Reclaim Happy
Life Coaching

Meditation Benefits Research & Statistics

Mediation has numerous benefits, and we feel these are supported by viable research and statistics from a variety of different studies, journals, surveys, etc. There are a wide range of sources provided including psychology bodies, psychology journals, medical journals, medical centers, universities, other academia, etc. We have extracted excerpts word for word from these sources to preserve integrity of the information. We have provided 93 in this document, but there are many more research studies available that could be provided as research on meditation has exponentially grown in recent times. The intent of this document is not to necessarily illustrate that meditation has to supplant other treatments, but rather it can be combined with other treatments to provide a better success rate.

Please click on the hyperlink to take you to the respective section:

1. Overall Mental Health
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4. Depression/Mood
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6. Pain
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1. Overall Mental health

1. Many people start meditating to manage stress, reduce anxiety, and to cultivate peace of mind. But there are thousands of studies documenting other less-known mindfulness meditation benefits, which can have a positive impact on mental, physical, and emotional health. (Headspace.com)
2. Published studies have documented the many physical and mental health benefits of meditation, including decreased pain, better immune function, less anxiety and depression, a heightened sense of well-being, and greater happiness and emotional self-control. (National Center for Complimentary and Integrative Health)
3. Beginners who practiced meditation for 1-2 months showed improvement in physical and mental health than non-meditators who practiced for the same duration. (Positivepyschology.com)
4. Among other positive outcomes, meditation has been credited with reducing blood pressure, anxiety, addiction, and stress, while Relaxation Response has been shown to decrease sympathetic nervous system (SNS) activity, metabolism, pain, anxiety, depression, hostility, and stress. (Journal of Consciousness Studies)
5. Studies have shown benefits against an array of conditions both physical and mental, including irritable bowel syndrome, fibromyalgia, psoriasis, anxiety, depression, and post-traumatic stress disorder. (Harvard Gazette)
6. Still, there are a handful of key areas — including depression, chronic pain, and anxiety — in which well-designed, well-run studies have shown benefits for patients engaging in a mindfulness meditation program, with effects similar to other existing treatments. (Harvard Gazette)

2. Happiness

1. Research has shown that mindfulness may be a mediator underlying this relationship; meditation may lead to increased levels of mindfulness, which may, in turn, lead to increased levels of happiness. (West Carolina University Psychology Department)
2. Beginners and regular meditators showed increased signs of happiness and heightened self-esteem when they were randomly assigned to meditation sessions rather than when they received alternate forms of therapy. (Positivepyschology.com)
3. One study demonstrated that after only eight weeks of meditating for approximately one hour a day, six days a week, test subjects reported that they had become happier. Follow-up tests showed that these individuals' set points had changed — to the extent that their normal level of mental happiness had been raised. In addition, they had become better at picking up emotional cues from others, and they reported developing more empathy towards others' emotions. (Psychologytoday.com)
4. Neuroscientist Sara Lazar's studies show that maintaining a consistent meditation practice leads to a thickening in a few major areas of the brain, which in turn increases your ability to cope with uncomfortable and difficult situations and stressful occurrences that life throws at you. If, according to the happiness set point theory, you're naturally more predisposed to being overly worried or stressed out, meditating on the regular can quiet those overactive areas of your brain, and thicken the areas responsible for joy and pleasure. This work provides an initial indication that MBSR may be a novel treatment approach for reducing loneliness and related pro-inflammatory gene expression in older adults. (Elite.com)
5. Significant indirect effects were found for observing, self-kindness and common humanity. The results supported the model of mindfulness and self-compassion facets as partial mediators of the meditation–happiness relationship. Findings are in line with other studies and provide evidence about the influence of mindfulness and self-compassion on happiness. (Personality and Individual Differences Journal)
6. They found that the higher the students levels of mindfulness, the greater their happiness and resilience and the lower their levels of stress. Mindfulness was associated with higher levels of happiness directly and also indirectly by being associated with higher levels of resilience which in turn were associated with higher happiness and also with lower levels of stress that were also in turn associated with greater happiness. (Contemplativestudies.org)
7. They completed a measure of happiness and had their brains scanned with Magnetic Resonance Imaging (MRI). They found that the Rajyoga meditators were significantly happier than the non-meditators and that the greater the number of hours of practice the greater the levels of happiness. (Contemplativestudies.org)
8. Several studies suggest that these changes through meditation can make you happier, less stressed -- even nicer to others. (ABCnews.com)
9. According to a different study done at Harvard, people reported being much less happy when their minds were wandering than when they were fully engaged in whatever they were doing. Being present, it turns out, is a ticket to being happy. (Braintraincoach.com)
10. Richard Davidson, Ph.D., and his colleagues at the University of Wisconsin, along with Jon Kabat-Zinn, put a group of stressed biotech employees through Kabat-Zinn's eight-week MBSR program. They found that the employees who completed the program had more activity in the left prefrontal cortex—the happy, calm zone of the brain—than those who didn't do the training. (Braintraincoach.com)

