

## mantra

mantra meditation, mindfulness, yoga & h2 water


## impact


articles: 298


publications: 222

citations: 11,226

## evidence

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 PEER REVIEWED TRIALS

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[xvii. mental health risks, policy interventions and statistics for Indigenous Australians](#) +

[xviii. mental health risks, policy interventions & statistics for armed servicemen & women](#) +

### **iv. EMDR modulates mental health**

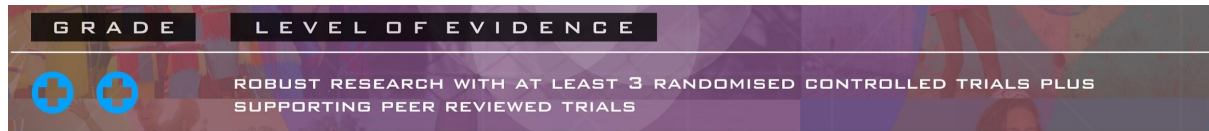
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### **v. sound modulates DNA, empowering happiness**

[xx. sound modulates DNA, empowering happiness](#) + + +

## mantra meditation & mindfulness modulate happiness & DNA

### i. mantra meditation modulates cognition, creativity & mental health



#### **Effects of a Randomized Controlled Trial of Transcendental Meditation on Components of the Metabolic Syndrome in Subjects With Coronary Heart Disease**

JAMA Internal Medicine

<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/410453>

randomised controlled trial, single blind  
citations: 307

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*"This randomized, controlled trial found that a selected mind–body, stress reduction intervention, the TM program, significantly reduced risk for mortality, MI, and stroke in black men and women with coronary heart disease."*

#### **Stress Reduction in the Secondary Prevention of Cardiovascular Disease: Randomized, Controlled Trial of Transcendental Meditation and Health Education in Blacks**

Circulation: Cardiovascular Quality and Outcomes

<https://www.ahajournals.org/doi/full/10.1161/CIRCOUTCOMES.112.967406>

randomised controlled trial, single blind  
citations: 222

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*"This is the first randomised controlled trial to demonstrate that a selected mind–body intervention, the transcendental meditation program, decreased blood pressure in association with decreased psychological distress, and increased coping in young adults at risk for hypertension."*

#### **A Randomized Controlled Trial on Effects of the Transcendental Meditation Program on Blood Pressure, Psychological Distress, and Coping in Young Adults**

American Journal of Hypertension

<https://academic.oup.com/ajh/article/22/12/1326/182024>

randomised controlled trial, single blind  
citations: 197

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*"Results indicate that TM can be effective in improving the quality of life and functional capacity of African American congestive heart failure patients."*

**Effectiveness of Transcendental Meditation on Functional Capacity and Quality of Life of African Americans with Congestive Heart Failure: A Randomized Control Study**

Ethnicity and Disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2048830/>

randomised controlled trial, single blind

citations: 142

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*"Overall, TM practice is more effective than treatment as usual and most alternative treatments, with greatest effects observed in individuals with high anxiety."*

**Effects of the Transcendental Meditation Technique on Trait Anxiety: A Meta-Analysis of Randomized Controlled Trials**

The Journal of Alternative and Complimentary Medicine

<https://www.liebertpub.com/doi/full/10.1089/acm.2013.0204>

randomised controlled trial, single blind

citations: 139

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*"Results indicate that the Transcendental Meditation technique improves the quality of life of older breast cancer patients."*

**A Randomized Controlled Trial of the Effects of Transcendental Meditation on Quality of Life in Older Breast Cancer Patients**

Integrative Cancer Therapies

<https://journals.sagepub.com/doi/abs/10.1177/1534735409343000>

randomised controlled trial, single blind

citations: 73

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*"The results of this randomized controlled study indicate that the TM program was effective at four-month follow-up in reducing psychological distress and burnout in employees working in a therapeutic school for students with behavioral problems."*

**Effect of Transcendental Meditation on Employee Stress, Depression, and Burnout: A Randomized Controlled Study**

The Permanente Journal

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951026/>

randomised controlled trial

citations: 100

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## **The cumulative effects of Transcendental Meditation on cognitive function — a systematic review of randomised controlled trials**

Wiener Klinische Wochenschrift

<https://link.springer.com/article/10.1007/BF03040500>

randomised controlled trial

citations: 95

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## **mantra meditation research via David Lynch Foundation**

<https://www.davidlynchfoundation.org/research.html>

### **Benefits to Education**

1. 21% increase in high school graduation rate, Education 133 (4): 495-500, 2013
2. 10% improvement in test scores and GPA, Education 131: 556-565, 2011
3. Increased attendance and decreased suspensions for high school students, Health and Quality of Life Outcomes 1:10, 2003
4. Reduced ADHD symptoms and symptoms of other learning disorders, Mind & Brain: The Journal of Psychiatry 2 (1): 73-81, 2011
5. Increased intelligence and creativity, Intelligence 29: 419-440, 2001
6. 40% reduction in psychological distress, including stress, anxiety and depression, American Journal of Hypertension 22(12): 1326-1331, 2009
7. Reduction in teacher burnout and perceived stress, Permanente Journal 18 (1): 19-23, 2014

### **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 14: (1981) 147-151.
7. International Journal of Neuroscience 13: (1981) 211-217.
8. Psychosomatic Medicine 46: (1984) 267-276.

### **Increased Blood Flow to the Brain**

1. Physiology & Behavior, 59(3) (1996): 399-402 .
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 (2000): 41-55.
2. Psychophysiology 14 (1977): 293-296.

