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## Scientific Validation of the Effect of the Transcendental Meditation Programme for Improving General Health

Paper N°	Finding	Reference
632	Reduced Physician Costs among High-Cost Patients	Herron, Robert E. Changes in physician costs among high cost Transcendental Meditation practitioners compared with high-cost nonpractitioners over 5 years. <i>American Journal of Health Promotion</i> 26: 56–60, 2011.
631	Longitudinal Reduction in Government Medical Expenses for Physician Treatments Among Those Over Age 65	Herron, Robert E.; and Cavanaugh, Kenneth L. Can the Transcendental Meditation program reduce the medical expenditures of older people? A longitudinal cost-reduction study in Canada. <i>Journal of Social Behavior and Personality</i> 17: 415–442, 2005.
630	Improved General Health	Chhatre, Sumedha; Metzger, David S.; Frank, Ian; Boyer, Jean; Thompson, Edward; Nidich, Sanford; Montaner, Luis J.; and Jayadevappa, Ravishankar. Effects of behavioural stress reduction Transcendental Meditation intervention in persons with HIV. <i>AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV</i> DOI:10.1080/09540121.2013.764396, 2013.
630	Improved HIV-Specific Health-Related Quality of Life	Chhatre, Sumedha; Metzger, David S.; Frank, Ian; Boyer, Jean; Thompson, Edward; Nidich, Sanford; Montaner, Luis J.; and Jayadevappa, Ravishankar. Effects of behavioural stress reduction Transcendental Meditation intervention in persons with HIV. <i>AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV</i> DOI:10.1080/09540121.2013.764396, 2013.

628	Reduced Alcohol Drinking Rate among Male Students	Haaga, David A.F.; Grosswald, Sarina; Gaylord-King, Carolyn; Rainforth, Maxwell; Tanner, Melissa; Travis, Fred; and Schneider, Robert H. Effects of the Transcendental Meditation program on substance use among university students. <i>Cardiology Research and Practice</i> , Article ID 537101, 8 pages, 2011. Doi:10.4061/2011/537101.
620	Decreased Insulin Resistance	Paul-Labrador, Maura; Polk, Donna; Dwyer, James H.; Velasquez, Ivan; Nidich, Sanford; Rainforth, Maxwell; Schneider, Robert; and Merz, C. Noel Bairey. Effects of a randomized controlled trial of Transcendental Meditation on components of the metabolic syndrome in subjects with coronary heart disease. <i>Archives of Internal Medicine</i> 166: 1218–1224, 2006.
617	Parental Rating of Improved Quality of Sleep	Travis, Frederick; Grosswald, Sarina; and Stixrud, William. ADHD, brain functioning, and Transcendental Meditation practice. <i>Mind &amp; Brain, The Journal of Psychiatry</i> 2: 73–81, 2011.
616	Decreased Sleepiness 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.
575	Reduction of Medical Symptoms 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.
545	Lower Values of Erythrocyte Sedimentation Rate	Smith, D. E.; Dillbeck, M. C.; and Sharma, H. M. Erythrocyte sedimentation rate and Transcendental Meditation. <i>Alternative Therapies in Clinical Practice</i> 4: 35–37, 1997.
545	More Frequent Occurrence of Zero Erythrocyte Sedimentation Rate	Smith, D. E.; Dillbeck, M. C.; and Sharma, H. M. Erythrocyte sedimentation rate and Transcendental Meditation. <i>Alternative Therapies in Clinical Practice</i> 4: 35–37, 1997.
486	Decreased Doctor Visits 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	Better Physical Well-Being 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	Greater Relaxation 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 Doctor Visits 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.
484	Decreased Physical Complaints 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	Decreased Insomnia and Decreased Fatigue 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. Anxiety, Stress and Coping 6: 245–262, 1993.
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467	Decreased Time to Fall Asleep	Haratani, T., and Hemmi, T. Effects of Transcendental Meditation (TM) on the health behaviour of industrial workers. Japanese Journal of Public Health 37 (10 Suppl.): 729, 1990.
467	Reduced Waking During the Night	Haratani, T., and Hemmi, T. Effects of Transcendental Meditation (TM) on the health behaviour of industrial workers. Japanese Journal of Public Health 37 (10 Suppl.): 729, 1990.
466	Decreased Physical Complaints in Industrial Workers	Haratani, T., and Hemmi, T. Effects of Transcendental Meditation (TM) on the mental health of industrial workers. Japanese Journal of Industrial Health 32(7): 656, 1990.

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464	Reduced Frequency and Severity of Migraine Headache	Lovell-Smith, H. D. Transcendental Meditation and three cases of migraine. New Zealand Medical Journal 98: 443–445, 1985.
457	Greater Sense of Well-Being among the Elderly (Feeling Better and More Relaxed After the Transcendental Meditation technique; Feeling Better During the Transcendental Meditation technique; High Interest in the Transcendental Meditation program; and High Ratings of the Value of Transcendental Meditation)	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.
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380	More Relaxation after Practice of the Transcendental Meditation technique 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 Journal of Personality and Social Psychology.
314	Decreased Sleep Disturbance among Correctional Professionals	Gore, S. W.; Abrams, A.; and Ellis, G. The effect of statewide implementation of the Maharishi Technology of the Unified Field in the Vermont Department of Corrections. Institute for Social Rehabilitation, Burlington, Vermont, USA, 1984.
308	Less Fatigue	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.
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304	Greater Mental and Physical Relaxation	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	Better Physical Health	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.
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267	Decreased Insomnia	Ljunggren, G. Inflytandet av Transcendental Meditation på neuroticism, medicinbruk och sömnproblem. Läkartidningen 74(47): 4212–4214, 1977.
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247	Improvements in Physical and Mental Health Correlated with Duration and Regularity of Practice of the Transcendental	Browne, G. E.; Fougère, D.; Roxburgh, A.; Bird, J.; and Lovell-Smith, H. D. Improved mental and physical health and decreased use of prescribed and non-prescribed drugs through the Transcendental Meditation Programme. Age of Enlightenment Medical Council, Christchurch, New Zealand; Heylen Research Centre, Auckland, New

	Meditation Program	Zealand; and Dunedin Hospital, Dunedin, New Zealand, 1983.
247	Decreased Need for Analgesics, Sleep Medications, Tranquillizers, Antidepressants, Antihistamines, and Drugs for Hypertension, Asthma, and Heart Disease	Browne, G. E.; Fougère, D.; Roxburgh, A.; Bird, J.; and Lovell-Smith, H. D. Improved mental and physical health and decreased use of prescribed and non-prescribed drugs through the Transcendental Meditation Programme. Age of Enlightenment Medical Council, Christchurch, New Zealand; Heylen Research Centre, Auckland, New Zealand; and Dunedin Hospital, Dunedin, New Zealand, 1983.
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147	Decreased Drowsiness	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.
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