11. Study 1 demonstrated that novice meditators looked happier after an intensive 9-day meditation retreat (as compared to before the retreat), while Study 2 demonstrated that experienced mindfulness meditators looked happier as compared to controls. The interpersonal implications of these findings are discussed. (The Journal of Positive Psychology)
12. A 2021 study took 29 participants through a 9-month program called the Art of Happiness. The program's focus was meditation. At the end of the program, participants had greater perceived well-being, increased levels of life satisfaction, less judgment of their inner experience, lower levels of anxiety, and lower levels of anger. They also reported "increased positive affect" which, in psychologist-speak, means they felt happier. (Mindfulnessbox.com)
13. An analysis of 1,267 participants from 2021 found that mindfulness and meditation are connected with enhanced happiness and reduced anxiety, as well as an increased sense of purpose in life. (Mindfulnessbox.com)

3. Stress/Anxiety/Blood Pressure

1. Researchers reviewed more than 200 studies of mindfulness among healthy people and found mindfulness-based therapy was especially effective for reducing stress, anxiety and depression. (APA.org)
2. Research suggests that if we introduce meditation into the work culture and encourage professionals to practice the same regularly, they surely could work more efficiently under stressful circumstances and prevent the workload from taking a toll on their health. (Bostock, Crosswell, Prather, & Steptoe, 2019)
3. The current study examined the effects of a short-term stress management program, mindfulness-based stress reduction (MBSR), on health care professionals. Results from this prospective randomized controlled pilot study suggest that an 8-week MBSR intervention may be effective for reducing stress and increasing quality of life and self-compassion in health care professionals. (American Psychological Association)
4. In an 8-week study, a meditation style called "mindfulness meditation" reduced the inflammation response caused by stress. (MERS)
5. One review concluded that meditation lives up to its reputation for stress reduction. (PubMed central)
6. TM practice is more effective than treatment as usual and most alternative treatments, with greatest effects observed in individuals with high anxiety. (J Altern Complement Med)
7. These results suggest that Mindfulness-Based Stress Reduction may have a beneficial effect on anxiety symptoms in General Anxiety Disorders, and may also improve stress reactivity and coping as measured in a laboratory stress challenge. (J Clin Psychiatry)
8. Forty-seven patients (47) completed the Mindfulness Meditation Training program. Over the year-long observation, patients demonstrated noticeable improvement in depression, anxiety, pain, and global impression of change. (Psychiatr Danub)