### **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.

**the epigenetics of happiness** - phase i-iii clinical study

[Internet of Happiness \[IOH\]](#) | double blind, randomised controlled research | [return to index](#)

### **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).

### **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.
3. Perceptual and Motor Skills 62 (1986): 731–738.
4. College Student Journal 15 (1981): 140–146.
5. Journal of Clinical Psychology 42 (1986): 161–164.
6. Gedrag: Tijdschrift voor Psychologie [Behavior: Journal of Psychology] 3 (1975): 167–182.
7. Dissertation Abstracts International 38(7) (1978): 3372B–3373B.
8. Higher Education Research and Development 15 (1995): 73–82.

### **Increased Creativity**

1. Journal of Personality and Social Psychology 57 (1989) 950–964.
2. The Journal of Creative Behavior 19 (1985) 270–275.
3. Dissertation Abstracts International 38(7): 3372B–3373B, 1978.

### **Improved Memory**

1. Memory and Cognition 10 (1982): 207–215.

### **Improved Academic Performance**

1. Education 107 (1986): 49–54.
2. Education 109 (1989): 302–304.
3. British Journal of Educational Psychology 55 (1985): 164–166.

### **Benefits in Special Education**

1. Journal of Clinical Psychiatry 42 (1981) 35–36.
2. Journal of Biomedicine 1 (1980) 73–88.

### **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.

### **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.
2. Dissertation Abstracts International 38(7): 3372B–3373B, 1978.

#### **Decreased Hostility**

1. Criminal Justice and Behavior 5 (1978): 3–20.
2. Criminal Justice and Behavior 6 (1979): 13–21.

#### **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.
4. Dissertation Abstracts International 38(7) (1978): 3372B–3373B.

#### **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. Dissertation Abstracts International 38(7) (1978): 3372B–3373B.
5. Hospital & Community Psychiatry 26 (1975): 156–159.

#### **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.

#### **Improved School-Related Behavior**

Reduction of Anger, Absenteeism, Disciplinary Infractions and Suspensions

1. Annals of Behavioral Medicine 23 (2001) S100.
2. Health and Quality of Life Outcomes 1 (2003): 10.

#### **Increased Tolerance**

1. The Journal of Psychology 99 (1978): 121–127.
2. International Journal of the Addictions 26 (1991): 293–325.
3. Dissertation Abstracts International 38(7) (1978): 3372B–3373B.



### **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.
3. The International Journal of the Addictions 12 (1977) 729-754.
4. Journal of Offender Rehabilitation 36 (2003): 127-160.
5. American Journal of Psychiatry 132 (1975): 942-945.
6. American Journal of Psychiatry 131 (1974): 60-63.

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

1. Perceptual and Motor Skills 65 (1987): 613-614
2. Journal of Social Behavior and Personality 17 (2005): 65-91.
3. Journal of Social Behavior and Personality 17 (2005): 47-64.

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

1. Western Psychologist 4 (1974): 104-111.

### **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.

### **Faster Reactions**

1. Personality and Individual Differences 12 (1991): 1106-1116.
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.

### **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.
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.
3. Psychosomatic Medicine 49 (1987): 212-213.
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.



#### **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.

## ii. mindfulness modulates DNA

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

*"Psychosocial interventions providing stress reduction and emotional support resulted in trends toward telomere length maintenance in distressed breast cancer survivors, compared with decreases in usual care"*

**Mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls in distressed breast cancer survivors**

**Cancer, Wiley Periodicals**

<https://onlinelibrary.wiley.com/doi/full/10.1002/cncr.29063>

randomised controlled trial, double blind

citations: 160

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*"Regular yoga practice remarkably attenuated oxidative stress and improved antioxidant levels of the body."*

*"Yoga practice also significantly increased immune-related cytokines, such as interleukin-12"*

*"Moreover, yoga beneficially affected stress hormone releases as well as partially improved immune function"*

**Regular Yoga Practice Improves Antioxidant Status, Immune Function, and Stress Hormone Releases in Young Healthy People: A Randomized, Double Blind, Controlled Pilot Study**

The Journal of Alternative and Complimentary Medicine

<https://www.liebertpub.com/doi/abs/10.1089/acm.2014.0044>

randomised controlled trial, double blind

citations: 57

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*"It is shown that two different definitions of meditation are able to change the expression of genes in distinct ways and that the mental silence definition of meditation may exert its biological effects by altering the expression of genes related to the immune system/inflammation, cancer and cell structure and function"*

### **Epigenetic Changes Associated With Two Different Conceptualisations of Meditation- A Randomised Trial**

Sydney Medical School The University of Sydney

<https://ses.library.usyd.edu.au/handle/2123/16649>

randomised controlled trial

citations:

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*"This work provides an initial indication that mindfulness based stress reduction may be a novel treatment approach for reducing loneliness and related pro-inflammatory gene expression in older adults"*

### **Mindfulness-Based Stress Reduction training reduces loneliness and pro-inflammatory gene expression in older adults: a small randomized controlled trial**

Brain Behavioural Immunology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3635809/>

randomised controlled trial, single blind

citations: 458

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*"DNA epigenetic status of the subjects was affected by the MBT-T mind-body therapeutic protocol treatment."*

### **Pilot Study on Epigenetic Response to A Mind-Body Treatment**

Translational Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6067070/>

randomised controlled trial

citations: 9

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*"The results of 18 studies that used gene expression analysis in research on meditation and related MBIs have overall found downregulation of NF-κB-targeted genes, which can be understood as the reversal of the molecular signature of the effects of chronic stress"*

### **What Is the Molecular Signature of Mind-Body Interventions? A Systematic Review of Gene Expression Changes Induced by Meditation and Related Practices**

