



## BRAIN RESEARCH INSTITUTE

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# *A Self-Recovery Approach for Effective, Holistic Treatment of Drug Addiction*

## Selected Summary of Published Intervention Research Alphabetical listing

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**TITLE:** The nation-wide implementation of Maharishi's integrated system of rehabilitation in Senegal—A case study.

**Findings:** Almost complete cessation of fights between inmates, very sharp reduction in irritability and aggressiveness. Improvement in health. Decrease in the number of medical consultations—as much as 70-80%. Marked decrease in drug consumption. Improvement in sleep. Reduced national recidivism.

ANKLESARIA, F., and KING, M. S. The nation-wide implementation of Maharishi's integrated system of rehabilitation in Senegal—A case study. In *Scientific Research on Maharishi's Integrated System of Rehabilitation*, eds. F. Anklesaria and M. S. King. Fairfield IA: MIU Press, 1993.

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**TITLE: The role of the Transcendental Meditation technique in promoting smoking cessation: A longitudinal study.**

**Findings:** 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. *Alcoholism Treatment Quarterly* 11: 219-236, 1994

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**TITLE: Treating and preventing alcohol, nicotine, and drug abuse through Transcendental Meditation: A review and statistical meta-analysis.**

**Findings:** Meta-analysis of 198 studies: the Transcendental Meditation program is uniquely effective for treatment and prevention of drug, alcohol, and cigarette abuse.

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. *Alcoholism Treatment Quarterly* 11: 13-87, 1994.

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**TITLE: The Transcendental Meditation program and criminal recidivism in California.**

**Findings:** Rehabilitation of prison inmates: reduced recidivism after release.

BLEICK, C. R., and ABRAMS, A. I. The Transcendental Meditation program and criminal recidivism in California. *Journal of Criminal Justice* 15: 211-230, 1987.

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**TITLE: Transcendental Meditation in the treatment of post-Vietnam adjustment.**

**Findings:** Improvements in post-Vietnam adjustment problems:

- Decreased post-Vietnam stress disorder.
- Decreased anxiety.
- Decreased depression.
- Decreased alcohol consumption.
- Decreased insomnia.
- Improved employment status.
- Decreased family problems.

BROOKS, J. S., and SCARANO, T. Transcendental Meditation in the treatment of post-Vietnam adjustment. *Journal of Counseling and Development* 64: 212-215, 1985.

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**TITLE: Rehabilitation of juvenile offenders through the Transcendental Meditation program: A controlled study.**

**Findings:** Rehabilitation of juvenile offenders: decreased anxiety.

ARON, A., and ARON, E. N. Rehabilitation of juvenile offenders through the Transcendental Meditation program: A controlled study. Paper presented at the meeting

of the Society of Police and Criminal Psychology, Nashville, Tennessee, October 28, 1982.

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**TITLE: The patterns of reduction of drug and alcohol use among Transcendental Meditation participants.**

**Findings:** Decrease drug use

- Decreased use of tobacco
- Decreased use of alcohol
- Decreased use of marijuana

ARON, E. N., and ARON, A. The patterns of reduction of drug and alcohol use among Transcendental Meditation participants. *Bulletin of the Society of Psychologists in Addictive Behaviors* 2(1): 28-33, 1983.

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**TITLE: Influence of the Transcendental Meditation program on criminal recidivism.**

**Findings:** Rehabilitation of prisoners:

- Lower recidivism rate.
- Higher incidence of clean records.
- Fewer new convictions.

BLEICK, C. R. Influence of the Transcendental Meditation program on criminal recidivism. Institute for Social Rehabilitation, Berkeley, California, U.S.A., 1982.

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**TITLE: The effects of the Transcendental Meditation technique on recidivism: A retrospective archival analysis.**

**Findings:** Rehabilitation of prisoners:

- Lower recidivism rate.
- Fewer new convictions.

ALEXANDER, C. N.; GRANT, J.; and STADTE, C. VON. The effects of the Transcendental Meditation technique on recidivism: A retrospective archival analysis. Doctoral thesis of first author (summary), Department of Psychology and Social Relations, Harvard University, Cambridge, Massachusetts, U.S.A., 1982. *Dissertation Abstracts International* 43 (1982): 539B.

