

sensations, analytic meditation, and observations about lived experience. A review identified 7 mainly poor-quality studies (Chiesa, 2010). Three clinical studies in prison populations suggest VM could reduce alcohol and substance abuse while another clinical study in healthy subjects suggests that VM could enhance more mature coping styles

- Zen meditation: A review found that Zen meditation reduced stress and blood pressure, and was effective for a variety of conditions (Chiesa, 2009). However, it found few publications

Evidence for Christian meditation in adults

One unpublished study includes the results of an on-line questionnaire on the effects of meditation on mental health. It received almost 600 responses, 70% of who were women and 78% aged over 50. Responses were from UK/Ireland (189), North America (145), Australia (133) and other countries (125). Half admitted that they had experienced mental health problems of who 64% had taken medication. A paper is being prepared for publication although preliminary analysis shows:

- Significant positive impact on wellbeing and mental health in 76% of those without mental health problems and 79% with mental health problems
- Feeling much more relaxed in 59% of those without mental health problems and 62% of those with mental health problems
- Feeling much less stressed in 58% of those without mental health problems and 61% of those with mental health problems

- Feeling much less anxious in 57% of those without mental health problems and 60% of those with mental health problems
- Experiencing much better mood in 50% of those without mental health problems and 52% of those with mental health problems
- Coping with everyday difficulties of life much more easily in 62% of those without mental health problems and 64% of those with mental health problems

This suggests a significant impact of Christian Meditation on mental health and that effects are similar whether or not someone has experienced mental health problems.

Evidence for effects of meditation on children and adolescents

A large review identified 16 studies (Black et al, 2009) which included mindfulness meditation, transcendental meditation, MBSR, and mindfulness-based cognitive therapy. Studies mainly focused on youth with pre-existing conditions such as high-normal blood pressure, ADHD, and learning disabilities. However, it concluded that sitting meditation appeared effective in the treatment of physiologic, psycho-social, and behavioural conditions among young people

Evidence for effects of mindfulness on children and adolescents

- A review of mindfulness-based interventions for children and adolescents found general support for this intervention although highlighted lack of high quality studies (Burke, 2009)
- A review of meditation for treatment for ADHD found too small a number of studies to allow any conclusions (Krisanaprakornkit et al, 2010)

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