9. The intervention group reported significant improvement in well-being, distress, job strain, and perceptions of workplace social support compared to the control group. In addition, the intervention group had a marginally significant decrease in self-measured workday systolic blood pressure from pre- to post-intervention. Sustained positive effects in the intervention group were found for well-being and job strain at the 16-week follow-up assessment. This trial suggests that short guided mindfulness meditations delivered via smartphone and practiced multiple times per week can improve outcomes related to work stress and well-being, with potentially lasting effects. (Occup Health Psychol)
10. Compared to the control condition, the mindfulness condition listed proportionately fewer negative thoughts, particularly in response to negative images, and more non-valenced thoughts. (J Res Pers)
11. A previous study of 22 medical patients with DSM-III-R-defined anxiety disorders showed clinically and statistically significant improvements in subjective and objective symptoms of anxiety and panic following an 8-week outpatient physician-referred group stress reduction intervention based on mindfulness meditation. We conclude that an intensive but time-limited group stress reduction intervention based on mindfulness meditation can have long-term beneficial effects in the treatment of people diagnosed with anxiety disorders. (General Hospital Psychiatry)
12. Neuropsychological studies suggest that regular meditation regulates the functioning of the lateral prefrontal cortex, making us feel in 'control' of our thoughts at all times. (Positivepsychology.com)
13. Results show that experienced meditators have lower TSST-evoked cortisol and perceived stress as well as a smaller neurogenic inflammatory responses, compared to the control group. Moreover, experienced meditators reported higher levels of psychological factors associated with wellbeing and resilience. These results suggest that the long-term practice of meditation may reduce stress reactivity and could be of therapeutic benefit in chronic inflammatory conditions characterized by neurogenic inflammation. (Psychoneuroendocrinology, Volume 68)
14. The majority of study participants reported decreases in anxiety. Researchers found that meditation reduced anxiety ratings by as much as 39 percent. "This showed that just a few minutes of mindfulness meditation can help reduce normal everyday anxiety," Zeidan said. (Wake Forest Baptish Atrium Health)
15. Meditation practice was associated with decreases in negative emotion and social anxiety symptom severity, and increases in attention-related parietal cortex neural responses when implementing attention regulation of negative self-beliefs. (Social Cognitive and Affective Neuroscience)
16. Mindfulness, an intentional consciousness learned through meditation, can reduce psychological suffering by reducing the anticipation anxiety experienced by employed workers who face a high degree of employment uncertainty. (Career Development Quarterly)
17. Practicing meditation and other relaxation techniques can reduce cancer survivors' fear that they will face a recurrence of the disease, a new study has shown. The findings, presented on the first day of the world's largest annual showcase for the latest cancer research, are part of a new push by specialists to improve the psychological wellbeing of patients. Patients' reduction in fear was "large enough to improve survivors' psychological and emotional wellbeing", said Dr Jane Beith, a medical oncologist at the University of Sydney in Australia. (Theguardian.com)

18. Scientific evidence on the BP lowering effect of TM is already well established with at least three meta-analyses confirming its effectiveness previously [7–9]. The American Heart Association also recommended that TM might be considered for lowering BP in clinical practice in its scientific statement published in 2013. (Healthylivingsg.com)
19. Regular practice of meditation can lower blood pressure (BP). This is the finding of a recent meta-analysis study that is slated to be published in April 2017 in the Journal of Hypertension, one of the most prestigious medical journal on hypertension. In this new study, data from nineteen (19) clinical trials, with 1646 total participants, that examined the BP responses to meditation was pooled together for analysis. This is a study conducted by a group of researchers from several American and European universities. (Healthylivingsg.com)
20. In recent years, there has also been growing research showing that practicing other forms of meditation, including mindfulness meditation, breath awareness meditation. (Anapanasati), contemplative meditation (Vipassana), Zen meditation, Yoga, Qi Gong, and Tai chi can also influence BP. (Healthylivingsg.com)
21. A 2020 review of 14 studies (including more than 1,100 participants) examined the effects of mindfulness practices on the blood pressure of people who had health conditions such as hypertension, diabetes, or cancer. The analysis showed that for people with these health conditions, practicing mindfulness-based stress reduction was associated with a significant reduction in blood pressure. (National Center for Complimentary and Integrative Health)
22. A previous study of 22 medical patients with DSM-III-R-defined anxiety disorders showed clinically and statistically significant improvements in subjective and objective symptoms of anxiety and panic following an 8-week outpatient physician-referred group stress reduction intervention based on mindfulness meditation. We conclude that an intensive but time-limited group stress reduction intervention based on mindfulness meditation can have long-term beneficial effects in the treatment of people diagnosed with anxiety disorders. (General Hospital Psychiatry)

