

The TM program – A Unique Approach to Reduce Post-Traumatic Stress Disorder in Africa

PTSD Relief Now specializes in supporting delivery of the Transcendental Meditation (TM) program to provide relief from PTSD- related stress.

PTSD Relief Now has helped to fund and organize research on the TM technique with regard to its effectiveness in reducing PTSD symptoms. Two preliminary, demonstrative studies have provided promising evidence that this technique has significant value in managing the dramatic problem of PTSD. These research findings, published in peer-reviewed journals, indicate that the TM technique produces reductions in the stress-related symptoms associated with PTSD within a relatively short period of time. A brief summary of these two publications, plus two additional reports, is provided below.

Over 350 peer-reviewed studies have been published in journals around the world showing a very wide range of benefits from the Transcendental Meditation practice. For a general overview of all benefits, see <http://www.tm.org/research.html>

For PTSD relief, there are two categories of research of particular importance:

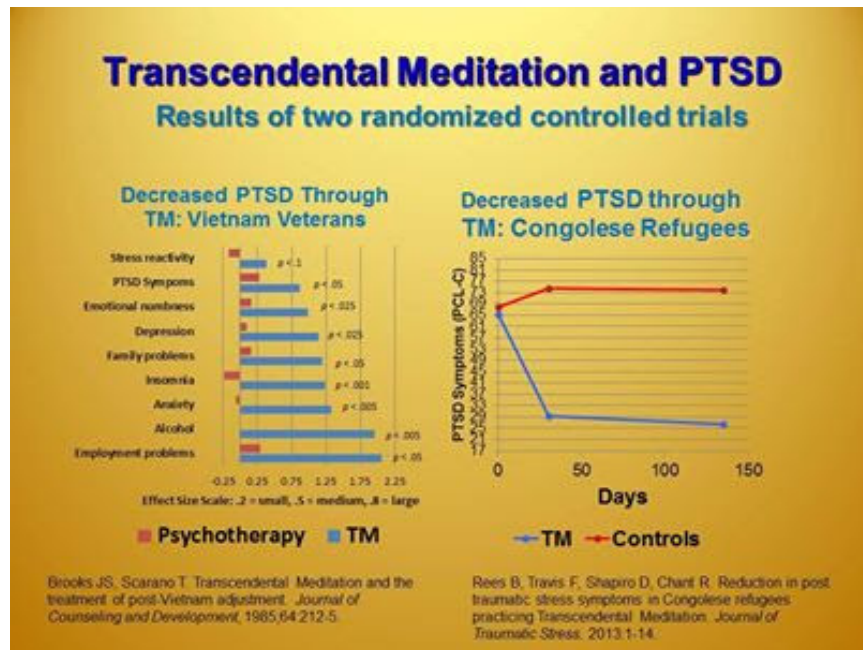
- (1) Studies that directly measure reductions in Post-Traumatic Stress Disorder in specific populations and
- (2) Studies that show reduction in individual symptoms of PTSD in the general population.

Studies that directly measure reductions in Post-Traumatic Stress Disorder in specific populations

1. April 2013 pilot study

“Reduction in Posttraumatic Stress Symptoms in Congolese Refugees Practicing Transcendental Meditation” (Journal of Traumatic Stress,

26, 2013, pp. 295-298) reported that 90% of Congolese refugees with high levels of PTSD symptoms became non-symptomatic within 30 days of learning the Transcendental Meditation (TM) Program, given regular twice daily practice. The non-TM technique control group remained at the same high level of PTSD throughout the entire 135-day test.



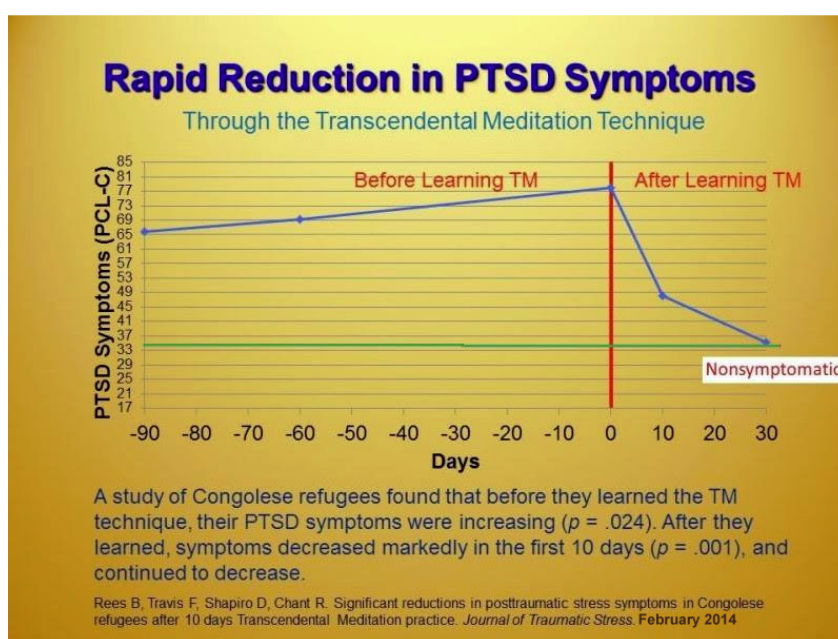
Below is a video clip of one woman in the Congolese/Sudanese group that was tested in this study. She describes her experiences before and one week after learning the TM technique:



<http://www.davidlynchfoundation.org/africa.html#video=goWNosrfvI>

2. A Second Study

A second study, titled: “Significant Reductions in Posttraumatic Stress Symptoms in Congolese Refugees Within 10 days of Transcendental Meditation Practice,” (*Journal of Traumatic Stress*, 27, 2014, pp. 112-115) reconfirmed the 30-day results of the earlier study and also showed a 30 point drop in symptoms even within 10 days of TM practice for this same group of Congolese refugees; the maximum metric for symptoms is 85 and the minimum is 17.



