

**Scientific Research Findings on  
the *Transcendental Meditation®* and *TM-Sidhi* programs  
Relevant to Students and Teachers**

December 2020

More than 700 scientific research studies, conducted at over 200 universities and research institutes in 30 countries verify the profound benefits of the Transcendental Meditation and TM-Sidhi programs for mental abilities, academic performance, brain functioning, health, personality, and school-related behavior. The following are lists of findings particularly relevant to students and teachers, with publication references.

**1. Improved Brain Functioning, Increased Intelligence, and Improved Academic Performance**

**Improved Brain Functioning**

1. [\*Human Physiology\* 25 \(1999\) 171-180.](#)
2. [\*Psychophysiology\* 31 Abstract \(1994\) S67.](#)
3. [\*Psychophysiology\* 27 Supplement \(1990\) 4A.](#)
4. [\*Psychophysiology\* 26 \(1989\) 529.](#)
5. [\*International Journal of Neuroscience\* 15 \(1981\) 151-157.](#)
6. [\*International Journal of Neuroscience\* 13 \(1981\) 211-217.](#)
7. [\*Brain and Cognition\* 125 \(2018\) 100-105](#)

**Increase Blood Flow to the Brain**

1. [\*Physiology & Behavior\*, 59 \(3\), 399-402 \(1996\).](#)
2. [\*American Journal of Physiology\* 235\(1\)\(1978\): R89–R92.](#)
3. [\*Psychophysiology\* 13 \(1976\): 168.](#)
4. *The Physiologist* 21 (1978): 60.

**Increased Flexibility of Brain Functioning**

1. *Biological Psychology*, 55, 41-55, (2000).

**Increased Efficiency of Information Transfer in the Brain**

1. [\*Motivation, Motor and Sensory Processes of the Brain, Progress in Brain Research\* 54 \(1980\): 447–453.](#)
2. [\*International Journal of Neuroscience\* 10 \(1980\): 165–170.](#)
3. *Psychophysiology* 26 (1989): 529.

**Mobilization of the Latent Reserves of the Brain**

1. Proceedings of the International Symposium Physiological and Biochemical Basis of Brain Activity, St. Petersburg, Russia, (June 22–24, 1994). (not a written reference, no transcript found)

**Increased Intelligence in Secondary and College Students**

1. [\*Intelligence\* 29/5 \(2001\): 419-440.](#)
2. [\*Journal of Personality and Individual Differences\* 12 \(1991\): 1105–1116.](#)
2. [\*Perceptual and Motor Skills\* 62 \(1986\): 731–738.](#)
3. *College Student Journal* 15 (1981): 140–146.(not found)

4. [\*Journal of Clinical Psychology\* 42 \(1986\): 161–164.](#)
5. *Gedrag: Tijdschrift voor Psychologie [Behavior: Journal of Psychology]* 3 (1975): 167–182. (not found)

### **Increased Creativity**

1. [\*Journal of Personality and Social Psychology\* 57 \(1989\) 950-964.](#)
2. [\*The Journal of Creative Behavior\* 19 \(1985\) 270-275.](#)

### **Improved Memory**

1. [\*Memory and Cognition\* 10 \(1982\): 207–215.](#)

### **Improved Academic Performance**

1. *Education* 107 (1986): 49–54. (not found)
2. *Education* 109 (1989): 302–304. (not found)
3. [\*British Journal of Educational Psychology\* 55 \(1985\): 164–166.](#)
4. *Education* 131 (2011) 556-564. (not found)

### **Benefits in Special Education**

1. [\*Journal of Clinical Psychiatry\* 42 \(1981\) 35-36.](#)
2. [\*Journal of Biomedicine\* 1 \(1980\) 73-88.](#)

## **2. Increased Integration of Personality**

### **Increased Self-Confidence and Self-Actualization**

1. [\*Journal of Social Behavior and Personality\* 6 \(1991\): 189–247.](#)
2. [\*Higher Stages of Human Development: Perspectives on Adult Growth\* \(New York: Oxford University Press, 1990\), 286–341.](#)
3. [\*British Journal of Psychology\* 73 \(1982\) 57-68.](#)
4. [\*College Student Journal\* 15 \(1981\): 140–146.](#)
5. [\*Journal of Counseling Psychology\* 20 \(1973\): 565-566.](#)
6. [\*Journal of Counseling Psychology\* 19 \(1972\): 184–187.](#)
7. [\*Professional School Counseling\*, 23 \(2020\)1-8 DOI 10.1177/2156759X20940639](#)