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**TITLE: Ego development, personality and behavioral change in inmates practicing the Transcendental Meditation technique or participating in other programs: A summary of cross-sectional and longitudinal results.**

**Findings:** Rehabilitation of prisoners:

- Greater self-development, capacity for warm interpersonal relationships, and engagement in private, avocational businesses.
- Lower pathological symptoms: lower psychopathic deviation, anxiety, aggression, tension, and introversion.

- Growth toward higher states of consciousness.
- Longitudinal increases in self-development and decreases in aggression, anxiety, and schizophrenic symptoms.

ALEXANDER, C. N., and MARKS, E. J. Ego development, personality and behavioral change in inmates practicing the Transcendental Meditation technique or participating in other programs: A summary of cross-sectional and longitudinal results. Doctoral thesis of first author (summary), Department of Psychology and Social Relations, Harvard University, Cambridge, Massachusetts, U.S.A., 1982.

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**TITLE: Transcendental Meditation: A stress reducing self-help support system.**

**Findings:** Benefits for patients with psychiatric and addictive disorders in a vocational rehabilitation unit:

- Greater ability to maintain employment on discharge.
- More frequently maintained on out-patient care alone.

BIELEFELD, M. Transcendental Meditation: A stress reducing self-help support system. In Vocational rehabilitation: Do psychologists really belong? Cleveland V.A. Medical Center, Cleveland, Ohio, U.S.A. Paper presented at the Annual Convention of the American Psychological Association, Los Angeles, California, U.S.A., 24 August 1981.

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**TITLE: The Science of Creative Intelligence and the Transcendental Meditation program: Reduction of drug and alcohol consumption.**

**Findings:** Decreased use of alcohol. 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 University of Management, Fairfield, Iowa, U.S.A. Paper presented at the New England Educational Research Organization Conference, Lenox, Massachusetts, U.S.A., May 1980.

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**TITLE: The use of the Transcendental Meditation (TM) technique with severely disturbed psychiatric inpatients.**

**Findings:** Benefits for psychiatric in-patients:

- Marked improvements in schizophrenia, manic-depressive psychosis, and severe personality disorders.
- Decreased anxiety and tension.

CARTER, R., and MEYER, J. E. The use of the Transcendental Meditation (TM) technique with severely disturbed psychiatric inpatients. Institute for Social Rehabilitation, Pacific Palisades, Los Angeles, California, U.S.A., 1979.

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**TITLE: A follow-up study of the effects of the Transcendental Meditation program on inmates at Folsom Prison.**

**Findings:** Rehabilitation of prisoners:

- Sustained reductions in neuroticism, anxiety, hostility, and use of cigarettes.
- Improved sleep patterns (decreased time to fall asleep, decreased awakenings per night).

ABRAMS, A. I. A follow-up study of the effects of the Transcendental Meditation program on inmates at Folsom Prison. Maharishi University of Management, Fairfield, Iowa, U.S.A., 1982.

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**TITLE: Transcendental Meditation and rehabilitation at Folsom Prison: Response to a critique.**

**Findings:** Verification of results of Paper 278 below.

ABRAMS, A. I., and SIEGEL, L. M. Transcendental Meditation and rehabilitation at Folsom Prison: Response to a critique. *Criminal Justice and Behavior* 6(1): 13-21, 1979.

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**TITLE: The Transcendental Meditation program and rehabilitation at Folsom State Prison: A cross-validation study.**

**Findings:** Rehabilitation of prisoners:

- Decreased anxiety.
- Decreased neuroticism, decreased resentment.
- Decreased negativism.
- Decreased irritability.
- Decreased hostility.
- Decreased prison disciplinary rule infractions.
- Improved sleep patterns (decreased time to fall asleep, decreased awakenings per night, improved quality of sleep).

ABRAMS, A. I., and SIEGEL, L. M. The Transcendental Meditation program and rehabilitation at Folsom State Prison: A cross-validation study. *Criminal Justice and Behavior* 5 (1): 3-20, 1978.

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**TITLE: Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten.**

**Findings:** Decreased drug abuse. Decreased nervousness (decreased psychosomatic disturbance)<sup>4</sup>. 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 extroversion (increased capacity for warm interpersonal relationships). Decreased neuroticism (increased emotional stability, decreased tension). Increased self-reliance (increased effectiveness, more balanced mood, increased vigor).