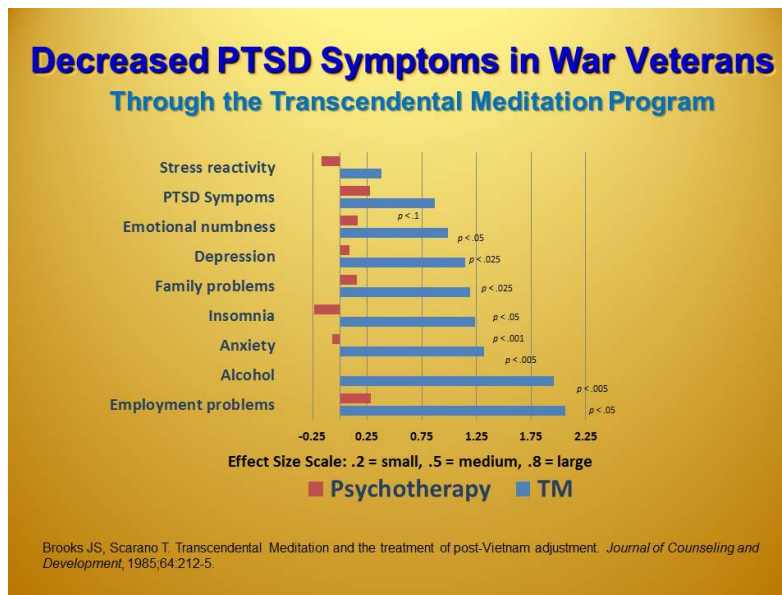
3. Military Medicine Study

In 2011, *Military Medicine* (176, 626–630) published a pilot study showing the effectiveness of the TM technique in reducing PTSD in veterans of Operation Enduring Freedom and Operation Iraqi Freedom. Subjects showed a 50 percent reduction in PTSD symptoms after eight weeks of practicing the Transcendental Meditation technique.

4. Journal of Counseling and Development Study

An early study, published in the *Journal of Counseling and Development* (64, 1985; 212-15), showed significant reduction of PTSD symptoms among Vietnam War veterans practicing the TM

technique over a period of three months, in contrast to no significant improvements for a group receiving psychotherapy for the same period.



Studies that show reduction in individual symptoms of PTSD in the general population

The table below lists the American Psychological Association’s twenty DSM-5 symptoms of Post-Traumatic Stress Disorder (PTSD) along with the scientific research conducted on the Transcendental Meditation (TM) program that addresses each of these symptoms/criteria. This table applies only to TM program research that was published in peer-reviewed scientific journals. Most studies were not conducted on subjects with PTSD but rather on the general population.

By [David W. Orme-Johnson, Ph.D.](#), [Robert E. Herron, Ph.D.](#) and [David Shapiro, M.A.](#)

	DSM-5 Criteria for PTSD	Mediating Variables	Scientific Research on the TM technique
1	Recurrent, involuntary, and intrusive memories.	Increased Freedom from Habitual Patterns of Perception	Dillbeck MC. Meditation and flexibility of visual perception and verbal problem-solving. <i>Memory and Cognition</i> 1982; 10(3): 207–215.
		Improved Mental Health, Decreased Stress Reactivity, Increased EEG Coherence	Gaylord-King C, Orme-Johnson DW, Travis FT. 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> 1989; 46(1-2): 77–86.
		Improved Psychological Health	Hjelle JA. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 1974; 39(5):623–628. Penner WJ, Zingle HW, Dyck R, Truch S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? <i>Western Psychologist</i> 1974; 4:104–111. Ferguson PC, Gowan JC. Psychological findings on Transcendental Meditation. <i>Journal of Humanistic Psychology</i> 1976; 16(3):51–60.
		Decreased Anxiety	Eppley K et al. Differential effects of relaxation techniques on trait anxiety: A meta-analysis. <i>Journal of Clinical Psychology</i> 1989; 45 957–974. Dillbeck MC. The effect of the Transcendental Meditation technique on anxiety level. <i>Journal of Clinical</i>