### **Improved Perception**

1. [\*Perceptual and Motor Skills\* 49 \(1979\): 270.](#)
2. [\*Perceptual and Motor Skills\* 64 \(1987\): 1003–1012.](#)

### **Increased Efficiency of Perception and Memory**

1. [\*Memory and Cognition\* 10 \(1982\): 207–215.](#)

### **Orientation Towards Positive Values**

1. [\*Perceptual and Motor Skills\* 64 \(1987\): 1003–1012.](#)

### **Improved Problem-Solving Ability**

1. [\*Personality and Individual Differences\* 12 \(1991\): 1105–1116.](#)

### **Decreased Hostility**

1. [\*Criminal Justice and Behavior\* 5 \(1978\): 3–20.](#)
2. [\*Criminal Justice and Behavior\* 6 \(1979\): 13–21.](#)
3. [\*Professional School Counseling\*, 23 \(2020\)1-8 DOI 10.1177/2156759X20940639](#)

**Improved Left Hemispheric Functioning—Improved Verbal and Analytical Thinking**

1. [\*The Journal of Creative Behavior\* 13 \(1979\): 169–180.](#)
2. [\*The Journal of Creative Behavior\* 19 \(1985\): 270–275.](#)
3. [\*Perceptual and Motor Skills\* 62 \(1986\): 731–738.](#)

**Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking**

1. [\*The Journal of Creative Behavior\* 13 \(1979\): 169–180.](#)
2. [\*Journal of Clinical Psychology\* 42 \(1986\): 161–164.](#)
3. [\*Biofeedback and Self-Regulation\* 2 \(1977\): 407–415.](#)

**Increased Field Independence—Increased Resistance to Distraction and Social Pressure**

1. [\*Perceptual and Motor Skills\* 39 \(1974\): 1031–1034.](#)
2. [\*Perceptual and Motor Skills\* 65 \(1987\): 613–614.](#)
3. [\*Perceptual and Motor Skills\* 59 \(1984\): 999-1000. \(not found\)](#)

**Reduced Anxiety**

1. [\*Journal of Clinical Psychology\* 45 \(1989\) 957-974.](#)
2. [\*Anxiety, Stress, and Coping: An International Journal\* 6 \(1993\) 245-262.](#)
3. [\*Journal of Clinical Psychology\* 33 \(1977\) 1076-1078.](#)
4. [\*Brain and Cognition\* 125 \(2018\) 100-105](#)
5. [\*Professional School Counseling\*, 23 \(2020\)1-8 DOI 10.1177/2156759X20940639](#)
6. [\*Contemporary School Psychology\* 19 \(2020\) DOI 10.1007/s40688-015-0066-6.](#)

**Decreased Depression**

1. [\*Journal of Counseling and Development\* 64 \(1986\): 212–215.](#)
2. [\*Journal of Humanistic Psychology\* 16\(3\) \(1976\): 51–60.](#)
3. [\*Gedrag: Tijdschrift voor Psychologie \[Behavior: Journal of Psychology\]\* 4 \(1976\): 206–218.\(not found\)](#)
4. [\*Brain and Cognition\* 125 \(2018\) 100-105.](#)
5. [\*Professional School Counseling\*, 23 \(2020\)1-8 DOI 10.1177/2156759X20940639](#)

**Increase in Social-Emotional Learning in Students and Adults**

1. [\*Education\* 139 \(2019\) 111-119.](#)
2. [\*The Permanente Journal\* 22 \(2018\) 17-172 DOI 10.7812/TPP/17-172.](#)

**Increased Resilience**

1. [\*Contemporary School Psychology\* 19 \(2020\) DOI 10.1007/s40688-015-0066-6.](#)

**3. Improved School-Related Behavior****Reduction of Anger, Absenteeism, Disciplinary Infractions, and Suspensions**

1. [\*Annals of Behavioral Medicine\* 23 \(2001\) S100.](#)
2. [\*Professional School Counseling\*, 23 \(2020\)1-8 DOI 10.1177/2156759X20940639](#)

**Increased Tolerance**

1. [\*The Journal of Psychology\* 99 \(1978\): 121-127.](#)
2. [\*International Journal of the Addictions\* 26 \(1991\): 293-325.](#)

