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Scientific Validation of the Effect of the Transcendental Meditation Programme for Improving Response to Stress

Paper N°	Finding	Reference
616	Improved Habituation to Stress Compared to Controls	Travis, Fred; Haaga, David A.F.; Hagelin, John; Tanner, Melissa; Nidich, Sanford; Gaylord-King, Carolyn; Grosswald, Sarina; Rainforth, Maxwell; and Schneider, Robert H. Effects of Transcendental Meditation practice on brain functioning and stress reactivity in college students. <i>International Journal of Psychophysiology</i> 71: 170–176, 2009.
531	Lower Cortisol Response to Stress	Walton, K.G.; Fields, J.Z.; Levitsky, D.K.; Harris, D.A.; Pugh, N.D.; and Schneider, R.H. Lowering cortisol and CVD risk in postmenopausal women: A pilot study using the Transcendental Meditation program. <i>Annals of the New York Academy of Sciences</i> 1032: 211–215, 2004.
528	More Adaptive Pattern of Cortisol in Relation to Stress: Decreased Basal Cortisol and Average Cortisol, Increased Cortisol Responsiveness to Stressors	MacLean, C. R. K.; Walton, K. G.; Wenneberg, S. R.; Levitsky, D. K.; Mandarino, J. P.; Waziri, R.; Hillis, S. L.; and Schneider, R. H. Effects of the Transcendental Meditation program on adaptive mechanisms: Changes in hormone levels and responses to stress after 4 months of practice. <i>Psychoneuroendocrinology</i> 22: 277–295, 1997.
528	Response to Stressors Different than Controls for Other Hormones (Growth Hormone and Thyroid Stimulating Hormone)	MacLean, C. R. K.; Walton, K. G.; Wenneberg, S. R.; Levitsky, D. K.; Mandarino, J. P.; Waziri, R.; Hillis, S. L.; and Schneider, R. H. Effects of the Transcendental Meditation program on adaptive mechanisms: Changes in hormone levels and responses to stress after 4 months of practice. <i>Psychoneuroendocrinology</i> 22: 277–295, 1997.

483	Greater Calm (Lower Skin Conductance) During Task Performance	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.
438	Enhanced Cortisol Response During Stressful Challenge with Rapid Return to Baseline	MacLean, C. R. K. Mechanisms relating stress reduction and health: changes in neuroendocrine responses to laboratory stress after four months of Transcendental Meditation. Summary of doctoral dissertation, Maharishi International University, U.S.A. <i>Dissertation Abstracts International</i> 56(6): 3074B, 1995.
438	Decreased TSH Response to Stress	MacLean, C. R. K. Mechanisms relating stress reduction and health: changes in neuroendocrine responses to laboratory stress after four months of Transcendental Meditation. Summary of doctoral dissertation, Maharishi International University, U.S.A. <i>Dissertation Abstracts International</i> 56(6): 3074B, 1995.
438	Increased GH Response to Stress	MacLean, C. R. K. Mechanisms relating stress reduction and health: changes in neuroendocrine responses to laboratory stress after four months of Transcendental Meditation. Summary of doctoral dissertation, Maharishi International University, U.S.A. <i>Dissertation Abstracts International</i> 56(6): 3074B, 1995.
438	Increased Testosterone Response to Stress	MacLean, C. R. K. Mechanisms relating stress reduction and health: changes in neuroendocrine responses to laboratory stress after four months of Transcendental Meditation. Summary of doctoral dissertation, Maharishi International University, U.S.A. <i>Dissertation Abstracts International</i> 56(6): 3074B, 1995.
435	Faster Recovery of Baseline Immune Functioning Among Type A Subjects	Blasdell, K. S. Acute immunoreactivity modified by psychosocial factors: Type A/B behavior, Transcendental Meditation and lymphocyte transformation. Abstract of Doctoral Dissertation, Department of Physiological and Biological Sciences, Maharishi International University, U.S.A. <i>Dissertation Abstracts International</i> 50(10): 4806B, 1990.
370	Faster Recovery from Stress	Gaylord, C.; Orme-Johnson, D.; and Travis, F. The effects of the Transcendental Meditation technique and progressive muscle relaxation on EEG coherence, stress reactivity, and mental health in black adults. <i>International Journal of Neuroscience</i> 46: 77–86, 1989.
367	Lower Blood Pressure Reactivity to Stress	Mills, P. J.; Schneider, R.; Hill, D.; Walton, K.; and Wallace, R. K. Lymphocyte beta-adrenergic receptors and cardiovascular responsivity in TM participants and Type A behavior. Summary of a paper presented at the Annual Meeting of the American Psychosomatic Society, Philadelphia, Pennsylvania, USA, March, 1987. Refer also to findings published in <i>Psychosomatic Medicine</i> 49: 211, 1987 and <i>Journal of Psychosomatic Research</i> 33(6), 1989.
313	Decreased Post-Traumatic Stress Disorder	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
313	Decreased Emotional Numbness in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.