Frontiers in Immunology

<https://www.frontiersin.org/articles/10.3389/fimmu.2017.00670/full>

randomised controlled trial

citations: 121



*"A brief daily yogic meditation intervention may reverse the pattern of increased NF- $\kappa$ B-related transcription of pro-inflammatory cytokines and decreased IRF1-related transcription of innate antiviral response genes previously observed in healthy individuals confronting a significant life stressor"*

**Yogic meditation reverses NF- $\kappa$ B and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial**

Psychoneuroendocrinology

<https://www.sciencedirect.com/science/article/pii/S0306453012002260?via%3Dihub>

randomised controlled trial

citations: 219

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*"A 12-week restorative Iyengar yoga intervention reduced inflammation-related gene expression in breast cancer survivors with persistent fatigue. These findings suggest that a targeted yoga program may have beneficial effects on inflammatory activity in this patient population, with potential relevance for behavioral and physical health."*

*"the yoga group showed reduced activity of the pro-inflammatory transcription factor nuclear factor kappa B (NF- $\kappa$ B)"*

**Yoga reduces inflammatory signaling in fatigued breast cancer survivors: A randomized controlled trial**

Psychoneuroendocrinology

<https://www.sciencedirect.com/science/article/pii/S0306453014000444?via%3Dihub>

randomised controlled trial

citations: 181

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*"A 4-week mindfulness based stress reduction resulted in significant improvement in sperm DNA integrity and regulation of oxidative stress may affect the sperm epigenome"*

**Impact of mindfulness based stress reduction on sperm DNA damage**

Journal of the Anatomical Society of India

<https://www.sciencedirect.com/science/article/pii/S0003277818300583>

randomised controlled trial

citations: 6

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*"Qigong practice may regulate immunity, metabolic rate, and cell death, possibly at the transcriptional level. Our pilot study provides the first evidence that Qigong practice may exert transcriptional regulation at a genomic level"*

**Genomic profiling of neutrophil transcripts in Asian Qigong practitioners: a pilot study in gene regulation by mind-body interaction**

Journal of Alternative and Complimentary Medicine

<https://www.ncbi.nlm.nih.gov/pubmed/15750361/>

citations: 66

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*"Meditation helps regulate the stress response, thereby suppressing chronic inflammation states and maintaining a healthy gut-barrier function. Conclusions The current research team recommends the integration of meditation into conventional health care and wellness models"*

**The Effects of Stress and Meditation on the Immune System, Human Microbiota, & Epigenetics**

Adv Mind Body Med

<https://www.ncbi.nlm.nih.gov/pubmed/29306937/>

citations: 32

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**The impact of psychological distress during pregnancy on the developing fetus: biological mechanisms and the potential benefits of mindfulness interventions**

Journal of Perinatal Medicine

<https://www.degruyter.com/view/j/jpme.2017.45.issue-9/jpm-2016-0189/jpm-2016-0189.xml>

citations: 29

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**The bioinformatics of psychosocial genomics in alternative and complementary medicine**

Forsch Komplementarmed Klass Naturheilkd

<https://www.ncbi.nlm.nih.gov/pubmed/12853721/>

citations: 12

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*"there are rapid (within 2 hours of start of practice) and significant gene expression changes in PBMCs peripheral blood mononuclear cells of practitioners during a comprehensive yoga program. These data suggest that previously reported effects of yoga practices have an integral physiological component at the molecular level which is initiated immediately during practice and may form the basis for the long term stable effects"*

**Rapid gene expression changes in peripheral blood lymphocytes upon practice of a comprehensive yoga program**

PLoS One

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3629142/>

citations: 99



*"This study provides the first compelling evidence that the RR relaxation response elicits specific gene expression changes in short-term and long-term practitioners. Our results suggest consistent and constitutive changes in gene expression resulting from RR may relate to long term physiological effects."*

#### **Genomic counter-stress changes induced by the relaxation response**

PLoS One

<https://www.ncbi.nlm.nih.gov/pubmed/18596974/>

citations: 355

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*"Three recent studies started to provide some of this information through gene expression profiling in circulating immune cells, which support the hypothesis that yogic/meditative practices have a measurable effect at the molecular level"*

#### **Regulation of gene expression by yoga, meditation & related practices: a review of recent studies**

Asian Journal of Psychiatry

<https://www.ncbi.nlm.nih.gov/pubmed/23380323/>

citations: 76

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#### **Rapid changes in histone deacetylases and inflammatory gene expression in expert meditators**

Psychoneuroendocrinology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4039194/>

citations: 256

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#### **Genome-wide expression changes in a higher state of consciousness**

Conscious Cognition

<https://www.ncbi.nlm.nih.gov/pubmed/22742996>

citations: 17

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#### **Social regulation of gene expression in human leukocytes**

Genome Biology

<https://www.ncbi.nlm.nih.gov/pubmed/17854483/>

citations: 711

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#### **Psychosocial genomics: gene expression, neurogenesis, and human experience in mind-body medicine**

Advanced Mind Body Medicine

<https://www.ncbi.nlm.nih.gov/pubmed/12629875/>

citations: 43

**the epigenetics of happiness** - phase i-iii clinical study  
[Internet of Happiness](#) [ I o H ] | double blind, randomised controlled research | [return to index](#)



**Epigenetic changes in response to tai chi practice: a pilot investigation of DNA methylation marks**

Evidence Based Complimentary Alternative Medicine

<https://www.ncbi.nlm.nih.gov/pubmed/22719790>

citations: 36

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**Mind-controlled transgene expression by a wireless-powered optogenetic designer cell implant**