			<i>Psychology</i> 1977; 33(4): 1076–107.
		Improved Mental Health; Increased Self-Actualization through Transcendental Meditation in Contrast to Other Procedures as Demonstrated by Meta-Analysis; Increased Integrative Perspective on Self and World; Increased Resilient Sense of Self	Alexander CN, Rainforth MV, Gelderloos P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 1991; 6: 189–248.
		Reduction in Recurrent, Involuntary, and Intrusive Memories	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
2	Traumatic nightmares.	Better Quality of Sleep	Mason LI, Orme-Johnson DW. Transcendental consciousness wakes up in dreaming and deep sleep. <i>International Journal of Dream Research</i> 2010; 3(1):28–32. Travis FT. The junction point model: a field model of waking, sleeping, and dreaming relating dream witnessing, the waking/sleeping transition, and Transcendental Meditation in terms of a common psychophysiological state. <i>Dreaming</i> 1994; 4:91–104.
		Enhanced Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night, Improved Quality of Sleep)	Candelent T, Candelent G. Teaching Transcendental Meditation in a psychiatric setting. <i>Hospital and Community Psychiatry</i> 1975; 26(3):156–159. Abrams AI, Siegel L M. The Transcendental Meditation technique and rehabilitation at Folsom State Prison: A cross-validation study. <i>Criminal Justice and Behavior</i> 1978; 5 (1): 3–20.
		Improved Sleep; Decreased Time to Fall Asleep; Reduced	Haratani T, Henmi T. Effects of Transcendental Meditation on health behavior of industrial workers. <i>Japanese Journal</i>

		Waking During the Night	<i>of Public Health</i> 1990; 37:729.
		Decreased Anxiety	Eppley K et al. Differential effects of relaxation techniques on trait anxiety: a meta-analysis. <i>Journal of Clinical Psychology</i> 1989; 45 957–974. Dillbeck MC. The effect of the Transcendental Meditation technique on anxiety level. <i>Journal of Clinical Psychology</i> 1977; 33(4): 1076–107.
		Reduction in Traumatic Nightmares	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
3	Dissociative reactions (e.g. flashbacks) which may occur on a continuum from brief episodes to complete loss of consciousness.	Increased Ability to Live More Fully in the Present; Ability to Connect Past and Present Meaningfully	Hjelle LA. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 1974; 39: 623–628. Nidich SI, Seeman W, Dreskin T. Influence of Transcendental Meditation on self-actualization: A replication. <i>Journal of Counseling Psychology</i> 1973; 20(6):565–566. Alexander CN, Rainforth MV, Gelderloos P. Transcendental Meditation, self-actualization and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 1991; 6(5), 189–247.
		Increased Emotional Stability and Psychological Balance	Overbeck K-D. Auswirkungen der Technik der Transzendentalen Meditation (TM) auf die psychische und psychosomatische Befindlichkeit. <i>Psychotherapie-Psychosomatik Medizinische Psychologie</i> 1982; 32(6):188–192. Geisler M. Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten. <i>Zeitschrift für Klinische</i>

			<i>Psychologie</i> 1978; 7(4):235–255.
		Reduction in Dissociative Reactions (e.g., flashbacks)	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298</p> <p>.Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
4	Intense or prolonged distress after exposure to traumatic reminders.	Increased Field Independence: Less Influenced by External Cues, Stimuli, or Reminders	<p>So KT, Orme-Johnson, DW. Three randomized experiments on the holistic longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 2001; 29(5), 419–440.</p> <p>Gelderloos P, Lockie RJ, Chuttoorgoon S. Field independence of students at Maharishi School of the Age of Enlightenment and a Montessori school. <i>Perceptual and Motor Skills</i> 1987; 65(6), 613–614.</p> <p>Dillbeck MC, Assimakis PD, Raimondi D, Orme-Johnson DW, Rowe R. Longitudinal effects of the Transcendental Meditation and TM-Sidhi program on cognitive ability and cognitive style. <i>Perceptual and Motor Skills</i> 1986; 62: 731–738.</p> <p>Jedrczak A, Clements G. The TM-Sidhi programme and field independence. <i>Perceptual and Motor Skills</i> 1984; 59, 999–1000. Pelletier KR. Influence of Transcendental Meditation upon autokinetic perception. <i>Perceptual and Motor Skills</i> 1974; 39: 1031–1034.</p>
		Increased Strength and Integration of Psychological Health	Alexander CN, Rainforth MV, Gelderloos P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 1991; 6: 189–248.
		Decreased Intense or Prolonged Distress after Exposure to Traumatic Reminders	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.

			<p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
5	Marked physiological reactivity after exposure to trauma-related stimuli.	Reduced Stress: Lower Excretion of Cortisol; Lower Anxiety; Less Mood Disturbance	Walton KG, Pugh NDC, Gelderloos P, Macrae P. Stress reduction and preventing hypertension: Preliminary support for a psychoneuroendocrine mechanism. <i>Journal of Alternative and Complementary Medicine</i> 1995; 1: 263–283.
		Meta-Analysis: Higher Basal Skin Resistance; Lower Respiration Rate; Lower Plasma Lactate. Lower Baseline Levels of Spontaneous Skin Resistance Responses, Respiration Rate, Heart Rate, and Plasma Lactate	Dillbeck MC, Orme-Johnson DW. Physiological differences between Transcendental Meditation and rest. <i>American Psychologist</i> 1987; 42: 879– 881.
		Reduced Anxiety and Stress	Orme-Johnson DW, Walton KG. All approaches to preventing and reversing the effects of stress are not the same. <i>American Journal of Health Promotion</i> 1998; 12(5):297– 299
		Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli; Fewer Multiple Responses; Fewer Spontaneous Skin Resistance Responses	Orme-Johnson DW. Autonomic stability and Transcendental Meditation. <i>Psychosomatic Medicine</i> 1973; 35: 341–349.
		Unique State of Deep Rest for Mind and Body	Jevning R, Wallace RK, Beidebach M. The physiology of meditation: a review. A wakeful hypometabolic integrated response. <i>Neuroscience and Biobehavioral Reviews</i> 1992; 16(3):415–424.
		Experience of Pure Consciousness Associated with: Periodic Breath Suspension; Marked Reductions in Metabolic Rate (Oxygen Consumption and	Farrow JT, Hebert JR. Breath suspension during the Transcendental Meditation technique. <i>Psychosomatic Medicine</i> 1982; 44(2):133–153.