4. Depression/Mood

1. A growing body of literature has shown that meditation has profound effects on numerous physiological systems that are involved in the pathophysiology of major depressive disorder. (Complementary Therapies in Clinical Practice)
2. A substantial body of evidence indicates that meditation therapies may have salutary effects on patients suffering from clinical depressive disorders during the acute and subacute phases of treatment. (Psychosomatics)
3. Effects on specific disorder subgroups showed the most consistent evidence in support of mindfulness for depression, pain conditions, smoking, and addictive disorders. Results support the notion that mindfulness-based interventions hold promise as evidence-based treatments. (Clinical Psychology Review, Volume 59)
4. Methodologically rigorous randomized controlled trials have demonstrated that mindfulness interventions improve outcomes in multiple domains (e.g., chronic pain, depression relapse, addiction). (Department of Psychology, Carnegie Mellon University)
5. Studies on mild and major depressive individuals showed that introducing an adjunct of meditation to their regular depression management strategies reduced the symptoms of loneliness and general low mood. (Positivepsychology.com).

6. A study by Filip Raes on 400 adolescent students in Belgium showed that when they participated in mindful meditation programs, they had a noticeable reduction in depression, negative thinking, and stress for up to six months after the training. (Ramel, Goldin, Carmona, & McQuaid, 2004)
7. Research indicates that the effects of meditation can be similar to antidepressant drugs. (Positivepsychology.com)
8. A 2018 NCCIH-supported analysis of 142 groups of participants with diagnosed psychiatric disorders such as anxiety or depression examined mindfulness meditation approaches compared with no treatment and with established evidence-based treatments such as cognitive behavioral therapy and antidepressant medications. The analysis included more than 12,000 participants, and the researchers found that for treating anxiety and depression, mindfulness-based approaches were better than no treatment at all, and they worked as well as the evidence-based therapies. (National Center for Complimentary and Integrative Health)
9. Pregnant women and new mothers, who are at risk of developing depressive disorders due to sudden hormonal flushes in the body, benefitted a lot when they practiced meditation and yoga training. The evidence clearly indicates that besides reducing mood fluctuations in new moms, meditation also helped them in developing a secure connection with the newborn. (Dhillon, Sparkes, & Duarte, 2017)
10. These findings showed that a clinically effective mindfulness intervention modulates neurocognitive functioning during depressive rumination and the ability to sustain attention to the body. (Biological Psychiatry Journal)
11. A randomized controlled trial consisting of a nine-week mindfulness training program saw that participants had a better time regulating their mood, as well as reporting a more regular emotional state. (Declutterthemind.com)
12. A study published by Sage showed that not only did meditation help decrease symptoms of PTSD in patients, and help patients better manage PTSD, it also didn't interfere with psychotherapy or drug treatments and instead facilitated those treatments. (Declutterthemind.com)

5. Sleep

1. More than a dozen high-quality studies show that meditation can have a lasting, positive effect on sleep quality. Practicing meditation may even be more effective than educational measures like learning about sleep hygiene and may be just as effective as other proven treatments for chronic sleep issues like exercise and cognitive behavioral therapy. (TheSleepDoctor)
2. The use of a community-accessible MAPs intervention resulted in improvements in sleep quality at immediate post intervention, which was superior to a highly structured SHE intervention. Formalized mindfulness-based interventions have clinical importance by possibly serving to remediate sleep problems among older adults in the short term, and this effect appears to carry over into reducing sleep-related daytime impairment that has implications for quality of life. (Journal of the American Medical Association)