GEISLER, M. Therapeutische Wirkungen der Transzendentalen Meditation auf Drogenkonsumenten. *Zeitschrift für klinische Psychologie* 7(4): 235-255, 1978.

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**TITLE: Decrease in cigarette smoking following Transcendental Meditation.**

**Findings:** Decreased or discontinued use of cigarettes.

SHAFII, M.; LAVELY, R.; and JAFFE, R. Decrease in cigarette smoking following Transcendental Meditation. University of Michigan Medical School, Ann Arbor, Michigan, U.S.A. Findings previously published in *MERU Journal* 24: 29 (Abstract), 1976.

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**TITLE: Secondary prevention of drug dependence through the Transcendental Meditation program in metropolitan Philadelphia.**

**Findings:** Decreased drug abuse. Decreased use of cigarettes. Decreased use of alcohol.

Decreased use of caffeine. Decreased need for tranquilizers and other prescribed drugs.

MONAHAN, R. J. Secondary prevention of drug dependence through the Transcendental Meditation program in metropolitan Philadelphia. *The International Journal of the Addictions* 12(6): 729-754, 1977.

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**TITLE: The influence of Transcendental Meditation on cessation of drug use: Some preliminary findings.**

**Findings:** Decreased drug abuse. Decreased use of cigarettes. 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.

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**TITLE: A self-report evaluation of the effects of the Transcendental Meditation program at Massachusetts Correctional Institution Walpole—a follow-up.**

**Findings:** Rehabilitation of prisoners:

- Increased work efficiency.
- Increased ability to handle stress and tension.
- Increased ability to deal with others.
- Decreased use of alcohol and prescribed and non-prescribed drugs.
- Decreased use of cigarettes.
- Decreased drug abuse.

FERGUSON, R. E. A self-report evaluation of the effects of the Transcendental Meditation program at Massachusetts Correctional Institution Walpole—a follow-up. Institute for Social Rehabilitation, Pacific Palisades, Los Angeles, California, U.S.A., 1978.

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**TITLE: The Transcendental Meditation program at Massachusetts Correctional Institution Walpole: An evaluation report.**

**Findings:** Rehabilitation of prisoners:

- Decreased anxiety.
- Decreased hostility.
- Decreased prison disciplinary rule infractions.
- Improved sleep patterns (decreased time to fall asleep, decreased awakenings per

night, improved quality of sleep).

FERGUSON, R. E. The Transcendental Meditation program at Massachusetts Correctional Institution Walpole: An evaluation report. Institute for Social Rehabilitation, Pacific Palisades, Los Angeles, California, U.S.A., 1977.

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**TITLE: The Transcendental Meditation program, spiritual crisis and enlightenment.**

**Findings:** Resolution of spiritual crisis through development of integration of personality: growth of enlightenment.

BLOOMFIELD, H. H., and KORY, R. The Transcendental Meditation program, spiritual crisis and enlightenment. Findings previously published in *Holistic way to health and happiness: A new approach to complete lifetime wellness*. 243-259. New York: Simon and Schuster, 1978.

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**TITLE: The Transcendental Meditation program as a possible treatment modality for drug offenders: Evaluation of a pilot project at Milan Federal Correctional Institution.**

**Findings:** Rehabilitation of imprisoned drug offenders:

- Enhanced self-esteem.
- Indications of increased emotional stability and maturity:
  - Decreased depression.
  - Decreased neuroticism.
  - Decreased guilt.
  - Decreased psychasthenia.
  - Decreased hypomania.
  - Decreased schizophrenia.
  - Increased social responsibility.
- Indications of decreased aggression:
  - Decreased hostility.
  - Decreased assault.
  - Decreased irritability.
  - Decreased suspicion.
  - Decreased resentment.
  - Decreased psychopathic deviation.

RAMIREZ, J. The Transcendental Meditation program as a possible treatment modality for drug offenders: Evaluation of a pilot project at Milan Federal Correctional Institution. Department of Forensic Studies, Indiana University, Bloomington, Indiana, U.S.A., 1975.

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**TITLE: Teaching Transcendental Meditation in a psychiatric setting.**

**Findings:** Benefits for psychiatric patients with schizophrenia, neurosis, personality disorders, and alcohol and drug problems:

- Decreased anxiety and tension.
- Decreased overactive or impulsive behavior.
- Improved sleep patterns (decreased awakenings per night, improved quality of

sleep).