313	Decreased Anxiety in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
313	Decreased Depression in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
313	Decreased Use of Alcohol in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
313	Decreased Insomnia in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
313	Improved Employment Status in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
313	Decreased Family Problems in Post-Traumatic Patients	Brooks, J. S.; and Scarano, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 64: 212–215, 1985.
299	Improved Blood Glucose Homeostasis	Tabogi, S. Effetti indotti dal programma di Meditazione Trascendentale sulla tolleranza glicidica. Doctoral thesis (summary), Faculty of Medicine and Surgery, University of Trieste, Trieste, Italy, 1983.
240	Improved Blood Glucose Homeostasis	Yee, A. C.; and Dissanayake, A. S. Glucose tolerance and the Transcendental Meditation Programme (a pilot study). MERU Research Institute, Singapore, and Department of Physiology, University of Singapore, Singapore. Paper presented at the International Congress on Research on Higher States of Consciousness at the Faculty of Science, Mahidol University, Bangkok, Thailand, 4–6 December 1980.
228	Reduced Pain-Related Distress	Mills, W. W.; and Farrow, J. T. The Transcendental Meditation technique and acute experimental pain. <i>Psychosomatic Medicine</i> 43(2): 157–164, 1981.
40	Faster Recovery from Sleep Deprivation	Miskiman, D. E. The effect of the Transcendental Meditation Program on compensatory paradoxical sleep. Graduate Department of Psychology, University of Alberta, Edmonton, Alberta, Canada, 1972.

31	Faster Recovery of Normal Skin Temperature following Exertion	McDonagh, J. M.; and Egenes, T. The Transcendental Meditation technique and temperature homeostasis. Department of Psychology, St. Mary's College, Notre Dame, Indiana, USA, 1973.
28	Faster Habituation of Skin Resistance Response to Stressful Stimuli	Smith, T. R. The Transcendental Meditation technique and skin resistance response to loud tones. Department of Psychology, Eastern Michigan University, Ypsilanti, Michigan, USA, 1974.
27	Faster Habituation of Skin Resistance Response to Stressful Stimuli	Berker, E. Stability of skin resistance responses one week after instruction in the Transcendental Meditation technique. Department of Biology, Rollins College, Winter Park, Florida, USA, 1974.
26	Faster Habituation of Skin Resistance Response to Stressful Stimuli	Wilcox, G. G. Autonomic functioning in subjects practicing the Transcendental Meditation technique. School of Applied Psychology, University of New South Wales, Sydney, New South Wales, Australia, 1973.
25	Faster Habituation of Skin Resistance Response to Stressful Stimuli	Orme-Johnson, D. W. Autonomic stability and Transcendental Meditation. Psychosomatic Medicine 35: 341-349, 1973.
25	Fewer Multiple Skin Resistance Responses	Orme-Johnson, D. W. Autonomic stability and Transcendental Meditation. Psychosomatic Medicine 35: 341-349, 1973.