Natural Communication

<https://www.ncbi.nlm.nih.gov/pubmed/25386727>

citations: 95

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### iii. mindfulness modulates OXTR Oxytocin Receptor Gene, empowering connectedness

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 PEER REVIEWED TRIALS

*“the effect of oxytocin on spirituality was moderated by oxytocin-related genotypes.”*

*“participants were also genotyped for polymorphisms in two genes critical for oxytocin signaling, the oxytocin receptor gene ( OXTR rs53576) and CD38 (rs6449182 and rs3796863).”*

*“These results provide the first experimental evidence that spirituality, endorsed by millions worldwide, appears to be supported by oxytocin.”*

#### **Effects of oxytocin administration on spirituality and emotional responses to meditation**

Social Cognitive and Affective Neuroscience

<https://academic.oup.com/scan/article/11/10/1579/2413952>

citations: 44

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#### **Common variant in OXTR predicts growth in positive emotions from loving-kindness training**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5359600/>

citations: 27

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#### **Neurogenetic Mechanisms of Self-Compassionate Mindfulness: the Role of Oxytocin-Receptor Genes**

Springer: Mindfulness

<https://link.springer.com/article/10.1007/s12671-019-01141-7>

citations: 3

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*“Psychological resources of optimism, mastery, and self-esteem have been found to be significant predictors of effective stress management, neurophysiological responses to stress, and physical and psychological health-related outcomes in previous research. The present results suggest that OXTR is one gene that is linked to these resources”*

#### **Oxytocin receptor gene (OXTR) is related to psychological resources**


PNAS

<https://www.pnas.org/content/108/37/15118>

citations: 273

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#### iv. mindfulness modulates interleukin 6 (IL-6), reducing inflammation, anxiety and depression

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

##### **Depression following open-heart surgery: A path model involving interleukin-6, spiritual struggle, and hope under preoperative distress**

Journal of Clinical Psychiatry

<https://onlinelibrary.wiley.com/doi/abs/10.1002/jclp.20716>

citations: 40

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*"Among breast cancer survivors with insomnia, 3 months of Tai Chi reduced cellular inflammatory responses, and reduced expression of genes encoding proinflammatory mediators. Given the link between inflammation and cancer, these findings provide an evidence-based molecular framework to understand the potential salutary effects of Tai Chi on cancer survivorship"*

*"Levels of toll-like receptor-4-activated monocyte production of IL-6 showed an overall reduction in Tai Chi"*

##### **Tai chi, cellular inflammation, and transcriptome dynamics in breast cancer survivors with insomnia: a randomized controlled trial**

National Cancer Institute Monographs

<https://www.ncbi.nlm.nih.gov/m/pubmed/25749595/>

randomised controlled trial

citations: 93

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##### **Openness and conscientiousness predict 34-SSweek patterns of Interleukin-6 in older persons**

Brain, Behaviour and Immunity

<https://www.sciencedirect.com/science/article/pii/S0889159111000080>

citations: 57

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##### **Trait mindfulness is associated with blood pressure and interleukin-6: exploring interactions among subscales of the Five Facet Mindfulness Questionnaire to better understand relationships between mindfulness and health**

Journal of Behavioural Medicine

<https://link.springer.com/article/10.1007/s10865-014-9575-4>

citations: 71

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**A Pilot Study Evaluating the Effect of Mindfulness-Based Stress Reduction on Psychological Status, Physical Status, Salivary Cortisol, and Interleukin-6 Among Advanced-Stage Cancer Patients and Their Caregivers**

Journal of Holistic Nursing

<https://journals.sagepub.com/doi/abs/10.1177/0898010111435949>

citations: 150

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*"The findings suggest possible effects of mindfulness meditation on specific markers of inflammation, cell-mediated immunity, and biological aging"*

**Mindfulness meditation and the immune system: a systematic review of randomized controlled trials**

<https://nyaspubs.onlinelibrary.wiley.com/doi/pdf/10.1111/nyas.12998>

randomised controlled trial

citations: 310

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*"The results of this 3-month pre-post study indicate that participation in this yoga and meditation retreat was associated with alterations in psychological functioning, neurotrophic pathways, HPA axis activity, and inflammatory pathway signaling suggesting enhanced stress resilience and well-being"*

*"As a group, participants showed significant improvements in depression, anxiety, somatic complaints, increases in mindfulness scores, and a small but significant decrease in BMI"*

**Yoga, Meditation and Mind-Body Health: Increased BDNF, Cortisol Awakening Response, and Altered Inflammatory Marker Expression after a 3-Month Yoga and Meditation Retreat**

Frontiers in Human Neuroscience

<https://www.frontiersin.org/articles/10.3389/fnhum.2017.00315/full>

citations: 86

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*"A brief, mindfulness-based intervention demonstrated preliminary short-term efficacy in reducing stress, behavioral symptoms, and proinflammatory signaling in younger breast cancer survivors"*

*"women in the mindfulness group who practiced more frequently did evidence lower levels of IL-6 at the post-treatment assessment"*

*"our trial indicates that the benefits of mindfulness may extend to genomic markers of inflammation, including reductions in proinflammatory gene expression and activity of the proinflammatory transcription factor NF- $\kappa$ B"*

**Mindfulness meditation for younger breast cancer survivors: A randomized controlled trial**  
Cancer

<https://onlinelibrary.wiley.com/doi/full/10.1002/cncr.29194>

randomised controlled trial  
citations: 194

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**Alterations in Resting-State Functional Connectivity Link Mindfulness Meditation With Reduced Interleukin-6: A Randomized Controlled Trial**