		Carbon Dioxide Elimination), Mean Respiration Rate, and Minute Ventilation Rate; Reduced Heart Rate; Increased Basal Skin Resistance; Stable Phasic Skin Resistance	
		Deep Rest with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Unchanged Respiratory Quotient); Decreased Heart Rate; Increased Basal Skin Resistance	Wallace, RK, et al. The physiology of meditation. <i>Scientific American</i> 1972; 226: 84–90. Wallace RK, et al. A wakeful hypometabolic physiologic state. <i>American Journal of Physiology</i> 1971; 221: 795–799. Wallace RK. Physiological effects of Transcendental Meditation. <i>Science</i> 1970; 167: 1751–1754.
		Decreased Physiological Reactivity after Exposure to Trauma-Related Stimuli	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
6	Persistent effortful avoidance of distressing trauma-related stimuli after the event: trauma-related thoughts or feelings.	Reduced Stress, Anxiety, and Depression	Elder C, Nidich S, Moriarty F, Nidich R. Effect of Transcendental Meditation on employee stress, depression, and burnout: A randomized controlled study. <i>Permanente Journal</i> 2014; 18(1): 19–23. Sheppard WD, Staggars FJ, John L. The effect of a stress management program in a high security government agency. <i>Anxiety, Stress, and Coping</i> 1997; 10: 341–350.
		Improved Psychological Health	Alexander CN, Rainforth MV, Gelderloos P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 1991; 6: 189–248.
		Reduced Psychological Distress, Anxiety, and Depression;	Nidich SI, Rainforth MV, Haaga DAF, Hagelin J, et al. A randomized controlled trial of effects of the

		Improved Coping Ability	Transcendental Meditation technique on blood pressure, psychological distress, and coping in young adults. <i>American Journal of Hypertension</i> 2009; 22(12): 1326–1331.
		Reduced Persistent Effortful Avoidance of Distressing Trauma-Related Stimuli after the Event: Trauma-Related Thoughts or Feelings	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
7	Persistent effortful avoidance of distressing trauma-related stimuli after the event: Trauma-related external reminders (e.g., people, places, conversations, activities, objects, or situations).	Increased Field Independence: Less Influenced by External Cues, Stimuli, or Reminders	<p>So KT, Orme-Johnson, D. W. (2001). Three randomized experiments on the holistic longitudinal effects of the Transcendental Meditation technique on cognition. <i>Intelligence</i> 2001; 29(5), 419-440.</p> <p>Gelderloos P, Lockie RJ, Chuttoorgoon S. Field independence of students at Maharishi School of the Age of Enlightenment and a Montessori school. <i>Perceptual and Motor Skills</i> 1987; 65(6), 613–614.</p> <p>Dillbeck MC, Assimakis PD, Raimondi D, Orme-Johnson DW, ROWE R. Longitudinal effects of the Transcendental Meditation and TM-Sidhi program on cognitive ability and cognitive style. <i>Perceptual and Motor Skills</i> 1986; 62: 731–738. Jedrczak A., Clements G. The TM-Sidhi programme and field independence. <i>Perceptual and Motor Skills</i> 1984; 59, 999–1000.</p> <p>Pelletier KR. Influence of Transcendental Meditation upon autokinetic perception. <i>Perceptual and Motor Skills</i> 1974; 39: 1031–1034.</p> <p>Fergusson LC. Field independence, Transcendental Meditation, and achievement in college art: a re-examination. <i>Perceptual and Motor Skills</i> 1993; 77:1104-1106.</p>
		Decreased Persistent Effortful Avoidance of Distressing	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees

		Trauma-related Stimuli after the Event: Trauma-Related External Reminders (e.g., People, Places, Conversations, Activities, Objects, or Situations)	<p>within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
8	Inability to recall key features of the traumatic event (usually dissociative amnesia; not due to head injury, alcohol, or drugs).	Reduced Cognitive Distortion and Improvement in Intelligence-Related Measures	<p>Hawkins M, Alexander CN, Travis FT, Camelia CR, Walton KG, Durchholz CF, Rainforth MW. Consciousness-based approach to rehabilitation of inmates in the Netherlands Antilles: psychosocial and cognitive changes. <i>Journal of Offender Rehabilitation</i> 2003; 36(1-4): 205–228.</p>
		Improved Psychological Health	<p>Hjelle JA. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 1974; 39(5):623–628.</p> <p>Penner WJ, Zingle HW, Dyck R, Truch S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? <i>Western Psychologist</i> 1974; 4:104–111.</p> <p>Ferguson PC, Gowan JC. Psychological findings on Transcendental Meditation. <i>Journal of Humanistic Psychology</i> 1976; 16(3):51–60.</p> <p>Gaylord-King C, Orme-Johnson DW, Travis FT. 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> 1989; 46(1-2): 77–86.</p> <p>Dillbeck MC. The effect of the Transcendental Meditation technique on anxiety level. <i>Journal of Clinical Psychology</i> 1977; 33(4):1076–1078.</p> <p>Candelent T, Candelent G. Teaching Transcendental Meditation in a psychiatric setting. <i>Hospital and Community Psychiatry</i> 1975; 26(3):156–159.</p>

