

The 12th Anniversary
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Work, Stress and Health

Advances in Scientific Meditation and Stress Coping
 Department of Science and Nursing



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Review on **Scientific Meditation**

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Abstract

This review article mentions research into the psychological and physiological effects of meditation using new methods according to western tradition. These studies involved latest scientific techniques and instruments such as fMRI and EEG. This article mainly describes mindfulness and changes in brain structure or function.

Keywords: FMRI, EEG, MM & NCCIH

Introduction

Last Fifty Years studies on meditation have been conducted and gained unreliable results. Johns Hopkins identified 47 studies that qualify as well-designed and therefore reliable. (1)(2) Meditation decreases anxiety, depression and pain but there is no proof that meditation more effective than active treatment. Modern scientific techniques and instruments, such as fMRI and EEG, have been used to study how regular meditation affects individuals by measuring brain and bodily changes. Meditation is a broad term which encompasses a number of practices.

Mindfulness

Systematic reviews and meta-analysis show that mindfulness meditation has many mental health advantages such as reduces in depression symptoms. It is beneficial for managing stress, anxiety. It increases the psychological functioning of breast cancer survivors and also used in treating psychosis. (3) (4) Some studies suggest that mindfulness meditation contributes to a more vibrant and healthy sense of self and identity, when considering aspects such as sense of possibility, authenticity, compassion, self-acceptance and character.

Mindfulness scales

Researchers try to define and measure the result of mindfulness. Many mindfulness scales (a set of questions posed to a subject whose answers output the subject's aggregate answers in the form of a rating or category) have been introduced.


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