

## Evidence-based resources on yoga and meditation

### Yoga/Meditation and the General Population

- Droit-Volet, S., Fanget, M., & Dambrun, M. (2015). Mindfulness meditation and relaxation training increases time sensitivity. *Consciousness and Cognition, 31*, 86–97. <https://doi.org/10.1016/j.concog.2014.10.007>
- Goyal, M., Singh, S., Sibinga, E. M. S., Gould, N. F., Rowland-Seymour, A., Sharma, R., ... Haythornthwaite, J. A. (2014). Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis. *JAMA Internal Medicine, 174*(3), 357–368. <https://doi.org/10.1001/jamainternmed.2013.13018>
- Hutcherson, C. A., Seppala, E. M., & Gross, J. J. (2008). Loving-kindness meditation increases social connectedness. *Emotion (Washington, D.C.), 8*(5), 720–724. <https://doi.org/10.1037/a0013237>
- Mohan, A., Sharma, R., & Bijlani, R. L. (2011). Effect of Meditation on Stress-Induced Changes in Cognitive Functions. *The Journal of Alternative and Complementary Medicine, 17*(3), 207–212. <http://doi.org/10.1089/acm.2010.0142>
- Sharma, M. (2014). Yoga as alternative and complementary approach for stress management: A systematic review. *Journal of Evidenced-Based Complementary and Alternative Medicine, 19*(1), 59–67.

### Mindfulness, Yoga and Mental Health

- Chiesa, A., Alessandro. (2014). Are mindfulness-based interventions effective for substance use disorders? A systematic review of the evidence. *Substance Use & Misuse, 49*(5), 492–512. <https://doi.org/10.3109/10826084.2013.770027>
- Chiesa, A., & Serretti, A. (2011). Mindfulness based cognitive therapy for psychiatric disorders: A systematic review and meta-analysis. *Psychiatry Research, 187*(3), 441–453. <https://doi.org/10.1016/j.psychres.2010.08.011>
- Katterman, S. N., Kleinman, B. M., Hood, M. M., Nackers, L. M., & Corsica, J. (2014). Mindfulness meditation as an intervention for binge eating, emotional eating, and weight loss: a systematic review. *Eating Behaviors 15*, 197–204.
- Perich, T., Manicavasagar, V., Mitchell, P. B., & Ball, J. R. (2013). The association between meditation practice and treatment outcome in Mindfulness-based Cognitive Therapy for bipolar disorder. *Behaviour Research and Therapy, 51*(7), 338–343. <http://doi.org/10.1016/j.brat.2013.03.006>
- Shapiro, D., Cook, I. A., Davydov, D. M., Ottaviani, C., Leuchter, A. F., & Abrams, M. (2007).

Yoga as a Complementary Treatment of Depression: Effects of Traits and Moods on Treatment Outcome. *Evidence-Based Complementary and Alternative Medicine*, 4(4), 493–502. <http://doi.org/10.1093/ecam/nell114>

Smith, C., Hancock, H., Blake-Mortimer, J., & Eckert, K. (2007). A randomised comparative trial of yoga and relaxation to reduce stress and anxiety. *Complementary Therapies in Medicine*, 15(2), 77–83. <http://doi.org/10.1016/j.ctim.2006.05.001>

Visceglia, E., & Lewis, S. (2011). Yoga Therapy as an adjunctive treatment for schizophrenia: A randomized, controlled pilot study. *The Journal of Alternative and Complementary Medicine*, 17(7), 601–607. <http://doi.org/10.1089/acm.2010.0075>

Van Dam, N. T., Sheppard, S. C., Forsyth, J. P., & Earleywine, M. (2011). Self-compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression. *Journal of Anxiety Disorders*, 25(1), 123–130. <https://doi.org/10.1016/j.janxdis.2010.08.011>

Zeidan, F., Martucci, K. T., Kraft, R. A., McHaffie, J. G., & Coghill, R. C. (2014). Neural correlates of mindfulness meditation-related anxiety relief. *Social Cognitive and Affective Neuroscience*, 9(6), 751–759. <https://doi.org/10.1093/scan/nst041>

### **Yoga, Meditation and Trauma**

Jindani, F., Turner, N., & Khalsa, S. B. S., (2015). A yoga intervention for posttraumatic stress: A preliminary randomized control trial. *Evidence-Based Complementary and Alternative Medicine*. <http://doi.org/10.1155/2015/351746>.

