental Meditation on a measure of self-actualization. Journal of Counseling Psychology 19: 184–187, 1972.