		Greater Adaptability of Brain Functioning	Bennett JE, Trinder J. Hemispheric laterality and cognitive style associated with Transcendental Meditation. <i>Psychophysiology</i> 1977; 14(3):293–296.
		Enhanced Psychological Development and Reduced Psychopathology	Alexander CN, Walton KG, Goodman R. Walpole study of the Transcendental Meditation technique in maximum security prisoners I: cross-sectional differences in development and psychopathology. <i>Journal of Offender Rehabilitation</i> 2003; 36(1-4): 97–126
		Increased ability to recall key features of the traumatic event	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
9	Persistent (and often distorted) negative beliefs and expectations about oneself or the world (e.g., “I am bad,” “The world is completely dangerous”).	Increased Self-Actualization: Enhanced Self-Regard; Increased Inner-Directedness (Independence, Self-Supportiveness); Increased Spontaneity	Seeman W, Nidich S, Banta T. Influence of Transcendental Meditation on a measure of self-actualization. <i>Journal of Counseling Psychology</i> 1972; 19: 184–187.
		Increases in Self-Regard; Spontaneity; Greater Inner Locus of Control; Less Anxiety	Hjelle LA. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 1974; 39: 623–628.
		Enhanced Self-Concept: Less Likely to Qualify Self-Description; Fewer Personality Defects; Greater Self-Esteem; Better Opinion of Oneself; Greater Self-Satisfaction; Greater Sense of Personal Worth; Greater Satisfaction with	Nystul MS, Garde M. Comparison of self-concepts of Transcendental Meditators and nonmeditators. <i>Psychological Reports</i> 1977; 41: 303–306.

		One's Moral Worth	
		Development of More Positive Values	Gelderloos P, Goddard III PH, Ahlström HH, Jacoby R. Cognitive orientation towards positive values in advanced participants of the TM and TM-Sidhi program. <i>Perceptual and Motor Skills</i> 1987; 64(3):1003–1012.
		Enhanced Psychological Development and Reduced Psychopathology	Alexander CN, Walton KG, Goodman R. Walpole study of the Transcendental Meditation technique in maximum security prisoners I: cross-sectional differences in development and psychopathology. <i>Journal of Offender Rehabilitation</i> 2003; 36(1-4): 97–126
		Reduction in Negative Beliefs and Expectations about Oneself or the World	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
10	Persistent distorted blame of self or others for causing the traumatic event or for resulting consequences.	Enhanced Self-Concept: Less Likely to Qualify Self-Description; Fewer Personality Defects; Greater Self-Esteem; Better Opinion of Oneself; Greater Self-Satisfaction; Greater Sense of Personal Worth; Greater Satisfaction with One's Moral Worth	Nystul MS, Garde M. Comparison of self-concepts of Transcendental Meditators and nonmeditators. <i>Psychological Reports</i> 1977; 41: 303–306.
		Reduced Cognitive Distortion and Improvement in Intelligence-Related Measures	Hawkins M, Alexander CN, Travis FT, Camelia CR, Walton KG, Durchholz CF, Rainforth MW. Consciousness-based approach to rehabilitation of inmates in the Netherlands Antilles: psychosocial and cognitive changes. <i>Journal of Offender Rehabilitation</i> 2003; 36(1-4): 205–228.
		Increased Freedom from Habitual Patterns of Perception	Dillbeck MC. Meditation and flexibility of visual perception and verbal problem-solving. <i>Memory and Cognition</i> 1982; 10(3): 207–215.

		<p>Decreased Depression (Increased Contentment, Increased Self-Confidence); Increased Sociability (Increased Friendliness, Increased Liveliness); Increased Placidity (Increased Self-Assuredness, Increased Good Humor, Decreased Tendency to Procrastinate); Decreased Inhibition (Increases in: Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability, Decreased Tension); Increased Self-Reliance (Increased Effectiveness, More Balanced Mood, Increased Vigor)</p>	<p>Geisler M. Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten. <i>Zeitschrift für Klinische Psychologie</i> 1978; 7(4):235–25</p> <p>5.Abrams AI, Siegel LM. The Transcendental Meditation technique and rehabilitation at Folsom State Prison: a cross-validation study. <i>Criminal Justice and Behavior</i> 1978; 5(1):3–20.</p> <p>Tjoa A. Increased intelligence and reduced neuroticism through the Transcendental Meditation technique. <i>Gedrag: Tijdschrift voor Psychologie</i> (Behavior: Journal of Psychology) 1975; 3:167–182.</p>
		<p>Decreased Persistent Distorted Blame of Self or Others for Causing the Traumatic Event or for Resulting Consequences</p>	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
11	Persistent negative trauma-related emotions (e.g., fear, horror, anger, guilt, or shame).	<p>Decreased Anxiety; Decreased Neuroticism, Decreased Resentment; Decreased Negativism; Decreased Irritability; Decreased Hostility; Improved Behavior</p>	<p>Abrams AI, and Siegel LM. The Transcendental Meditation technique and rehabilitation at Folsom State Prison: A cross-validation study. <i>Criminal Justice and Behavior</i> 1978; 5(1): 3–20.</p>
		<p>Enhanced Positive Cognitive Style and Lower Anxiety</p>	<p>Yosuke Sakairi. What Does Meditation Change? Measurement of Cognitive Styles. In <i>The Embodiment of Mind: Eastern and Western Perspectives</i>, M.M. Del Monte</p>