Kearney, D. J., Malte, C. A., McManus, C., Martinez, M. E., Felleman, B., & Simpson, T. L. (2013). Loving-kindness meditation for posttraumatic stress disorder: a pilot study. *Journal Of Traumatic Stress*, 26(4), 426–434. <https://doi.org/10.1002/jts.21832>

Martin, E. C., Dick, A. M., Scioli-Salter, E. R., & Mitchell, K. S. (2015). Impact of a yoga intervention on physical activity, self-efficacy, and motivation in women with PTSD Symptoms. *The Journal of Alternative and Complementary Medicine*, 21(6), 327–332. <http://doi.org/10.1089/acm.2014.0389>

Mitchell, K. S., Dick, A. M., DiMartino, D. M., Smith, B. N., Niles, B., Koenen, K. C., & Street, A. (2014). A pilot study of a randomized controlled trial of yoga as an intervention for PTSD symptoms in women. *Journal of Traumatic Stress*, 27(2), 121–128. <https://doi.org/10.1002/jts.21903>

Van Der Kolk, B. A., Stone, L., West, J. Rhodes, A., Emerson, D., Spinazzola, J., & Suvak, M. (2014). Yoga as an adjunctive treatment for posttraumatic stress disorder: A randomized controlled trial. *Journal of Clinical Psychiatry*, 75(6), e559–e565. <https://doi.org/10.4088/JCP.13m08561>

West, J., Spinazzola, J., & Liang, B. (2017). Trauma sensitive yoga as a complementary treatment for posttraumatic stress disorder: A qualitative descriptive analysis. *International Journal of Stress Management*, 24(2), 173–195. <https://doi.org/10.1037/str0000040>

### **Yoga, Mindfulness and Physical Health**

Bidwell, A. J., Yazel, B., Davin, D., Fairchild, T. J., & Kanaley, J. A. (2012). Yoga training improves quality of life in women with asthma. *The Journal of Alternative and Complementary Medicine*, 18(8), 749–755. <http://doi.org/10.1089/acm.2011.0079>

Demarzo, M. M. P., Montero-Marin, J., Cuijpers, P., Zabaleta-del-Olmo, E., Mahtani, K. R., Vellinga, A. e., ... Vellinga, A. (2015). The efficacy of mindfulness-based interventions in primary care: A meta-analytic review. *Annals of Family Medicine*, 13(6), 573–582. <https://doi.org/10.1370/afm.1863>

la Cour, P., & Petersen, M. (2014). Effects of mindfulness meditation on chronic pain: A randomized controlled trial. *Pain Medicine (Malden, Mass.)*. <https://doi.org/10.1111/pme.12605>

Lin, K.-Y., Hu, Y.-T., Chang, K.-J., Lin, H.-F., & Tsauo, J.-Y. (2011). Effects of yoga on psychological health, quality of Life, and physical health of patients with cancer: A meta-analysis. *Evidence-Based Complementary and Alternative Medicine*, 2011, e659876. <http://doi.org/10.1155/2011/659876>

Parra-Delgado, M.-P., José, & Latorre-postigo. (2013). Effectiveness of mindfulness-based cognitive therapy in the treatment of fibromyalgia: A randomised trial. *Cognitive Therapy & Research*, 37(5), 1015–1026. <https://doi.org/10.1007/s10608-013-9538-z>

Tsafou, K.-E., De Ridder, D. t. d., Van Ee, R., & Lacroix, J. p. w. (2016). Mindfulness and satisfaction in physical activity: A cross-sectional study in the Dutch population. *Journal of Health Psychology*, 21(9), 1817–1827. <https://doi.org/10.1177/1359105314567207>

Zeidan, F., Emerson, N. M., Farris, S. R., Ray, J. N., Jung, Y., McHaffie, J. G., & Coghill, R. C. (2015). Mindfulness meditation-based pain relief employs different neural mechanisms than placebo and sham mindfulness meditation-induced analgesia. *The Journal of Neuroscience*, 35(46), 15307–15325. <https://doi.org/10.1523/JNEUROSCI.2542-15.2015>

### **Mindfulness, Meditation and Yoga for Older Adults**

Marciniak, R., Sheardova, K., Čermáková, P., Hudeček, D., Šumec, R., & Hort, J. (2014). Effect of meditation on cognitive functions in context of aging and neurodegenerative diseases. *Frontiers in Behavioral Neuroscience*, 8. <https://doi.org/10.3389/fnbeh.2014.00017>

