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Scientific Validation of the Effect of the Transcendental Meditation Programme in Promoting Better Health in the Work Space

Paper N°	Finding	Reference
577	Case Studies in Corporations— Holistic Development in Managers and Managing Teams	Schmidt-Wilk, Jane. Consciousness-Based management development: Case studies of international top management teams. <i>Journal of Transnational Management Development</i> 5(3): 61–85, 2000.
576	Improved Corporate Climate— Greater Support	Broome, J. Richard N.; Orme-Johnson, David W.; and Schmidt-Wilk, Jane. Worksite stress reduction through the Transcendental Meditation program. <i>Journal of Social Behavior and Personality</i> 17: 235–273, 2005.
576	Reduction of Psychological Stress in the Entire Company Site	Broome, J. Richard N.; Orme-Johnson, David W.; and Schmidt-Wilk, Jane. Worksite stress reduction through the Transcendental Meditation program. <i>Journal of Social Behavior and Personality</i> 17: 235–273, 2005.
575	Decreased Perceived Stress of Managers	Carlisle, Thomas W. Effects of the Transcendental Meditation program on psychological, health, social, and behavioral indicators of stress reduction and human resource development in the Indian workplace. <i>Dissertation Abstracts International</i> 65(12A): 4629, 2005.

575	More Healthy Lifestyle of Managers	Carlisle, Thomas W. Effects of the Transcendental Meditation program on psychological, health, social, and behavioral indicators of stress reduction and human resource development in the Indian workplace. Dissertation Abstracts International 65(12A): 4629, 2005.
575	Improved Personal Experiences of Managers	Carlisle, Thomas W. Effects of the Transcendental Meditation program on psychological, health, social, and behavioral indicators of stress reduction and human resource development in the Indian workplace. Dissertation Abstracts International 65(12A): 4629, 2005.
574	Increased Leadership Behavior	McCollum, Bruce. Leadership development and self-development: An empirical study. Career Development International 4: 149–154, 1999.
574	Improvement in Each Subscale of Leadership Behavior (Challenging the Process, Inspiring a Shared Vision, Enabling Others to Act, Modeling the Way, Encouraging the Heart)	McCollum, Bruce. Leadership development and self-development: An empirical study. Career Development International 4: 149–154, 1999.
486	Decreased Disciplinary Problems among Police Officers	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.
486	Improved Community Relations among Police Officers	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.
486	Greater Respect for Country and Organizations 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.
486	Decreased Disciplinary Problems 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 Effectiveness in Executing Orders 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.
484	Increased Contribution of Managers to the Organization	De Armond, D. L. Effects of the Transcendental Meditation program on psychological, physiological, behavioral, and organizational consequences of stress in managers and executives. Dissertation Abstracts International 57(6): 4068B, 1996.

484	Increased Vitality of Managers	De Armond, D. L. Effects of the Transcendental Meditation program on psychological, physiological, behavioral, and organizational consequences of stress in managers and executives. Dissertation Abstracts International 57(6): 4068B, 1996.
484	Decreased Perceived Stress of Managers	De Armond, D. L. Effects of the Transcendental Meditation program on psychological, physiological, behavioral, and organizational consequences of stress in managers and executives. Dissertation Abstracts International 57(6): 4068B, 1996.
483	Increased Employee Effectiveness	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; Todd, C. C.; and Oates, R. M. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. <i>Anxiety, Stress and Coping</i> 6: 245–262, 1993.
483	Increased Job Satisfaction	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; Todd, C. C.; and Oates, R. M. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. <i>Anxiety, Stress and Coping</i> 6: 245–262, 1993.
483	Improved Personal and Work Relationships among Employees	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; Todd, C. C.; and Oates, R. M. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. <i>Anxiety, Stress and Coping</i> 6: 245–262, 1993.
483	Reduced Job Worry and Tension among Employees	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; Todd, C. C.; and Oates, R. M. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. <i>Anxiety, Stress and Coping</i> 6: 245–262, 1993.
483	Improvement on Common Factors Underlying All Employee Measures (Occupational Coherence, Physiological Settledness, Satisfaction with Professional and Personal Life)	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; Todd, C. C.; and Oates, R. M. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. <i>Anxiety, Stress and Coping</i> 6: 245–262, 1993.
482	Greater Conscientiousness of 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.

482	Decreased Absenteeism and Lateness of 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.
399	Increased Efficiency and Productivity	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; and Todd, C. C. The Transcendental Meditation program and business: A prospective study. Findings presented at the 101st Annual Session of the Iowa Academy of Science, Storm Lake, Iowa, USA, April 1989. Findings also published in abstract insert in <i>The Journal of the Iowa Academy of Science</i> 96: A32, 1989.
399	Improved Work and Personal Relationships	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; and Todd, C. C. The Transcendental Meditation program and business: A prospective study. Findings presented at the 101st Annual Session of the Iowa Academy of Science, Storm Lake, Iowa, USA, April 1989. Findings also published in abstract insert in <i>The Journal of the Iowa Academy of Science</i> 96: A32, 1989.
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399	Reduced Job Worry and Tension	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; and Todd, C. C. The Transcendental Meditation program and business: A prospective study. Findings presented at the 101st Annual Session of the Iowa Academy of Science, Storm Lake, Iowa, USA, April 1989. Findings also published in abstract insert in <i>The Journal of the Iowa Academy of Science</i> 96: A32, 1989.
399	Improved Job Satisfaction	Alexander, C. N.; Swanson, G. C.; Rainforth, M. V.; Carlisle, T. W.; and Todd, C. C. The Transcendental Meditation program and business: A prospective study. Findings presented at the 101st Annual Session of the Iowa Academy of Science, Storm Lake, Iowa, USA, April 1989. Findings also published in abstract insert in <i>The Journal of the Iowa Academy of Science</i> 96: A32, 1989.
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388	Increased Morale, Increased Facilitative Leadership, and Increased Influence in Decision Making concerning Classroom Instruction in Teachers Practicing the Transcendental Meditation program	Nidich, R. J.; and Nidich, S. I. Improving the social climate of a Philippine secondary school through the practice of the Transcendental Meditation pProgram. 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. 14, 1988.
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164	Greater Alertness—Greater Attentiveness and Initiative, Less Dullness, Ability to Achieve More with Less Effort, Less Tiredness	Jonsson, C. Organizational development through the Transcendental Meditation Program: A study of relationships between the Transcendental Meditation program and certain efficiency criteria. Master's thesis (summary), Department of Business Administration, Stockholm University, Stockholm, Sweden, 1975.
164	Greater Self-Confidence—Greater Tendency to Stand Up for One's Opinions, Less Tendency to Worry About Other People's Opinions of Oneself, Greater Ease in Making Decisions, Less Introversion, Greater Ease in Making Contacts with Other People	Jonsson, C. Organizational development through the Transcendental Meditation Program: A study of relationships between the Transcendental Meditation program and certain efficiency criteria. Master's thesis (summary), Department of Business Administration, Stockholm University, Stockholm, Sweden, 1975.

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150	Increased Enthusiasm for Work	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.
97	Increased Job Satisfaction	Friend, K. E. Effects of the Transcendental Meditation Program on work attitudes and behavior. Graduate School of Business, University of Chicago, Chicago, Illinois, USA, 1975.
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97	Improved Relationship with Co-Workers	Friend, K. E. Effects of the Transcendental Meditation Program on work attitudes and behavior. Graduate School of Business, University of Chicago, Chicago, Illinois, USA, 1975.
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96	Decreased Turnover Propensity	Frew, D. R. Transcendental Meditation and productivity. Academy of Management Journal 17: 362–368, 1974.
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