TM Studies as of 2017

Reduced Stress and Anxiety

2000 to Present


Kondwani KA, Lollis CM. Is there a role for stress management in reducing hypertension in African Americans? *Ethnicity and Disease* 2001 11:788-792


Before 2000


Alexander CN, Swanson GC, Rainforth MV, Carlisle TW, Todd CC, Oates RM. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. Anxiety, Stress, and Coping 1993 6:245-262


Orme-Johnson DW, Walton KG. All approaches to preventing and reversing the effects of stress are not the same. American Journal of Health Promotion 1998 12(5):297-299


**Enhanced Brain Function**

**2000 to Present**


So KT, Orme-Johnson DW. Three randomized experiments on the holistic longitudinal effects of the Transcendental Meditation technique on cognition. *Intelligence* 2001 29(5):419-440


Travis F. Brain functioning as the ground for spiritual experiences and ethical behavior. *FBI Law Enforcement Bulletin* 2009 78(5):26-32


Travis FT, Tecce J, Arenander A, Wallace RK. Patterns of EEG coherence, power and contingent negative variation characterize the integration of transcendental and waking states. *Biological Psychology* 2002 61(3):293-319


**Before 2000**


Gallois P. Modifications neurophysiologiques et respiratoires lors de la pratique des techniques de relaxation. *L’Encephale* 1984 10:139-144


Levine PH. The coherence spectral array (COSPAR) and its application to the spatial ordering of the EEG. *Proceedings of the San Diego Biomedical Symposium* 1976 15:237-247


Travis FT, Orme-Johnson DW. Field model of consciousness: EEG coherence changes as indicators of field effects. *International Journal of Neuroscience* 1989 49(3/4):203-211


**Cardiovascular Health**

**2000 to Present**


King MS, Carr T, D’Cruz C. Transcendental meditation, hypertension and heart disease. *Australian Family Physician* 2002 31:164-168

Kondwani KA, Lollis CM. Is there a role for stress management in reducing hypertension in African Americans? *Ethnicity and Disease* 2001 11:788-792

Orme-Johnson DW, Barnes VA, Hankey AM, Chalmers RA. Reply to critics of research on Transcendental Meditation in the prevention and control of hypertension. *Journal of Hypertension* 2005 23(5):1107-1108


Schneider RH. Response to AHA scientific statement on alternative methods and BP: evidence for upgrading the ratings for Transcendental Meditation. *Hypertension* 2013 62(6):e42


Schneider RH, Nidich SI, Salerno JW. The Transcendental Meditation program: reducing the risk of heart disease and mortality and improving quality of life in African Americans. *Ethnicity and Disease* 2001 11:159-160

Schneider RH, Walton KG, Salerno JW, Nidich SI. Cardiovascular disease prevention and health promotion with the Transcendental Meditation program and Maharishi Consciousness-Based Health Care. *Ethnicity & Disease* 2006 16(3) Supplement 4:15-26


**Before 2000**


Schneider RH, Alexander CN, Wallace RK. In search of an optimal behavioral treatment for hypertension: a review and focus on Transcendental Meditation. In EH Johnson et al. (eds), Personality, Elevated Blood Pressure, and Essential Hypertension (pp.291-312). Washington DC: Hemisphere Publishing, 1992


### Depression

**2000 to Present**


**Before 2000**


Insomnia


Addiction


**PTSD**


Pain Reduction


Workplace Efficiency and Productivity


### Academic Performance


### Intelligence, Creativity and Learning Ability


**Health Care Costs and Utilization**


Integration of Personality


### Longevity


Free Radicals


Metabolic Syndrome/Pre-Diabetes


Criminal Rehabilitation


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