3. Older adults experiencing sleep disturbances found more relief using a mindfulness meditation program than by using a sleep hygiene education program teaching sleep improvement skills, researchers have found. In a randomized clinical trial of 49 older adults, scientists from USC and UCLA discovered that participants in the group-based mindfulness meditation program reported better outcomes than those enrolled in a group-based sleep hygiene program. “We were surprised to find that the effect of mindfulness meditation on sleep quality was large and above and beyond the effect of the sleep hygiene education program,” said David Black, corresponding author of the study and assistant professor of preventive medicine at the Keck School of Medicine and director of the American Mindfulness Research Association. (USC)
4. The use of Hollow and Empty Meditation resulted in improvement in sleep quality not just immediately after the program, but had longer-term effects that extended over several weeks, helping remediate sleep problems among younger adults as well as older ones. It resulted in improvement in sleep quality as well as reduction in sleep-related daytime impairment, which have substantial constructive implications for well-being, everyday functioning and quality of life. (Sleep and Vigilance)
5. “Mindfulness meditation appears to have clinical importance by serving to reduce sleep problems among the growing population of older adults,” Black concluded, “and this effect on sleep appears to carry over into reducing daytime fatigue and depression symptoms.” (Keck School of Medicine)
6. Mindfulness meditation appears to be a viable treatment option for adults with chronic insomnia and could provide an alternative to traditional treatments for insomnia. (Sleep, Volume 37)
7. Some recent studies have proved that meditating at night helps people with insomnia and sleep disorders. (Positivepyschology.com)
8. Research says that meditation improves the REM sleep state by up to 60%, which makes us sleep like a baby and wake up feeling refreshed and rejuvenated. (Positivepyschology.com)
9. The use of a community-accessible MAPs intervention resulted in improvements in sleep quality at immediate post intervention, which was superior to a highly structured SHE intervention. Formalized mindfulness-based interventions have clinical importance by possibly serving to remediate sleep problems among older adults in the short term, and this effect appears to carry over into reducing sleep-related daytime impairment that has implications for quality of life. (Jama Internal Medicine)
10. At post-treatment and follow-up, there was low strength of evidence that mindfulness meditation interventions had no effect on sleep quality compared with specific active controls respectively. Additionally, there was moderate strength of evidence that mindfulness meditation interventions significantly improved sleep quality compared with nonspecific active controls at post-intervention and at follow-up. These preliminary findings suggest that mindfulness meditation may be effective in treating some aspects of sleep disturbance. (Annals of the New York Academy of Sciences)
11. Although more research is needed, evidence suggests that mindfulness meditation may improve sleep quality on a level similar to exercise or cognitive behavioral therapy. Up to one year after participating in a meditation program, many participants still experience better sleep quality. Researchers believe this may be due to changes to connections in the brain, changes to the way a person moves through sleep stages, and the practice of mental techniques that decrease sleep-disrupting thoughts. (Sleepfoundation.org)