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		Orientation Toward Positive Values; More Positive Appraisal of Others	Gelderloos P, Goddard III PH, Ahlström HH, Jacoby R. Cognitive orientation towards positive values in advanced participants of the TM and TM-Sidhi program. <i>Perceptual and Motor Skills</i> 1987; 64(3): 1003–1012.
		More Positive Conception of Human Nature; More Positive Self-Image; Higher Levels of Tolerance; Greater Sociability; Less Pronounced Feelings of Social Inadequacy	Hanley CP, Spates JL. Transcendental Meditation and social psychological attitudes. <i>Journal of Psychology</i> 1978 99: 121–127.
		Reduced negative trauma-related emotions (e.g., fear, horror, anger, guilt, or shame)	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
12	Markedly diminished interest in (pre-traumatic) significant activities.	Greater Interest in Academic Activities; Greater Intellectual Orientation; Greater Aestheticism; Greater Adaptability of Mental Orientation; Greater Autonomy; Greater Social Extraversion; Less Impulsiveness; Greater Personal Integration (Decreased Social Alienation and Emotional Disturbance); Lower Anxiety Level	Penner WJ, Zingle HW, Dyck R, Truch S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? <i>Western Psychologist</i> 1974; 4: 104–111.
		Greater Openness to Experience; Greater Emotional Stability; Greater Extroversion & Agreeableness; Lower Anxiety; Higher Moral Reasoning	Travis FT, Arenander A, DuBois D. Psychological and physiological characteristics of a proposed object-referral/self-referral continuum of self-awareness. <i>Consciousness and Cognition</i> 2004; 13(2):401–420.

		Increased Intelligence; Decreased Neuroticism; Decreased Neurotic Instability	Tjoa A. Increased intelligence and reduced neuroticism through the Transcendental Meditation technique. <i>Gedrag: Tijdschrift voor Psychologie</i> (Behavior: Journal of Psychology) 1975; 3:167–182.
		Increased Inner and Outer Awareness; Ability to Live in the Present; Ability to Connect Past, Present, and Future Meaningfully; Increased Spontaneity and Flexibility	Alexander CN, Rainforth MV, Gelderloos P. Transcendental Meditation, self-actualization, and psychological health: a conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 1991; 6(5):189–247.
		Restored Interest in Pre-traumatic Activities	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
13	Feeling alienated from others (e.g., detachment or estrangement).	Decreased Social Alienation and Emotional Disturbance	Penner WJ, Zingle HW, Dyck R, Truch S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? <i>Western Psychologist</i> 1974; 4: 104–111.
		Increased Capacity for Warm Interpersonal Relationships); Less Anxiety	Hjelle LA. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 1974; 39: 623–628.
		Increased Sociability; Improved Psychological Health; Increased Intelligence; Increased Social Maturity	Aron A, Orme-Johnson D, Brubaker P. The Transcendental Meditation technique in the college curriculum: A four-year longitudinal study of effects on cognitive and affective functioning. <i>College Student Journal</i> 1981; 15(2):140–146.
		Improved Ability to Work with Others; Increased Job Satisfaction; Improved Personal and Work Relationships; Reduced Job Worry and Tension; Reduced Trait Anxiety;	Alexander CN, Swanson GC, Rainforth MV, et al. The effects of the Transcendental Meditation technique on stress reduction, health, and employee development: A prospective study in two occupational settings. <i>Anxiety, Stress, and Coping</i> 1993; 6: 245–262.

		Improved Health; Greater Calm (Lower Skin Conductance) During Task Performance	
		Increased Ability to Be Sympathetic, Compassionate, and Understanding; Improved Personal Relationships, Improved Harmony with Others; Warm Marital & Family Relationships; Greater Connectedness	Aron EN, Aron A. Transcendental Meditation and marital adjustment. <i>Psychological Reports</i> 1982 51(7):887-890
		Reduced Feeling of Alienation from Others	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
14	Constricted affect: persistent inability to experience positive emotions.	Orientation toward Positive Values; More Positive Appraisal of Others	Gelderloos P, Goddard III PH, Ahlström HH, Jacoby R. Cognitive orientation towards positive values in advanced participants of the TM and TM-Sidhi program. <i>Perceptual and Motor Skills</i> 1987; 64(3):1003–1012.
		Adaptability of Mental Orientation; Greater Autonomy; Greater Social Extraversion; Greater Personal Integration; Lower Anxiety Level; Greater Altruism	Penner WJ, Zingle HW, Dyck R, Truch S. Does an in-depth Transcendental Meditation course effect change in the personalities of the participants? <i>Western Psychologist</i> 1974; 4: 104–111.
		Increased Contentment, Increased Self-Confidence; Increased Sociability; Increased Friendliness; Increased Good Humor, Decreased Inhibition; Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships);	Geisler, M. Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten. <i>Zeitschrift für klinische Psychologie</i> 1978; 7(4): 235–255.

