
Meditation programs for psychological stress and well-being

Goyal M, Singh S, Sibinga EMS, Gould NF, Rowland-Seymour A, Sharma R, Berger Z, Sleicher D, Maron DD, Shihab HM, Ranasinghe PD, Linn S, Saha S, Bass EB, Haythornthwaite JA

Record Status

This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Goyal M, Singh S, Sibinga EMS, Gould NF, Rowland-Seymour A, Sharma R, Berger Z, Sleicher D, Maron DD, Shihab HM, Ranasinghe PD, Linn S, Saha S, Bass EB, Haythornthwaite JA. Meditation programs for psychological stress and well-being. Rockville: Agency for Healthcare Research and Quality (AHRQ). Comparative Effectiveness Review No. 124. 2014

Authors' objectives

Meditation, a mind-body method, employs a variety of techniques designed to facilitate the mind's capacity to affect bodily function and symptoms. An increasing number of patients are using meditation programs despite uncertainty about the evidence supporting the health benefits of meditation. We aimed to determine the efficacy and safety of meditation programs on stress-related outcomes (e.g., anxiety, depression, stress, distress, well-being, positive mood, quality of life, attention, health-related behaviors affected by stress, pain, and weight) compared with an active control in diverse adult clinical populations

Authors' conclusions

Meditation programs, in particular mindfulness programs, reduce multiple negative dimensions of psychological stress. Stronger study designs are needed to determine the effects of meditation programs in improving the positive dimensions of mental health as well as stress-related behavioral outcomes.

Final publication URL

<http://www.effectivehealthcare.ahrq.gov/ehc/products/375/1830/Meditation-report-140110.pdf>

Indexing Status

Subject indexing assigned by CRD

MeSH

Humans; Meditation; Quality of Life; Stress, Psychological

Language Published

English

Country of organisation

United States

English summary

An English language summary is available.

Address for correspondence

AHRQ, Center for Outcomes and Evidence Technology Assessment Program, 540 Gaither Road, Rockville, MD 20850, USA Email: AHRQTAP@ahrq.hhs.gov

AccessionNumber

32014000522

Date abstract record published

29/05/2014