6. Pain

1. A 2020 NCCIH-supported analysis of five studies of adults using opioids for acute or chronic pain (with a total of 514 participants) found that meditation practices were strongly associated with pain reduction. (National Center for Complimentary and Integrative Health)
2. Mindfulness meditation is a technique that has been found to significantly reduce pain in experimental and clinical settings. The present review delineates findings from recent studies demonstrating that mindfulness meditation significantly attenuates pain through multiple, unique mechanisms. (Annals of the New York Academy of Sciences)
3. Mindfulness based stress reduction (MBSR) and cognitive-behavioral therapy (CBT) may prove more effective than usual treatment in alleviating chronic low-back pain, according to a new 2016 study. (National Center for Complementary and Integrative Health)
4. A mindfulness-based stress reduction (MBSR) course was found to benefit patients with chronic pain and depression, leading to significant improvement in participant perceptions of pain, mood, and functional capacity, according to a study in The Journal of the American Osteopathic Association. Most of the study respondents (89%) reported the program helped them find ways to better cope with their pain while 11% remained neutral. (American Osteopathic Association)
5. A 2017 analysis of 30 studies (2,561 participants) found that mindfulness meditation was more effective at decreasing chronic pain than several other forms of treatment. (National Center for Complimentary and Integrative Health)
6. An interesting study by the University of Montreal proved that meditation builds endurance against physical pain. In the study, two groups received equal amounts of extreme heat in their bodies for a fair amount of time. One of the groups had Zen Buddhist masters who were dedicated meditators, and the other group had thirteen non-meditators. Researchers were amazed at how the Zen masters reported significantly less pain than the other participants. (Positivepsychology.com)
7. A standardized mindfulness program (MBSR) contributes positively to pain management and can exert clinically relevant effects on several important dimensions in patients with long-lasting chronic pain. (Pain Medicine)
8. Some researchers found that long-term meditators had more disease-fighting chemicals in their body than non-meditators or beginners did. (Positivepscyhology.com).
9. Meditation can change the way a person experiences pain, according to a new study by UW–Madison neuroscientists. The researchers found that during a pain experiment, expert meditators felt the discomfort as intensely as novice meditators, but the experience wasn't as unpleasant for them. Images of brain regions linked to pain and anxiety may explain why. Compared to novice meditators, experts had less activity in the anxiety regions. Not only did the experts feel less anxiety immediately before pain stimulation, they also became accustomed to the pain more quickly after being exposed repeatedly to it. (University of Wisconsin Madison)
10. Researchers found that participants who were actively meditating reported a 32 percent reduction in pain intensity and a 33 percent reduction in pain unpleasantness. Mindfulness meditation significantly reduced behavioral and neural pain responses when compared to the controls. (University of San Diego School of Medicine)

11. We found low-quality evidence that mindfulness meditation is associated with a small decrease in pain compared with all types of controls in 30 RCTs. Statistically significant effects were also found for depression symptoms and quality of life. While mindfulness meditation improves pain and depression symptoms and quality of life, additional well-designed, rigorous, and large-scale RCTs are needed to decisively provide estimates of the efficacy of mindfulness meditation for chronic pain. (Annals of Behavioral Medicine)

7. Brain

1. Exploratory findings suggest that mindfulness meditation practice is associated with a detectable alteration of cerebral gray matter in older adults. (Kurth, Luders, Wu, Black 2014)
2. Researchers at the University of Wisconsin–Madison have found that during meditation, Zen Buddhist monks show an extraordinary synchronization of brain waves known as gamma synchrony—a pattern increasingly associated with robust brain function and the synthesis of activity that we call the mind. (Scientific American)
3. A study found that meditation changed the structure of the precuneus. (Declutterthemind.com)
4. We detected a decreased rightward asymmetry in the precuneus in meditators compared with controls. In addition, we observed that a stronger leftward asymmetry near the posterior intraparietal sulcus was positively associated with the number of meditation practice years. (Social Cognitive and Affective Neuroscience)
5. We conducted a longitudinal MRI study to investigate the relationship between changes in perceived stress with changes in amygdala gray matter density following a stress-reduction intervention. Following the intervention, participants reported significantly reduced perceived stress. Reductions in perceived stress correlated positively with decreases in right basolateral amygdala gray matter density. (Social Cognitive and Affective Neuroscience)
6. Electroencephalographic measures indicate an overall slowing subsequent to meditation, with theta and alpha activation related to proficiency of practice. meditation appears to reflect changes in anterior cingulate cortex and dorsolateral prefrontal areas. (Psychological Bulletin)
7. Neuroplasticity or neural plasticity is the brain's ability to continuously change in response to new information, behaviors, and stimulation. It's the general idea that even as you get older, it's still possible for your brain to change and grow with new ideas. A study found that meditation influences the brain's neuroplasticity and can help with the development of the brain. (Declutterthemind.com)
8. Given the pattern of associations revealed so far, we propose that some forms of meditation may have salutary effects on telomere length by reducing cognitive stress and stress arousal and increasing positive states of mind and hormonal factors that may promote telomere maintenance. (Epel E, Daubenmier J, Moskowitz JT, Folkman S, Blackburn E 2009)