Biological Psychiatry

<https://www.sciencedirect.com/science/article/pii/S0006322316000792>

randomised controlled trial  
citations: 218

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**Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress**

Psychoneuroendocrinology

<https://www.sciencedirect.com/science/article/pii/S0306453008002199>

citations: 825

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**Innate immune, neuroendocrine and behavioral responses to psychosocial stress do not predict subsequent compassion meditation practice time**

Psychoneuroendocrinology

<https://www.sciencedirect.com/science/article/pii/S0306453009001991>

citations: 119

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**Mindfulness Meditation for Alcohol Relapse Prevention: A Feasibility Pilot Study**

Journal of Addictive Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4106278/>

citations: 146

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*"Neuroendocrine studies suggest that compassion meditation reduces subjective distress and immune response to stress"*

**Loving-kindness and compassion meditation: Potential for psychological interventions**

Clinical Psychology Review

citations: 880

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**Effects of Buddhism Walking Meditation on Depression, Functional Fitness, and Endothelium-Dependent Vasodilation in Depressed Elderly**

The Journal of Alternate and Complimentary Medicine

<https://www.liebertpub.com/doi/full/10.1089/acm.2013.0205>

citations: 71

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**Self-compassion as a predictor of interleukin-6 response to acute psychosocial stress**

Brain, Behaviour and Immunity

<https://www.sciencedirect.com/science/article/pii/S0889159113005370>

citations: 175

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**Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression**

APA Psychiatry

<https://psycnet.apa.org/record/2008-06469-005>

citations: 472

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## v. mindfulness modulates telomere length, increasing biological longevity

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 PEER REVIEWED TRIALS

*“telomerase activity may be in part regulated by levels of both psychological and metabolic stress”*

### **Changes in stress, eating, and metabolic factors are related to changes in telomerase activity in a randomized mindfulness intervention pilot study**

Psychoneuroendocrinology

<https://www.ncbi.nlm.nih.gov/pubmed/22169588?dopt=Abstract>

randomised controlled trial

citations: 194

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*“integrating meditation practice into daily routine may have a protecting effect in terms of epigenetic aging in the long run”*

### **Epigenetic clock analysis in long-term meditators**

Psychoneuroendocrinology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5863232/>

randomised controlled trial

citations: 31

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*“Relative telomere length was longer in Loving-Kindness (metta) meditators vs. controls, suggesting that this practice may alter a biomarker associated with longevity”*

### **Loving-Kindness Meditation practice associated with longer telomeres in women**

Brain, Behaviour and Immunity

<https://www.sciencedirect.com/science/article/pii/S0889159113001736>

citations: 116

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*"Adopting yoga/meditation-based lifestyle modification causes reversal of markers of aging, mainly oxidative stress, telomerase activity, and oxidative DNA damage."*

*"This may not only delay aging and prolong a youthful healthy life but also delay or prevent onset of several lifestyle-related diseases, of which oxidative stress and inflammation are the chief cause."*

*"This report suggests this simple lifestyle intervention may be therapeutic for oxidative DNA damage and oxidative stress."*

### **Telomerase Activity and Cellular Aging Might Be Positively Modified by a Yoga-Based Lifestyle Intervention**

The Journal of Alternative and Complimentary Medicine

<https://www.liebertpub.com/doi/10.1089/acm.2014.0298>

citations: 45

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*"the absence of experiential avoidance of negative emotions and thoughts is integral to the connection between meditation and telomeres"*

### **Zen meditation, Length of Telomeres, and the Role of Experiential Avoidance and Compassion**

Mindfulness

<https://link.springer.com/article/10.1007/s12671-016-0500-5>

citations: 52

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*"Purpose in Life is influenced by meditative practice and directly affects both perceived control and negative emotionality, affecting telomerase activity directly as well as indirectly"*

*"This is the first study to link meditation and positive psychological change with telomerase activity"*

### **Intensive meditation training, immune cell telomerase activity, and psychological mediators**


Psychoneuroendocrinology

<https://www.ncbi.nlm.nih.gov/pubmed/21035949>

citations: 557

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## vi. mindful water: molecular hydrogen modulates inflammation, cognition and gene expression

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

*"we have demonstrated that intravenous infusion of H<sub>2</sub> is effective in treating RA. This method could be useful not only for controlling RA but also for preventing age-related inflammatory diseases"*

### **Therapeutic efficacy of infused molecular hydrogen in saline on rheumatoid arthritis: A randomized, double-blind, placebo-controlled pilot study**

International Immunopharmacology

<https://www.sciencedirect.com/science/article/pii/S1567576914002124>

randomised controlled trial, double blind

citations: 47

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*"drinking hydrogen (H<sub>2</sub>) water for 48 weeks significantly improved the total Unified Parkinson's Disease Rating Scale (UPDRS) score of Parkinson's disease (PD) patients treated with levodopa"*

### **Pilot study of H<sub>2</sub> therapy in Parkinson's disease: A randomized double-blind placebo-controlled trial**

Movement Disorders

<https://onlinelibrary.wiley.com/doi/abs/10.1002/mds.25375>

randomised controlled trial, double blind

citations: 108

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### **Therapeutic efficacy of infused molecular hydrogen in saline on rheumatoid arthritis: a randomized, double-blind, placebo-controlled pilot study**

International Immunopharmacol

<https://www.ncbi.nlm.nih.gov/m/pubmed/24929023/>

randomised controlled trial, double blind

citations: 47

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*"Hydrogen-enriched water improves mitochondrial dysfunction in MM and inflammatory processes in PM/DM polymyositis/dermatomyositis"*

**Open-label trial and randomized, double-blind, placebo-controlled, crossover trial of hydrogen-enriched water for mitochondrial and inflammatory myopathies**