CANDELENT, T., and CANDELENT, G. Teaching Transcendental Meditation in a psychiatric setting. *Hospital & Community Psychiatry* 26(3): 156-159, 1975.

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**TITLE: Some observations on the uses of the Transcendental Meditation program in psychiatry.**

**Findings:** Case histories illustrating benefits in the treatment of psychiatric patients with a variety of disorders, including anxiety neurosis, obsessive-compulsive neurosis, depression, drug and alcohol abuse, psychosomatic disorders, and chronic insomnia.

BLOOMFIELD, H. H. Some observations on the uses of the Transcendental Meditation program in psychiatry. Institute of Psychophysiological Medicine, San Diego, California, U.S.A., 1975.

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**TITLE: A study of the Transcendental Meditation program in the service of counseling.**

**Findings:** Increased self-actualization:

- Increased time competence (ability to live more fully in the present, ability to connect past, present, and future meaningfully).
- Increased inner-directedness (independence, self-supportiveness).
- Increased existentiality (flexibility in application of self-actualizing values).
- Enhanced self-regard.
- Increased self-acceptance.

DICK, L. D., and RAGLAND, R. E. A study of the Transcendental Meditation program in the service of counseling. Departments of Psychology and Education, University of Oklahoma, Norman, Oklahoma, U.S.A., 1973.

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**TITLE: The Transcendental Meditation technique and drug abuse counselors.**

**Findings:** Improvements in mental health:

- Decreased anxiety.
- Decreased hypochondria.
- Decreased internal conflicts and confusion.
- Increased clarity of mind, relaxation, energy level, and sensitivity to others.

ORME-JOHNSON, D. W.; ARTHUR, G. K.; FRANKLIN, L.; and O'CONNELL, J. The Transcendental Meditation technique and drug abuse counselors. Department of Research and Evaluation, Drug and Alcohol Abuse Control and Prevention Program, Fort Bliss, Texas, U.S.A., 1972.

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**TITLE: The effects of the Transcendental Meditation program on anxiety, neuroticism, and psychoticism.**

**Findings:** Decreased anxiety. Decreased neuroticism. Decreased psychoticism.

ROSS, J. The effects of the Transcendental Meditation program on anxiety, neuroticism,



and psychoticism. Master's thesis, Graduate Department of Psychology, University of Edinburgh, Edinburgh, Scotland, 1972.

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**TITLE: A study of the relationship of the Transcendental Meditation program to Kohlberg's stages of moral reasoning.**

**Findings:** Greater moral maturity.

NIDICH, S. I. A study of the relationship of the Transcendental Meditation program to Kohlberg's stages of moral reasoning. Doctoral thesis (abbr.), Department of Learning and Development, College of Education, University of Cincinnati, Cincinnati, Ohio, U.S.A., 1975. *Dissertation Abstracts International* 36: 4361a-4362a, 1975.

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**TITLE: The use of the Transcendental Meditation program as a therapy with juvenile offenders.**

**Findings:** Rehabilitation of juvenile offenders:

- Decreased anxiety.
- Positive change as reported by both subjects and parents.
- Decreased drug abuse.
- Decreased court problems.
- Increased happiness.
- Improved interpersonal relationships.
- Increased self-actualization.
- Enhanced self-regard.

CHILDS, J. P. The use of the Transcendental Meditation program as a therapy with juvenile offenders. Doctoral dissertation (abbr.), Department of Educational Psychology and Guidance, University of Tennessee, Knoxville, Tennessee, U.S.A., 1973. *Dissertation Abstracts International* 34/08-A, 1973, Order Number AAD74-03806.

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**TITLE: The Transcendental Meditation program at Stillwater Prison.**

**Findings:** Rehabilitation of prisoners:

- Decreased anxiety.
- Decreased prison disciplinary rule infractions.
- Fewer parole violations.
- Increased participation in recreational and educational activities.
- Decreased drug abuse.

BALLOU, D. The Transcendental Meditation program at Stillwater Prison. Graduate Department of Social Anthropology, University of Kansas, Lawrence, Kansas, U.S.A., 1973.

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**TITLE: The Transcendental Meditation program and rehabilitation: A pilot project at the Federal Correctional Institution at Lompoc, California.**

**Findings:** Rehabilitation of prisoners:

- Decreased anxiety.

- Other improvements in mental health.