		Decreased Neuroticism (Increased Emotional Stability, Decreased Tension)	
		Improved Capacity for Warm Interpersonal Relationships; Greater Inner Locus of Control; Less Anxiety	Hjelle JA. Transcendental Meditation and psychological health. <i>Perceptual and Motor Skills</i> 1974; 39(5):623–628.
		Increased Ability to Be Sympathetic, Compassionate, and Understanding; Improved Personal Relationships, Improved Harmony with Others; Warm Marital & Family Relationships; Greater Connectedness	Aron EN, Aron A. Transcendental Meditation and marital adjustment. <i>Psychological Reports</i> 1982; 51(7):887–890
		Improved Ability to Experience Positive Emotions	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
15	Irritable or aggressive behavior.	Reduction of Neuroendocrine Abnormalities Associated with Aggressive and Irritable Behavior	Walton KG, Levitsky DK. Effects of the Transcendental Meditation technique on neuroendocrine abnormalities associated with aggression and crime. <i>Journal of Offender Rehabilitation</i> 2003; 36: 67–87.
		Decreased Anxiety; Decreased Hostility; Decreased Neuroticism, Decreased Resentment; Decreased Negativism; Decreased Irritability	Abrams AI, and Siegel LM. The Transcendental Meditation technique and rehabilitation at Folsom State Prison: A cross-validation study. <i>Criminal Justice and Behavior</i> 1978; 5(1): 3–20. Abrams AI. Transcendental Meditation and rehabilitation at Folsom Prison: response to a critique. <i>Criminal Justice and Behavior</i> 1979; 6:13–21.
		Decreased Overactive or	Candelent T, Candelent G. Teaching Transcendental

		Impulsive Behavior; Decreased Anxiety and Tension	Meditation in a psychiatric setting. <i>Hospital & Community Psychiatry</i> 1975; 26(3): 156–159.
		Enhanced Psychological Development and Reduced Psychopathology	Alexander CN, Walton KG, Goodman R. Walpole study of the Transcendental Meditation technique in maximum security prisoners I: cross-sectional differences in development and psychopathology. <i>Journal of Offender Rehabilitation</i> 2003; 36(1-4): 97–126
		Improvements in Mental Well-Being; Decreased Impulsive Tendency; Reduced Emotional Instability; Decreased Neurotic Tendency; Decreased Anxiety	Haratani T, Henmi T. Effects of Transcendental Meditation on mental health of industrial workers. <i>Japanese Journal of Industrial Health</i> 1990 32:656.
		Increased Friendliness and Less Irritable or Aggressive Behavior	Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115. Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298. Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630. Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.
16	Self-destructive or reckless behavior.	Reduction in Use of Illegal Drugs, Alcohol, and Cigarettes; Abstinence from Illegal Drugs, Alcohol, and Cigarettes Maintained or Increased over Long Term; Improved Psychological Health (Reduced Negative Qualities, Reduced Anxiety, Improved Positive Qualities)	Alexander CN, Robinson P, Rainforth MV. Treating and preventing alcohol, nicotine, and drug abuse through Transcendental Meditation: a review and statistical meta-analysis. <i>Alcoholism Treatment Quarterly</i> 1994; 11(1/2):13–87
		Improvements in Mental Well-Being; Decreased Impulsive Tendency; Reduced Emotional Instability; Decreased Neurotic Tendency; Decreased Anxiety	Haratani T, Henmi T. Effects of Transcendental Meditation on mental health of industrial workers. <i>Japanese Journal of Industrial Health</i> 1990 32:656.

		Increased Capacity for Moral Reasoning and Good Judgement	<p>Nidich SI, Nidich RJ, Alexander CN. Moral development and higher states of consciousness. <i>Journal of Adult Development</i> 2000; 7(4):217–225.</p> <p>Nidich SI, Ryncarz RA, Abrams AI, Orme-Johnson DW, Wallace RK. Kohlbergian moral perspective responses, EEG coherence, and the Transcendental Meditation and TM-Sidhi program. <i>Journal of Moral Education</i> 1983; 12(3):166–173.</p>
		Increased Intelligence to Facilitate Better Decisions	Cranson RW, Orme-Johnson DW, Dillbeck MC, Jones CH, Alexander CN, Gackenbach J. Transcendental Meditation and improved performance on intelligence-related measures: a longitudinal study. <i>Journal of Personality and Individual Differences</i> 1991; 12(10):1105–1116.
		Decreased Drug Abuse; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Use of Caffeine; Decreased Need for Tranquillizers and Other Prescribed Drugs	Monahan RJ. Secondary prevention of drug dependence through the Transcendental Meditation technique in metropolitan Philadelphia. <i>The International Journal of the Addictions</i> 12(6): 729–754, 1977.
		Increase Wholesome, Constructive Behavior and Less Self-destructive or Reckless Behavior	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
17	Hypervigilance.	More Relaxed Style of Functioning; Increased Stability of Nervous System; Reduced Hypervigilance	<p>Alexander CN, Rainforth MV, Gelderloos P. Transcendental Meditation, self-actualization, and psychological health: A conceptual overview and statistical meta-analysis. <i>Journal of Social Behavior and Personality</i> 1991; 6: 189–248.</p> <p>Orme-Johnson DW, Moore RM. First prison study using the Transcendental Meditation technique: La Tuna Federal Penitentiary, 1971. <i>Journal of Offender Rehabilitation</i> 2003; 36: 89–95.</p>

