

Mindfulness Meditation Research

Precedents

Draft 01

- “Mindfulness meditation is an essential component of Buddhism. In one common form of mindfulness meditation, the meditator is taught to bring attention to the sensation of the flow of the breath in and out of the body.” – *Meditation: An Introduction*, by U.S. Department of Health and Human Services.
- “... emotions that motivate us individually are almost always sadness and happiness. Sadness results from loss and serves the biological purpose of motivating a person to recover that loss,” – *Inside Your Brain: The Science of Emotions*, by Charlei Evans.
- “... the way the meditative state is achieved, and the desired mental state. Most prior studies have compared a particular kind of meditation with a nonmeditative control state...” – *Meditation and the Startle Response: A Case Study*, by Robert W. Levenson and Paul Ekman
- “Students may also avoid using resources on campus because some colleges may expel students who have suicidal ideation or force them to go on medical leave, to avoid liability related to student suicides, she added.” – *Depression, Anxiety Rising Among U.S. College Students*, by Saumya Joseph.
- “Mindfulness is defined as purposeful, nonjudgmental, present-moment awareness, and is the psychological state brought on by meditation.” – *Reducing Defensive Responses to Thoughts of Death: Meditation, Mindfulness, and Buddhism*, by Young Chin Park and Tom Pyszczynski.
- “...mindfulness can be a way of being in the world or a state of individual consciousness... paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” – *College Mindfulness Training: Reducing Student Life Stress and Improving Academic Performance*, by Kevin Page.
- “Stress is an adaptive response. It’s the body’s reaction to an event that is seen as emotionally disturbing, disquieting, or threatening. When we perceive such an event, we experience what one stress researcher called the “fight or flight” response.” – *Stress: Causes, Prevention and Cure*, by Dr. S.K Subramaniam.
- “Because college students experience levels of stress that could lead to potentially adverse health conditions, participating in mindfulness meditation could help to alleviate stress and facilitate other positive outcomes.” – *The Role of Perceived Stress and Health Beliefs on College Students’ Intentions to Practice Mindfulness Meditation*, by Carol Ann Rizer, Mary Helen Fagan, Carol Kilmon & Linda Rat.

- “It’s a way of people getting access to treatment that’s flexible and fits in with their lifestyle and also deals with the issues around stigma — if people are not quite ready to maybe go and see their doctor, then it might be a first step to seeking help,” – *Pocket Psychiatry*, by Emily Anthes.
- “While there is clear potential for digital tools like mobile phone apps to increase access to care and services for mental health... Interest in mental health apps is linked to increasing mobile phone access, with over 225 million people in the United States and over 2 billion people around the globe using these devices today.” – *Mental Health Mobile Phone App Usage, Concerns, and Benefits Among Psychiatric Outpatients: Comparative Survey Study*, by Gunther Eysenbach.