



researchtm.net

Scientific Validation of the Effect of the Transcendental Meditation Programme for Decreasing Medical Care Utilization

Paper N°	Finding	Reference
551	Longitudinal Reduction in Government Medical Expenses for Physician Treatments	Herron, R. E.; and Hillis, S. L. The Impact of the Transcendental Meditation program on government payments to physicians in Quebec: An update. American Journal of Health Promotion 14: 284–291, 2000.
550	Fewer Hospital Patient Days than Norms	Orme-Johnson, D. W.; and Herron, R. E. An innovative approach to reducing medical care utilization and expenditures. The American Journal of Managed Care 3: 135–144, 1997.
550	Fewer Outpatient Visits than Norms	Orme-Johnson, D. W.; and Herron, R. E. An innovative approach to reducing medical care utilization and expenditures. The American Journal of Managed Care 3: 135–144, 1997.
550	Lower Total Medical Expenses than Norms	Orme-Johnson, D. W.; and Herron, R. E. An innovative approach to reducing medical care utilization and expenditures. The American Journal of Managed Care 3: 135–144, 1997.

550	Lower Hospital Admission Rates Across Disease Category Compared to Norms and to Controls	Orme-Johnson, D. W.; and Herron, R. E. An innovative approach to reducing medical care utilization and expenditures. <i>The American Journal of Managed Care</i> 3: 135–144, 1997.
470	Decreased Payments for Physicians' Services	Herron, R. E.; Hillis, S. L.; Mandarino, J. V.; Orme-Johnson, D. W.; and Walton, K. G. The impact of the Transcendental Meditation program on government payments to physicians in Quebec. <i>American Journal of Health Promotion</i> 10: 208–216, 1996.
469	Decreased Payments for Physicians' Services	Herron, R. E. The Impact of Transcendental Meditation practice on medical expenditures. <i>Dissertation Abstracts International</i> 53(12):4219A, 1993.
469	Greatest Savings for Elderly and High Medical Cost People	Herron, R. E. The Impact of Transcendental Meditation practice on medical expenditures. <i>Dissertation Abstracts International</i> 53(12):4219A, 1993.
379	Lower Health Insurance Utilization Rates among Individuals Practicing the Transcendental Meditation and TM-Sidhi programs	Orme-Johnson, D. W.; and Vegors, S. Medical care utilization at Maharishi International University. Abstract of paper presented at the 100th Session, Iowa Academy of Science, Ames, Iowa, USA, April 1988. Abstract insert in <i>The Journal of the Iowa Academy of Science</i> 95(1): A56, 1988.
378	Significantly Fewer Hospital In-Patient Days	Orme-Johnson, D. W. Medical care utilization and the Transcendental Meditation Program. <i>Psychosomatic Medicine</i> 49(1): 493–507, 1987.
378	Fewer Outpatient Visits	Orme-Johnson, D. W. Medical care utilization and the Transcendental Meditation Program. <i>Psychosomatic Medicine</i> 49(1): 493–507, 1987.
378	Fewer In-Patient Admissions for All Major Categories of Disease	Orme-Johnson, D. W. Medical care utilization and the Transcendental Meditation Program. <i>Psychosomatic Medicine</i> 49(1): 493–507, 1987.