- Meize-Grochowski, R., Shuster, G., Boursaw, B., DuVal, M., Murray-Krezan, C., Schrader, R., ... Prasad, A. (2015). Mindfulness meditation in older adults with postherpetic neuralgia: A randomized controlled pilot study. *Geriatric Nursing*, 36(2), 154–160. <https://doi.org/10.1016/j.gerinurse.2015.02.012>
- Moss, A. S., Reibel, D. K., Greeson, J. M., Thapar, A., Bubb, R., Salmon, J., & Newberg, A. B. (2015). An adapted mindfulness-based stress reduction program for elders in a continuing care retirement community quantitative and qualitative results from a pilot randomized controlled trial. *Journal of Applied Gerontology*, 34(4), 518–538. <https://doi.org/10.1177/0733464814559411>
- Black DS, O'Reilly GA, Olmstead R, Breen EC, & Irwin MR. (2015). Mindfulness meditation and improvement in sleep quality and daytime impairment among older adults with sleep disturbances: A randomized clinical trial. *JAMA Internal Medicine*, 175(4), 494–501. <http://doi.org/10.1001/jamainternmed.2014.8081>
- de Fátima Rosas Marchiori, M., Kozasa, E. H., Miranda, R. D., Monezi Andrade, A. L., Perrotti, T. C., & Leite, J. R. (2015). Decrease in blood pressure and improved psychological aspects through meditation training in hypertensive older adults: A randomized control study. *Geriatrics & Gerontology International*, 15(10), 1158–1164. <http://doi.org/10.1111/ggi.12414>
- Fiocco, A. J., & Mallya, S. (2014). The importance of cultivating mindfulness for cognitive and emotional well-being in late life. *Journal of Evidence-Based Complementary & Alternative Medicine*. <https://doi.org/10.1177/2156587214553940>
- Gard, T., Holzel, B., & Lazar, S. (2014). The potential effects of meditation on age-related cognitive decline: A systematic review. *Advances in Meditation Research: Neuroscience and Clinical Applications*, 1307, 89–103.
- Shahidi, M., Shafiabady, A., Mojtahed, A., Modabbernia, A., Mojtahed, M., Delavar, A., & Honari, H. (2011). Laughter yoga versus group exercise program in elderly depressed women: A randomized controlled trial. *International Journal of Geriatric Psychiatry*, 26(3), 322–327. <https://doi.org/10.1002/gps.2545>
- Laneri, D., Schuster, V., Dietsche, B., Jansen, A., Ott, U., & Sommer, J. (2016). Effects of long-term mindfulness meditation on brain's white matter microstructure and its aging. *Frontiers in Aging Neuroscience*, 254. <https://doi.org/10.3389/fnagi.2015.0025>

### **Yoga for Veterans**

- Groessl, E. J., Weingart, K. R., Aschbacher, K., Pada, L., & Baxi, S. (2008). Yoga for veterans with chronic low-back pain. *The Journal of Alternative and Complementary Medicine*, 14(9), 1123–1129. <http://doi.org/10.1089/acm.2008.0020>

- Johnston, J. M., Minami, T., Greenwald, D., Li, C., Reinhardt, K., & Khalsa, S. B. S. (2015). Yoga for military service personnel with PTSD: A single arm study. *Psychological Trauma: Theory, Research, Practice, and Policy*, 7(6), 555–562. <http://doi.org/http://dx.doi.org.ezaccess.libraries.psu.edu/10.1037/tra0000051>
- Pence, P., Katz, L., Huffman, C., & Cojucar, G. (2014). Delivering integrative restoration-yoga nidra meditation (iRest) to women with sexual trauma at a veteran’s medical center: A pilot study. *International Journal of Yoga Therapy*, 24, 53–62.
- Reddy, S., Dick, A. M., Gerber, M. R., & Mitchell, K. (2014). The Effect of a yoga intervention on alcohol and drug abuse risk in veteran and civilian women with posttraumatic stress disorder. *The Journal of Alternative and Complementary Medicine*, 20(10), 750–756. <http://doi.org/10.1089/acm.2014.0014>

### **Yoga and Meditation for Children/Youth**

- Beauchemin, J., Hutchins, T. L., & Patterson, F. (2008). Mindfulness meditation may lessen anxiety, promote social skills, and improve academic performance among adolescents with learning disabilities. *Complementary Health Practice Review*, 13(1), 34–45. <http://doi.org/10.1177/1533210107311624>
- Gard, T., Brach, N., Hölzel, B. k., Lazar, S. w., Noggle, J. j., & Conboy, L. a. (2012). Effects of a yoga-based intervention for young adults on quality of life and perceived stress: The potential mediating roles of mindfulness and self-compassion. *Journal of Positive Psychology*, 7(3), 165–175. <https://doi.org/10.1080/17439760.2012.667144>
- Mendelson, T., Greenberg, M. T., Dariotis, J. K., Gould, L. F., Rhoades, B. L., & Leaf, P. J. (2010). Feasibility and Preliminary Outcomes of a School-Based Mindfulness Intervention for Urban Youth. *Journal of Abnormal Child Psychology*, 38(7), 985–994. <https://doi.org/10.1007/s10802-010-9418-x>
- Neumark-Sztainer, D., MacLehose, R. F., Watts, A. W., Pacanowski, C. R., & Eisenberg, M. E. (2018). Yoga and body image: Findings from a large population-based study of young adults. *Body Image*, 24, 69–75. <https://doi.org/10.1016/j.bodyim.2017.12.003>
- Waechter, R., rwaechte@sgu. ed., & Wekerle, C. (2015). Promoting resilience among maltreated youth using meditation, yoga, Tai Chi and Qigong: A scoping review of the literature. *Child & Adolescent Social Work Journal*, 32(1), 17–31. <https://doi.org/10.1007/s10560-014-0356-2>