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		Increased Inner Calmness and Decreased Hypervigilance	<p>Wallace, RK, et al. The physiology of meditation. <i>Scientific American</i> 1972; 226: 84–90. Wallace RK, et al. A wakeful hypometabolic physiologic state. <i>American Journal of Physiology</i> 1971; 221: 795–799. Wallace RK. Physiological effects of Transcendental Meditation. <i>Science</i> 1970; 167: 1751–1754. Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
18	Exaggerated startle response.	More Relaxed Style of Functioning; Increased Stability of Nervous System; Reduced Startle Response	<p>Orme-Johnson DW, Moore RM. First prison study using the Transcendental Meditation technique: La Tuna Federal Penitentiary, 1971. <i>Journal of Offender Rehabilitation</i> 2003; 36: 89–95.</p> <p>Jevning R, Wallace RK, Beidebach M. The physiology of meditation: a review. A wakeful hypometabolic integrated response. <i>Neuroscience and Biobehavioral Reviews</i> 1992; 16(3):415–424.</p> <p>Lang R, Dehof K, Meurer KA, Kaufmann W. Sympathetic activity and Transcendental Meditation. <i>Journal of Neural Transmission</i> 1979 44(1/2):117–135.</p>

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		Improved Calm, Settled Style of Functioning without Exaggerated Startle Response	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
19	Problems in concentration.	Improved Ability to Focus Attention	<p>Rani NJ, Rao PVK. Effects of meditation on attention processes. <i>Journal of Indian Psychology</i>. 2000; 18: 52–60.</p> <p>Rani NJ, Rao PVK. Meditation and attention regulation. <i>Journal of Indian Psychology</i>. 1996; 14: 26–30. Banquet JP, Lesèvre N. Event-related potentials in altered states of consciousness. <i>Progress in Brain Research</i> 1980; 54:447–453.</p> <p>Cranson RW, Orme-Johnson DW, Dillbeck MC, Jones CH, Alexander CN, Gackenbach J. Transcendental Meditation and improved performance on intelligence-related measures: A longitudinal study. <i>Journal of Personality and Individual Differences</i> 1991; 12(10):1105–1116</p> <p>Alexander CN, Swanson GC, Rainforth MV, et al. The effects of the Transcendental Meditation technique on stress reduction, health, and employee development: A</p>

			prospective study in two occupational settings. <i>Anxiety, Stress, and Coping</i> 1993; 6: 245–262.
		Enhanced Ability to Concentrate and Focus	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>
20	Sleep disturbance.	Improved Quality of Sleep with Comprehensive Neurophysiological Integration	<p>Mason LI, Orme-Johnson DW. Transcendental consciousness wakes up in dreaming and deep sleep. <i>International Journal of Dream Research</i> 2010; 3(1):28–32.</p> <p>Travis FT. The junction point model: a field model of waking, sleeping, and dreaming relating dream witnessing, the waking/sleeping transition, and Transcendental Meditation in terms of a common psychophysiological state. <i>Dreaming</i> 1994 4:91–104.</p>
		Improved Sleep Patterns (Decreased Awakenings per Night, Improved Quality of Sleep); Decreased Anxiety and Tension; Decreased Overactive or Impulsive Behavior	Candelent T, Candelent G. Teaching Transcendental Meditation in a psychiatric setting. <i>Hospital & Community Psychiatry</i> 1975; 26(3): 156–159.
		Improved Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night, Improved Quality of Sleep)	<p>Abrams AI, and Siegel LM. The Transcendental Meditation technique and rehabilitation at Folsom State Prison: A cross-validation study. <i>Criminal Justice and Behavior</i> 1978; 5(1): 3–20.</p> <p>Abrams AI. Transcendental Meditation and rehabilitation at Folsom Prison: response to a critique. <i>Criminal Justice and Behavior</i> 1979; 6:13–21.</p> <p>Ljunggren G. The influence of Transcendental Meditation on neuroticism, use of drugs and insomnia. <i>Lakartidningen</i> 1977; 74(47): 4212–4214.</p>

		Decreased Anxiety and Increased Inner Calm and Tranquillity	Eppley K et al. Differential effects of relaxation techniques on trait anxiety: a meta-analysis. <i>Journal of Clinical Psychology</i> 1989; 45: 957–974.
		Improved Sleep Patterns with Reduced Disturbances	<p>Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees within 10 days of Transcendental Meditation practice. <i>Journal of Traumatic Stress</i> 2014; 27: 112–115.</p> <p>Rees B, Travis F, Shapiro D, Chant R. Reductions in posttraumatic stress symptoms in Congolese refugees practicing Transcendental Meditation. <i>Journal of Traumatic Stress</i> 2013; 26: 295–298.</p> <p>Rosenthal JZ, Grosswald S, Ross R, Rosenthal N. 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> 2011; 176: 626–630.</p> <p>Brooks JS, Scarano T. Transcendental Meditation in the treatment of post-Vietnam adjustment. <i>Journal of Counseling and Development</i> 1985; 64: 212–215.</p>