CUNNINGHAM, M., and KOCH, W. The Transcendental Meditation program and rehabilitation: A pilot project at the Federal Correctional Institution at Lompoc, California. International Meditation Society, Los Angeles, California, U.S.A., 1973.

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**TITLE: Personality and autonomic changes in prisoners practicing the Transcendental Meditation technique.**

**Findings:** Rehabilitation of prisoners:

- Increased physiological stability and psychological adaptability: fewer spontaneous skin resistance responses.
- Decreased obsessive-compulsive behavior (increased behavioral flexibility).
- Decreased social introversion (increased social ease and outgoingness).

ORME-JOHNSON, D. W.; KIEHLBAUCH, J.; MOORE, R.; and BRISTOL, J. Personality and autonomic changes in prisoners practicing the Transcendental Meditation technique. University of Texas at El Paso, El Paso, Texas, U.S.A., 1971.

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**TITLE: A longitudinal study of the influence of the Transcendental Meditation program on drug abuse.**

**Findings:** Decreased drug abuse.

SCHENKLUHN, H., and GEISLER, M. A longitudinal study of the influence of the Transcendental Meditation program on drug abuse. Drug Rehabilitation Center of Arbeiterwohlfahrt Kreisverband, Mülheim/Ruhr, W. Germany, 1974.

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**TITLE: Decreased drug use and prevention of drug use through the Transcendental Meditation program.**

**Findings:** Decreased use of alcohol. Decreased drug abuse.

KATZ, D. Decreased drug use and prevention of drug use through the Transcendental Meditation program. International Center for Scientific Research, Maharishi University of Management, Fairfield, Iowa, U.S.A., 1974.

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**TITLE: The effects of the Transcendental Meditation program on anxiety, drug abuse, cigarette smoking, and alcohol consumption.**

**Findings:** Decreased anxiety. Decreased use of cigarettes. Decreased use of alcohol. Decreased drug abuse.

LAZAR, Z.; FARWELL, L.; and FARROW, J. T. The effects of the Transcendental Meditation program on anxiety, drug abuse, cigarette smoking, and alcohol consumption. Graduate School of Education, Boston University, Boston, Massachusetts, U.S.A.; Department of Social Relations, Harvard University, Cambridge, Massachusetts, U.S.A.; and Graduate Department of Biochemistry, Brandeis University, Waltham, Massachusetts, U.S.A., 1972.

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**TITLE: Meditation and the prevention of alcohol abuse.**

**Findings:** Decreased use of alcohol.

SHAFII, M.; LAVELY, R. A.; and JAFFE, R. Meditation and the prevention of alcohol abuse. *American Journal of Psychiatry* 132: 942-945, 1975.

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**TITLE: Meditation and marijuana.**

**Findings:** Decreased drug abuse.

SHAFII, M.; LAVELY, R. A.; and JAFFE, R. D. Meditation and marijuana. *American Journal of Psychiatry* 131: 60-63, 1974.

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**TITLE: Effects of the Transcendental Meditation program on drug abusers: A prospective study.**

**Findings:** Increased psychological stability. Increased adjustment (increased self-acceptance, satisfaction, and ability to handle one's situation). Decreased anxiety. Decreased tension. Decreased psycho-motor retardation. Decreased drug abuse.

BRAUTIGAM, E. Effects of the Transcendental Meditation program on drug abusers: A prospective study. Department of Psychology, University of Lund, Lund, Sweden, 1972.

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**TITLE: Decreased drug abuse with Transcendental Meditation: A study of 1,862 subjects.**

**Findings:** Decreased drug abuse. Decreased use of alcohol. Decreased use of cigarettes. Decreased drug selling. Increased tendency to discourage the use of drugs by others.

WALLACE, R. K., et al. Decreased drug abuse with Transcendental Meditation: A study of 1,862 subjects. In *Drug Abuse: Proceedings of the International Conference*, ed. Chris J. D. Zarafonitis, pp. 369-376. Philadelphia: Lea and Febiger, 1972.

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**TITLE: The Transcendental Meditation program and drug abuse: A retrospective study.**

**Findings:** Decreased drug abuse.

WINQUIST, W. T. The Transcendental Meditation program and drug abuse: A retrospective study. Department of Sociology, University of California at Los Angeles, Los Angeles, California, U.S.A., 1969.

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