### **Mindfulness, Yoga and Meditation for Service Providers**

- Birnbaum, L. (2008). The use of mindfulness training to create an “accompanying place” for

social work students. *Social Work Education*, 27(8), 837–852.  
<https://doi.org/10.1080/02615470701538330>

Christopher, J. C., Christopher, S. E., Dunnagan, T., & Schure, M. (2006). Teaching self-care through mindfulness practices: The application of yoga, meditation, and Qigong to counselor training. *Journal of Humanistic Psychology*, 46(4), 494–509.  
<https://doi.org/10.1177/0022167806290215>

Gockel, A., Burton, D., James, S., & Bryer, E. (2012). Introducing mindfulness as a self-care and clinical training strategy for beginning social work students. *Mindfulness*, 4(4), 343–353. <https://doi.org/10.1007/s12671-012-0134-1>

McGarrigle, Tessa & Christine A. Walsh. (2011). Mindfulness, self-care, and wellness in social work: Effects of contemplative training. *Journal of Religion & Spirituality in Social Work: Social Thought*, 30(3), 212–233.  
<https://doi.org/10.1080/15426432.2011.587384>

Richards, K. C., Campenni, C. E., & Muse-Burke, J. L. (2010). Self-care and well-being in mental health professionals: The mediating effects of self-awareness and mindfulness. *Journal of Mental Health Counseling*, 32(3), 247–264.

Salloum, A., Kondrat, D. C., Johnco, C., & Olson, K. R. (2015). The role of self-care on compassion satisfaction, burnout and secondary trauma among child welfare workers. *Children and Youth Services Review*, 49, 54–61.  
<https://doi.org/10.1016/j.childyouth.2014.12.023>

Shapiro, S., Brown, K., & Biegel, G. (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology*, 1(2), 105–115.

Valente, V., & Marotta, A. (2005). The impact of yoga on the professional and personal life of the psychotherapist. *Contemporary Family Therapy: An International Journal*, 27(1), 65–80.

### **Mindfulness, Yoga and Learning**

Dariotis, J. k., Mirabal-Beltran, R., Cluxton-Keller, F., Gould, L. f., Greenberg, M. t. ( 4 ), & Mendelson, T. ( 5 ). (2016). A qualitative evaluation of student learning and skills use in a school-based mindfulness and yoga program. *Mindfulness*, 7(1), 76–89. <https://doi.org/10.1007/s12671-015-0463-y>

Mendelson, T., Greenberg, M. T., Dariotis, J. K., Gould, L. F., Rhoades, B. L., & Leaf, P. J. (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth. *Journal of Abnormal Child Psychology*, 38(7), 985–994.  
<https://doi.org/10.1007/s10802-010-9418-x>

Eastman-Muller, H., Wilson, T., Kimura, A., & Tarrant, J. (2013). iRest Yoga-Nidra on the college campus: Changes in stress, depression, worry, and mindfulness. *International Journal of Yoga Therapy*, 23(2).

Noone, C., Bunting, B., & Hogan, M. J. (2016). Does mindfulness enhance critical thinking? Evidence for the mediating effects of executive functioning in the relationship between mindfulness and critical thinking. *Frontiers in Psychology*, 1–16.  
<https://doi.org/10.3389/fpsyg.2015.02043>

Sheela, H. R. R. N., & Ganpat, T. S. (2013). Efficacy of yoga for sustained attention in university students, 34(3), 270–272.

Waters, L., Barsky, A., Ridd, A., & Allen, K. (2015). Contemplative Education: A Systematic, Evidence-Based Review of the effect of Meditation Interventions in Schools. *Educational Psychology Review*, 27(1), 103–134. <https://doi.org/10.1007/s10648-014-9258-2>

### **Meditation Limits and Challenges**

Davidson, R. j., & Dahl, C. j. (2018). Outstanding challenges in scientific research on mindfulness and meditation. *Perspectives on Psychological Science*, 13(1), 62–65.  
<https://doi.org/10.1177/1745691617718358>

Farias, M., Kreplin, U., Farias, M., & Brazil, I. A. (2018). The limited prosocial effects of meditation: A systematic review and meta-analysis. *Scientific Reports*, 8.

Lindahl, J. R., Fisher, N. E., Cooper, D. J., Rosen, R. K., & Britton, W. B. (2017). The varieties of contemplative experience: A mixed-methods study of meditation-related challenges in Western Buddhists. *PLoS ONE*, 12(5), 1–38.  
<https://doi.org/10.1371/journal.pone.0176239>