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Scientific Validation of the Effect of the Transcendental Meditation Programme in Promoting Mental Health and Wellbeing

Paper N°	Finding	Reference
657	Greater Inner Stability	Herriott, Eva Norlyk; Schmidt-Wilk, Jane; and Heaton, Dennis P. Spiritual dimensions of entrepreneurship in Transcendental Meditation and TM-Sidhi program practitioners. <i>Journal of Management, Spirituality & Religion</i> 6: 195–208, 2009.
656	Decreased Teacher Burnout	Elder, Charles; Nidich, Sanford; Moriarity, Francis; and Nidich, Randi. Effects of Transcendental Meditation on employees stress, depression, and burnout: A randomized controlled study. <i>The Permanente Journal</i> 18: 19–23, 2014.
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655	Immediate Reduction in Total Mental and Physical Symptoms	Yoshimura, Mitsunobu.; Kurokawa, Etsuko; Noda, Takayuki; Hineno, Koji; Tanaka, Yasuo; Kawai, Yuji; and Dillbeck, Michael C. Disaster relief for the Japanese earthquake-tsunami of 2011: Stress reduction through the Transcendental Meditation technique. <i>Psychological Reports: Mental & Physical Health</i> 117: 1–11, 2015.
655	Immediate Reduction in Intensity of Mental and Physical Symptoms	Yoshimura, Mitsunobu.; Kurokawa, Etsuko; Noda, Takayuki; Hineno, Koji; Tanaka, Yasuo; Kawai, Yuji; and Dillbeck, Michael C. Disaster relief for the Japanese earthquake-tsunami of 2011: Stress reduction through the Transcendental Meditation technique. <i>Psychological</i>

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653	Reduced Self-Assessed Posttraumatic Stress Disorder Symptoms	Rees, Brian; Travis, Fred; Shapiro, David; and Chant, Ruth. Reduction in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 26: 295–298, 2013.
652	Reduced Need for Medication to Maintain Psychological Stability	Barnes, Vernon A.; Monto, Andrea; Williams, Jennifer J.; and Rigg, John L. Impact of Transcendental Meditation on psychotropic medication use among active duty military service members with anxiety and PTSD. <i>Military Medicine</i> 181: 1:56, 2016.
652	Reduction of Severity of Psychological Symptoms Compared to Matched Controls	Barnes, Vernon A.; Monto, Andrea; Williams, Jennifer J.; and Rigg, John L. Impact of Transcendental Meditation on psychotropic medication use among active duty military service members with anxiety and PTSD. <i>Military Medicine</i> 181: 1:56, 2016.
651	Case Studies Indicating Reduced Self-Assessed Posttraumatic Stress Disorder Symptoms	Barnes, Vernon A.; Rigg, John L.; and Williams, Jennifer J. Clinical case series: Treatment of PTSD with Transcendental Meditation in active duty military personnel. <i>Military Medicine</i> 178: 7:e836, 2013.
650	Reduced Clinician Administered Posttraumatic Stress Disorder Scale	Rosenthal, Joshua Z.; Grosswald, Sarina; Ross, Richard; and Rosenthal, Norman. Effects of Transcendental Meditation in veterans of Operation Enduring Freedom and Operation Iraqi Freedom with posttraumatic stress disorder: A pilot study. <i>Military Medicine</i> 176: 626–630, 2011.
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650	Increased Quality of Life Enjoyment and Satisfaction	Rosenthal, Joshua Z.; Grosswald, Sarina; Ross, Richard; and Rosenthal, Norman. Effects of Transcendental Meditation in veterans of Operation Enduring Freedom and Operation Iraqi Freedom with posttraumatic stress disorder: A pilot study. <i>Military Medicine</i> 176: 626–630, 2011.
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648	Larger Effect Size of Transcendental Meditation Compared to Other Meditation Techniques on Psychological Variables	Orme-Johnson, David W.; and Dillbeck, Michael C. Methodological concerns for meta-analyses of meditation: Comment on Sedlmeier et al. (2012). <i>Psychological Bulletin</i> 140: 610–616, 2014.
647	Decreased Trait Anxiety in Comparison to Active Alternative Treatments	Orme-Johnson, David W.; and Barnes, Vernon A. The effect of the Transcendental Meditation technique on trait anxiety: A meta-analysis of randomized controlled trials. <i>Journal of Alternative and Complementary Medicine</i> 19: 1–12, 2013.
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647	Greater Anxiety Reduction for Participants with Higher Initial Anxiety, But Not Moderated by Other Factors	Orme-Johnson, David W.; and Barnes, Vernon A. The effect of the Transcendental Meditation technique on trait anxiety: A meta-analysis of randomized controlled trials. <i>Journal of Alternative and Complementary Medicine</i> 19: 1–12, 2013.
646	Case Studies of Reduced Stress and Anxiety and Other Benefits of Transcendental Meditation for Those with Autism Spectrum Disorders	Black, David O.; and Rosenthal, Norman. Transcendental Meditation for autism spectrum disorders? A perspective. <i>Cogent Psychology</i> 2: 1071028, 2015.
645	Improved Perception Capacity (Improved Problem-Solving Time);	Batorski, Martha M. Developing situation awareness capacity to improve executive judgment and decision making under stress. <i>Dissertation Abstracts International</i> 73 (8-A(E)): 2013.
645	Increased Projectio Capacity (Improved Global Constructive Thinking; Improved Emotional Coping)	Batorski, Martha M. Developing situation awareness capacity to improve executive judgment and decision making under stress. <i>Dissertation Abstracts International</i> 73 (8-A(E)): 2013.
644	Decreased Perceived Stress	Burns, Jamie L.; Lee, Randolph M.; and Brown, Lauren J. The effect of meditation on self-reported measures of stress, anxiety, depression, and perfectionism in a college population. <i>Journal of College Student Psychotherapy</i> 25: 132–144, 2011.
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