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Scientific Validation of the Effect of the Transcendental Meditation Programme in Reducing Substance Abuse

Paper N°	Finding	Reference
483	Reduced Cigarette and Hard Liquor Use 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.
481	Meta-Analysis Indicating Significantly Greater Reduction in Use of Illegal Drugs, Alcohol, and Cigarettes than Programs of Relaxation, Prevention, or Treatment	Alexander, C. N.; Robinson, P.; and Rainforth, M. Treating and preventing alcohol, nicotine, and drug abuse through Transcendental Meditation: A review and statistical meta-analysis. <i>Alcoholism Treatment Quarterly</i> 11: 13–87, 1994.
481	Abstinence from Illegal Drugs, Alcohol, and Cigarettes Maintained or Increased over Long Term (Relapse Prevention)	Alexander, C. N.; Robinson, P.; and Rainforth, M. Treating and preventing alcohol, nicotine, and drug abuse through Transcendental Meditation: A review and statistical meta-analysis. <i>Alcoholism Treatment Quarterly</i> 11: 13–87, 1994.
468	Decreased Cigarette Consumption	Royer, A. The role of the Transcendental Meditation technique in promoting smoking cessation: a longitudinal study. <i>Alcoholism Treatment Quarterly</i> 11: 221–239, 1994.

468	Increased Smoking Quit Rate Over a Two-Year Period	Royer, A. The role of the Transcendental Meditation technique in promoting smoking cessation: a longitudinal study. <i>Alcoholism Treatment Quarterly</i> 11: 221–239, 1994.
467	Decreased Percentage of People Smoking	Haratani, T., and Hemmi, T. Effects of Transcendental Meditation (TM) on the health behaviour of industrial workers. <i>Japanese Journal of Public Health</i> 37 (10 Suppl.): 729, 1990.
467	Fewer Cigarettes Smoked per Day	Haratani, T., and Hemmi, T. Effects of Transcendental Meditation (TM) on the health behaviour of industrial workers. <i>Japanese Journal of Public Health</i> 37 (10 Suppl.): 729, 1990.
287	Decreased Use of Tobacco	Aron, E. N.; and Aron, A. The patterns of reduction of drug and alcohol use among Transcendental Meditation participants. <i>Bulletin of the Society of Psychologists in Addictive Behaviors</i> 2(1): 28–33, 1983.
287	Decreased Use of Alcohol	Aron, E. N.; and Aron, A. The patterns of reduction of drug and alcohol use among Transcendental Meditation participants. <i>Bulletin of the Society of Psychologists in Addictive Behaviors</i> 2(1): 28–33, 1983.
287	Decreased Drug Use	Aron, E. N.; and Aron, A. The patterns of reduction of drug and alcohol use among Transcendental Meditation participants. <i>Bulletin of the Society of Psychologists in Addictive Behaviors</i> 2(1): 28–33, 1983.
282	Decreased Use of Alcohol	Nidich, S. I. The Science of Creative Intelligence and the Transcendental Meditation Program: Reduction of drug and alcohol consumption. Department of Education, Maharishi International University, Fairfield, Iowa, USA. Paper presented at the New England Educational Research Organization Conference, Lenox, Massachusetts, USA, May 1980.
282	Decreased Drug Abuse	Nidich, S. I. The Science of Creative Intelligence and the Transcendental Meditation Program: Reduction of drug and alcohol consumption. Department of Education, Maharishi International University, Fairfield, Iowa, USA. Paper presented at the New England Educational Research Organization Conference, Lenox, Massachusetts, USA, May 1980.
277	Sustained Reductions in Drug Abuse	Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf den Drogenkonsumenten. <i>Zeitschrift für klinische Psychologie</i> 7(4): 235–255, 1978.
276	Decreased or Discontinued Use of Cigarettes	Shafii, M.; Lavelly, R.; and Jaffe, R. Decrease in cigarette smoking following Transcendental Meditation. University of Michigan Medical School, Ann Arbor, Michigan, USA. Findings also published in <i>MERU Journal</i> (24): 29 (abstract), 1976.
247	Decreased Use of Alcohol	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.

247	Decreased Use of Cigarettes	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.
247	Decreased Drug Abuse	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.
239	Decreased Use of Cigarettes, Alcohol, Non-Prescribed Drugs, and Coffee	Farinelli, L. Possibilità di applicazioni della tecnologia della coscienza in aspetti di medicina preventiva: Una ricerca pilota. Doctoral thesis (summary), Faculty of Medicine and Surgery, University of Padova at Verona, Verona, Italy, 1981.
163	Decreased Drug Abuse	Monahan, R. J. Secondary prevention of drug dependence through the Transcendental Meditation Program in metropolitan Philadelphia. <i>The International Journal of the Addictions</i> 12(6): 729–754, 1977.
163	Decreased Use of Cigarettes	Monahan, R. J. Secondary prevention of drug dependence through the Transcendental Meditation Program in metropolitan Philadelphia. <i>The International Journal of the Addictions</i> 12(6): 729–754, 1977.
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162	Decreased Drug Abuse	Dhanaraj, H. The influence of Transcendental Meditation on cessation of drug use: Some preliminary findings. Findings previously published in RODA Summer Scholarship Abstracts, National Health and Welfare, Canada, 1973.
162	Decreased Use of Cigarettes	Dhanaraj, H. The influence of Transcendental Meditation on cessation of drug use: Some preliminary findings. Findings previously published in RODA Summer Scholarship Abstracts, National Health and Welfare, Canada, 1973.
162	Decreased Use of Alcohol	Dhanaraj, H. The influence of Transcendental Meditation on cessation of drug use: Some preliminary findings. Findings previously published in RODA Summer Scholarship Abstracts, National Health and Welfare, Canada, 1973.
153	Decreased Use of Alcohol	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.

153	Decreased Use of Cigarettes	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
153	Decreased Drug Abuse	Throll, D. A. The effects of the Transcendental Meditation technique upon adolescent personality. Master's thesis (summary), Victoria University, Wellington, New Zealand, 1978.
150	Decreased Use of Alcohol and Cigarettes	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.
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