Medical Gas Res

<https://www.ncbi.nlm.nih.gov/m/pubmed/22146674/>

randomised controlled trial, double blind

citations: 70

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*"The present findings highlight the potential role of H<sub>2</sub> in the regression of hypercholesterolemia and atherosclerosis."*

**Hydrogen Activates ATP-Binding Cassette Transporter A1-Dependent Efflux Ex Vivo and Improves High-Density Lipoprotein Function in Patients With Hypercholesterolemia: A Double-Blinded, Randomized, and Placebo-Controlled Trial**

The Journal of Clinical Endocrinology and Metabolism

<https://www.ncbi.nlm.nih.gov/m/pubmed/25978109/>

randomised controlled trial, double blind

citations: 30

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*"H<sub>2</sub>-water may have a potential for suppressing dementia in an oxidative stress model"*

**Effects of Molecular Hydrogen Assessed by an Animal Model and a Randomized Clinical Study on Mild Cognitive Impairment**

Alzheimers Research and Therapy

<https://www.ncbi.nlm.nih.gov/m/pubmed/29110615/?i=1&from=Effects%20of%20Molecular%20Hydrogen%20Assessed%20by%20an%20Animal%20Model%20and%20a%20Randomized%20Clinical%20Study%20on%20Mild%20Cognitive%20Impairment>

randomised controlled trial

citations: 38

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*"H<sub>2</sub> treatment was safe and effective in patients with acute cerebral infarction. These results suggested a potential for widespread and general application of H<sub>2</sub> gas."*

**Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction: A Randomized Controlled Clinical Study on Safety and Neuroprotection**

Journal of Stroke and Cerebrovascular Diseases

<https://www.ncbi.nlm.nih.gov/m/pubmed/28669654/>

randomised controlled trial

citations: 59

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*"It is hypothesized that administration of hydrogen molecule may have potential as a novel therapy for bipolar disorder, schizophrenia, and other concurrent disorders characterized by oxidative, inflammatory and apoptotic dysregulation."*

**Molecular hydrogen: an overview of its neurobiological effects and therapeutic potential for bipolar disorder and schizophrenia**

Medical Gas Research

<https://medicalgasresearch.biomedcentral.com/articles/10.1186/2045-9912-3-11>

citations: 21

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*"These results suggested the effectiveness of ERW electrolyzed reduced water for prevention of various brain diseases caused by oxidative stress."*

**Suppression of Oxidative Stress-Induced Apoptosis of Neuronal Cells by Electrolyzed-Reduced Water**

Animal Cell Technology Meets Genomics

[https://link.springer.com/chapter/10.1007/1-4020-3103-3\\_50](https://link.springer.com/chapter/10.1007/1-4020-3103-3_50)

citations: 3

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**Hydrogen-rich saline attenuates anxiety-like behaviors in morphine-withdrawn mice**

Neuropharmacology

<https://www.ncbi.nlm.nih.gov/m/pubmed/28359771/>

citations: 15

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**Hydrogen-rich water for improvements of mood, anxiety, and autonomic nerve function in daily life**

Medical Gas Research

<https://www.ncbi.nlm.nih.gov/m/pubmed/29497485/>

citations: 24

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**Molecular Hydrogen Prevents Social Deficits and Depression-Like Behaviors Induced by Low-Intensity Blast in Mice**

Journal of Neuropathology and Experimental Neurology

<https://www.ncbi.nlm.nih.gov/m/pubmed/30053086/>

citations: 7

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**Hydrogen-rich water improves cognitive impairment gender-dependently in APP/PS1 mice without affecting A $\beta$  clearance**

Free Radical Research

<https://www.ncbi.nlm.nih.gov/m/pubmed/29683360/>

citations: 10

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**Hydrogen-rich saline attenuates isoflurane-induced caspase-3 activation and cognitive impairment via inhibition of isoflurane-induced oxidative stress, mitochondrial dysfunction, and reduction in ATP levels**

Journal of Translational Research

<https://www.ncbi.nlm.nih.gov/m/pubmed/28386342/>

citations: 17

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**Hydrogen-rich saline reverses oxidative stress, cognitive impairment, and mortality in rats submitted to sepsis by cecal ligation and puncture**

Journal of Surgical Research

<https://www.ncbi.nlm.nih.gov/m/pubmed/22482765/>

citations: 52

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**Hydrogen-rich saline protects against oxidative damage and cognitive deficits after mild traumatic brain injury**

Brain Research Bulletin

<https://www.ncbi.nlm.nih.gov/m/pubmed/22742936/>

citations: 59

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**Drinking Hydrogen Water Ameliorated Cognitive Impairment in Senescence-Accelerated Mice**

Journal of Clinical Biochemistry and Nutrition

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872234/#\\_ffn\\_sectitle](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872234/#_ffn_sectitle)

citations: 58

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**Molecular hydrogen stimulates the gene expression of transcriptional coactivator PGC-1 $\alpha$  to enhance fatty acid metabolism**

Nature

<https://www.nature.com/articles/npiamd20168>

citations: 33

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*"Our data provided important insights into one of the mechanisms by which H2 regulates signal transduction and gene expression; however, H2 might contribute to other types of signaling pathways as well because H2 regulates many genes belonging to various signaling pathways."*

**Molecular hydrogen regulates gene expression by modifying the free radical chain reaction-dependent generation of oxidized phospholipid mediators**

Nature

<https://www.nature.com/articles/srep18971>

citations: 72

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*"our study suggests that H2 can induce beneficial effects through mtUPR activation via epigenetic histone modification and by modification of gene expression"*