**Reduced Substance Abuse**

1. [\*Alcoholism Treatment Quarterly\* 11 \(1994\) 1-524.](#)

2. *Bulletin of the Society of Psychologists in Addictive Behaviors* 2 (1983) 28-33.(not found)
3. [\*The International Journal of the Addictions\* 12 \(1977\) 729-754.](#)

#### **Accelerated Cognitive Development in Children**

1. [\*Perceptual and Motor Skills\* 65 \(1987\): 613–614](#)

#### **Greater Interest in Academic Activities**

1. [\*Western Psychologist\* 4 \(1974\): 104–111.](#)

### **4. Improved Health**

#### **Physiological Rest**

1. [\*American Physiologist\* 42 \(1987\) 879-881.](#)
2. [\*Science\* 167 \(1970\) 1751-1754.](#)
3. [\*American Journal of Physiology\* 221 \(1971\) 795-799.](#)

#### **Increased Muscle Relaxation**

1. [\*Electroencephalography and Clinical Neurophysiology\* 35 \(1973\): 143–151.](#)
2. *Psychopathométrie* 4 (1978): 437–438. (not found, foreign language)

#### **Faster Reactions**

1. *Personality and Individual Differences* 12 (1991): 1106–1116. (not found)
2. [\*Perceptual and Motor Skills\* 38 \(1974\): 1263–1268.](#)
3. [\*Perceptual and Motor Skills\* 46 \(1978\): 726.](#)
4. [\*Motivation, Motor and Sensory Processes of the Brain, Progress in Brain Research\* 54 \(1980\): 447–453.](#)
5. *L'Encéphale* [The Brain] 10 (1984): 139–144. (not found, foreign language)

#### **Decreased Stress Hormone (Plasma Cortisol)**

1. [\*Hormones and Behavior\* 10\(1\)\(1978\): 54–60.](#)
2. [\*Journal of Biomedicine\* 1 \(1980\): 73–88.](#)
3. *Clinical and Experimental Pharmacology and Physiology* 7 (1980): 75–76.(not found)
4. [\*Experientia\* 34 \(1978\): 618–619.](#)

#### **Increased Stability of the Autonomic Nervous System**

1. [\*Psychosomatic Medicine\* 35 \(1973\): 341–349.](#)
2. [\*Psychosomatic Medicine\* 44 \(1982\): 133–153.](#)

#### **Healthier Response to Stress**

1. [\*Psychosomatic Medicine\* 35 \(1973\): 341–349.](#)
2. *Journal of Counseling and Development* 64 (1986): 212–215. (not found)
3. *Psychosomatic Medicine* 49 (1987): 212–213. (not found)
4. *Journal of Psychosomatic Research* 33 (1989): 29–33.
5. *Psychosomatic Medicine* 44 (1982): 133-153.
6. *International Journal of Neuroscience* 46 (1989): 77-86.
7. *Brain and Cognition* 125 (2018) 100-105.
8. *The Permanente Journal* 22 (2018) 17-172 DOI 10.7812/TPP/17-172.

**Reduced Blood Pressure in Adolescents**

1. *Annals of Behavioral Medicine* 22 (2000) S133.
2. *American Journal of Hypertension* (2004).

**Decreased Blood Pressure in Hypertensive Subjects**

1. *Hypertension* 26 (1995): 820-827.
2. *Journal of Personality and Social Psychology* 57 (1989): 950-964.

**Decreased Insomnia**

1. *The New Zealand Family Physician* 9 (1982): 62-65.
2. *Journal of Counseling and Development* 64 (1986): 212-215.
3. *Japanese Journal of Public Health* 37 (1990): 729.

**Healthier Family Life**

1. *Psychological Reports* 51 (1982): 887-890.
2. *Journal of Counseling and Development* 64 (1986): 212-215

**Lower Health Insurance Utilization Rates**

1. *Psychosomatic Medicine* 49 (1987) 493-507.
2. *American Journal of Health Promotion* 10 (1996) 208-216.

**Improved Mind-Body Coordination**

1. *Journal of Clinical Psychology* 42 (1986) 161-164.
  2. *Perceptual and Motor Skills* 46 (1978) 726.
  3. *Perceptual and Motor Skills* 38 (1974) 1263-1268.
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