8. Weight loss

1. Researchers at North Carolina State University who analyzed existing scientific literature on the subject, for instance, found that all of the studies that included mindfulness techniques resulted in successful weight loss for participants. What's more, four out of five studies that followed up months later found that participants had managed to keep the pounds off. (AARP)
2. A 2018 analysis of 19 studies (1,160 total participants) found that mindfulness programs helped people lose weight and manage eating-related behaviors such as binge, emotional, and restrained eating. The results of the analysis showed that treatment programs, such as mindfulness-based stress reduction and mindfulness-based cognitive therapy, that combine formal meditation and mindfulness practices with informal mindfulness exercises were especially effective methods for losing weight and managing eating. (National Center for Complimentary and Integrative Health)
3. The average weight loss in the group that completed the program was 1.9 kilograms (4.2 pounds) compared with 0.3 kilograms (0.7 pounds) average weight loss in the control group – a result that the researchers describe as "statistically significant." (Medical News Today)
4. The present research indicated that mindfulness training based on cognitive therapy had an impact on the control of obesity. Generally, the mindfulness method has a great impact on obese individuals because mindfulness training leads to cognitive changes in the way of thinking and actions of patients and takes advantage of conditional strengthening principals. (Journal of Medicine and Life)
5. Eating behaviors (p=0.02) and dietary restraint (p=0.02) improved significantly in standard behavioral weight loss programs plus mindfulness meditation (MM) compared to standard behavioral weight loss programs. MM enhanced weight loss by 2.8 kg potentially through greater improvements in eating behaviors and dietary restraint. Conclusions. These findings support further study into the use of MM strategies with overweight and obese adults. The use of this low-cost, portable strategy with standard behavioral interventions could improve weight management outcomes. (Journal of Complementary & Integrative Medicine)
6. There were statistically significant improvements (P = 0.009) in self-reported eating behavior [driven by improvements in "fast-foodism" (P = 0.031)] and reduction in body weight [3.06 kg (SD 5.2 kg), P = 0.002] at 6 months following completion of the group sessions. This was statistically more (P = 0.036) than 6-month weight loss in the control group (0.21 kg). Participants reported improved self-esteem and confidence in self-management of body weight. Conclusion. Application of mindfulness-based eating behavior strategies, taught at group sessions within a tier 3 obesity service, resulted in significant improvement in eating behavior, and facilitated subsequent weight loss over 6 months. (The Journal of Clinical Endocrinology & Metabolism)
7. Results suggest that MBIs are effective in reducing weight and improving obesity-related eating behaviors among individuals with overweight and obesity. (Obesity Reviews -Department of Psychology, McGill University)
8. Furthermore, in another study [20], we showed a significant difference in weight loss and waist circumference reduction in overweight and obese women who performed Healing Meditation. The addition of Healing Meditation to the standard weight-loss treatment may significantly reduce stress and produce positive changes in the eating behavior of overweight and obese women. (Complementary Therapies in Clinical Practice)
9. A review of four studies investigating MM and obesity intervention programs was conducted with a focus on psychological health, weight loss management and eating behaviors. Results

suggest that MM has positive effects on weight loss interventions and behaviors in overweight and obese adults in North America. These include improvements in mental, physical, emotional, and psychological health. In these studies, mindfulness and weight present an inverse relationship and results show promise in the implementation of MM in obesity intervention programs. (York Online Undergraduate Research)

10. Using the PRISMA method for systematic reviews, we reviewed 14 studies that investigated mindfulness meditation as the primary intervention and assessed binge eating, emotional eating, and/or weight change. Results suggest that mindfulness meditation effectively decreases binge eating and emotional eating in populations engaging in this behavior; evidence for its effect on weight is mixed. (Eating Behaviors)

World of gratitude to all of those that have provided the immense amount of research:

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