**Molecular hydrogen modulates gene expression via histone modification and induces the mitochondrial unfolded protein response**

Biochemical and Biophysical Research Communications


<https://www.ncbi.nlm.nih.gov/m/pubmed/28890349/>

citations: 16

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## mindfulness modulates mental health - therapeutic evidence

### vii. mindfulness modulates neuroplasticity and mental health

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

#### **Sahaja yoga in the management of moderate to severe asthma: a randomised controlled trial** **Thorax**

<https://thorax.bmj.com/content/57/2/110.short>

randomised controlled trial, double blind  
citations:

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#### **Mindfulness Meditation Modulates Pain Through Endogenous Opioids**

Medicine

<https://www.sciencedirect.com/science/article/pii/S0002934316303023>

randomised controlled trial, double blind  
citations:

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#### **Effects of a neuropsychology program based on mindfulness on Alzheimer's disease: randomized double-blind clinical study**

Europe PMC

<https://europepmc.org/abstract/med/24880524>

randomised controlled trial, double blind  
citations:

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#### **Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: a randomized, double-blind, controlled study**

PubMed

<https://www.ncbi.nlm.nih.gov/m/pubmed/17917468/>

randomised controlled trial, double blind  
citations:

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### **Mindfulness Training for Coping with Hot Flashes: Results of a Randomized Trial**

Menopause

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3123409/>

randomised controlled trial, double blind

citations:

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### **A randomised controlled trial of the effects of mindfulness practice on medical student stress levels**

Medical Education: Mindfulness Training

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1365-2923.2010.03877.x>

randomised controlled trial, single blind

citations:

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### **Randomized Controlled Trial of Yogic Meditation Techniques for Patients With Obsessive-Compulsive Disorder**

Social Phobia

<https://www.cambridge.org/core/journals/cns-spectrums/article/randomized-controlled-trial-of-yogic-meditation-techniques-for-patients-with-obsessivecompulsive-disorder/58279C562281FB7FEF7DB0951E734FF3>

randomised controlled trial, single blind

citations:

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### **Integrating Mindfulness into Positive Psychology: a Randomised Controlled Trial of an Online Positive Mindfulness Program**

Mindfulness

[https://www.researchgate.net/publication/305618985\\_Integrating\\_Mindfulness\\_into\\_Positive\\_Psychology\\_a\\_Randomised\\_Controlled\\_Trial\\_of\\_an\\_Online\\_Positive\\_Mindfulness\\_Program](https://www.researchgate.net/publication/305618985_Integrating_Mindfulness_into_Positive_Psychology_a_Randomised_Controlled_Trial_of_an_Online_Positive_Mindfulness_Program)

randomised controlled trial

citations:

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### **Mindfulness meditation and the immune system: a systematic review of randomized controlled trials**

Annals of the New York Academy of Sciences

<https://nyaspubs.onlinelibrary.wiley.com/doi/pdf/10.1111/nyas.12998>

randomised controlled trial

citations:

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**Randomised Controlled Trial of Yoga and Bio-feedback in management of hypertension**

The Lancet

<https://www.sciencedirect.com/science/article/pii/S0140673675900021>

randomised controlled trial

citations:

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**A randomised controlled trial of a brief online mindfulness-based intervention**

Behaviour Research and Therapy

<https://www.sciencedirect.com/science/article/abs/pii/S0005796713001149>

randomised controlled trial

citations:

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**Argentine tango dance compared to mindfulness meditation and a waiting-list control: A randomised trial for treating depression**

Complementary Therapies in Medicine

<https://www.sciencedirect.com/science/article/pii/S0965229912000891>

randomised controlled trial

citations:

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**Meditation Awareness Training (MAT) for Work-related Wellbeing and Job Performance: A Randomised Controlled Trial**

International Journal of Mental Health and Addiction

<https://link.springer.com/article/10.1007/s11469-014-9513-2>

randomised controlled trial

citations:

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**Treating fibromyalgia with mindfulness-based stress reduction: Results from a 3-armed randomized controlled trial**

Pain

<https://www.sciencedirect.com/science/article/pii/S0304395910006779>

randomised controlled trial

citations:

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**Mindfulness-based stress reduction for healthy individuals: A meta-analysis**

Journal of Psychosomatic Research

<https://www.sciencedirect.com/science/article/pii/S002239991500080X>

citations:

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### **Mindfulness-based therapy: A comprehensive meta-analysis**

Clinical Psychology Review

<https://www.sciencedirect.com/science/article/pii/S0272735813000731>

citations:

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### **The unique brain anatomy of meditation practitioners: alterations in cortical gyrification**

Frontiers in Human Neuroscience

<https://www.frontiersin.org/articles/10.3389/fnhum.2012.00034/full>

citations:

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### **Bridging the Hemispheres in Meditation: thicker callosal regions and enhanced fractional anisotropy (FA) in long-term practitioners**

Neuroimage

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3345952/>

citations:

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### **The Role of Mindfulness and Loving-Kindness Meditation in Cultivating Self-Compassion and Other-Focused Concern in Health Care Professionals**

Mindfulness

<https://link.springer.com/article/10.1007/s12671-012-0158-6>

citations:

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### **Loving-kindness meditation to enhance recovery from negative symptoms of schizophrenia**

Journal of Clinical Psychology

<https://onlinelibrary.wiley.com/doi/abs/10.1002/jclp.20591>

citations:

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### **Changing Your Brain and Generosity through Compassion Meditation Training**

Centre for Healthy Minds

<https://centerhealthyminds.org/science/studies/changing-your-brain-and-generosity-through-compassion-meditation-training>

citations:

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### **Buddha's Brain: Neuroplasticity and Meditation**

IEEE signal processing magazine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2944261/>

citations:

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**the epigenetics of happiness** - phase i-iii clinical study  
[Internet of Happiness \[IOH\]](#) | double blind, randomised controlled research | [return to index](#)





## **Occipital gamma activation during Vipassana meditation**

Cognitive Processing

<https://www.ncbi.nlm.nih.gov/pubmed/20013298/>

citations:

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## viii. mindfulness modulates connectedness

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 PEER REVIEWED TRIALS

### Human Heart Rhythms Synchronize While Co-sleeping

Frontiers in Physiology

<https://www.frontiersin.org/articles/10.3389/fphys.2019.00190/full>

randomized controlled trial

citations:

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### The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People

Brain; Values: Is a Biological Science of Values Possible

<https://www.heartmath.org/research/research-library/energetics/electricity-of-touch/>

citations:

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### Some Southern African Views on Interconnectedness with Special Reference to Indigenous Knowledge

African Journal of Indigenous Knowledge Systems

<https://www.heartmath.org/research/research-library/coherence/southern-african-views-interconnectedness-special-reference-indigenous-knowledge/>

citations:

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### The Global Coherence Initiative: A Global Psychological Paradigm for Health Promotion

Journal of Psychology in Africa

<https://www.heartmath.org/research/research-library/coherence/global-coherence-initiative-global-psychological-paradigm-health-promotion/>

citations:

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### Achieving Collective Coherence: Group Effects on Heart Rate Variability Coherence and Heart Rhythm Synchronization

Alternative Therapies in Health; Medicine

<https://www.heartmath.org/research/research-library/energetics/achieving-collective-coherence-group-effects-on-heart-rate-variability-coherence-hrvc/>

citations:

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**New Frontiers in Heart Rate Variability and Social Coherence Research: Techniques, Technologies, and Implications for Improving Group Dynamics and Outcomes**

Frontiers in Public Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5643505/>

citations:

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**The Global Coherence Initiative: Creating a Coherent Planetary Standing Wave**

Global Advances in Health and Medicine

<https://www.heartmath.org/research/research-library/basic/gci-creating-a-coherent-planetary-standing-wave/>

citations:

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**Does collective meditation foster trust and trustworthiness in an investment game?**



International Review of Economics

<https://link.springer.com/article/10.1007/s12232-016-0259-y>

citations:

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## ix. mindfulness and biofeedback modulate heart rate variability and the vagus nerve

GRADE	LEVEL OF EVIDENCE
 	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

### **Coherence Training in Children with Attention-Deficit Hyperactivity Disorder: Cognitive Functions and Behavioral Changes**

Alternative Therapies in Health and Medicine

<https://www.heartmath.org/research/research-library/educational/coherence-training-in-children-with-adhd-cognitive-functions-and-behavioral-changes/>

randomised controlled trial, double blind

citations:

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### **Yoga and heart rate variability: A comprehensive review of the literature**

International Journal of Yoga

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4959333/>

randomised controlled trial

citations:

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### **Effect of an office worksite-based yoga program on heart rate variability: outcomes of a randomized controlled trial**

BMC Complimentary Alternative Medicine

<https://www.ncbi.nlm.nih.gov/pubmed/23574691>

randomised controlled trial

citations:

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### **Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study**

BMC Psychiatry

<https://www.ncbi.nlm.nih.gov/pubmed/20193089>

randomised controlled trial

citations:

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**Effective and viable mind-body stress reduction in the workplace: a randomized controlled trial**

Journal of Occupational Health Psychology

<https://www.ncbi.nlm.nih.gov/pubmed/22352291>

randomised controlled trial

citations:

**Resting heart rate variability after yogic training and swimming: A prospective randomized comparative trial**

International Journal of Yoga

<https://www.ncbi.nlm.nih.gov/pubmed/26170587>

randomised controlled trial

citations:

**Yoga respiratory training improves respiratory function and cardiac sympathovagal balance in elderly subjects: a randomised controlled trial**

BMJ Open

<https://www.ncbi.nlm.nih.gov/pubmed/22021757>

randomised controlled trial

citations:

**Yoga for Heart Rate Variability: A Systematic Review and Meta-analysis of Randomized Clinical Trials**

Applied Psychophysiology Biofeedback

<https://www.ncbi.nlm.nih.gov/pubmed/26059998>

randomised controlled trial

citations:

**Effects of Heart Rate Variability Coherence Biofeedback Training and Emotional Management Techniques to Decrease Music Performance Anxiety**

Biofeedback

<https://www.heartmath.org/research/research-library/educational/effects-of-hrv-coherence-biofeedback-training-and-emotional-management-techniques-to-decrease-music-performance-anxiety/>

randomised controlled trial

citations:



### **Facilitating Emotional Self-Regulation in Preschool Children: Efficacy of the Early HeartSmarts Program in Promoting Social, Emotional and Cognitive Development**

HeartMath Research Center, Institute of HeartMath

<https://www.heartmath.org/research/research-library/educational/facilitating-emotional-self-regulation-in-preschool-children/>

randomised controlled trial  
citations:  
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### **Resilience Training Program Reduces Physiological and Psychological Stress in Police Officers**

Global Advances in Health and Medicine

<https://www.heartmath.org/research/research-library/organizational/resilience-training-program-reduces-physiological-and-psychological-stress-in-police-officers/>

randomised controlled trial  
citations:  
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### **Heart Rate Variability: New Perspectives on Physiological Mechanisms, Assessment of Self-regulatory Capacity, and Health risk**

Global Advances in Health and Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4311559/>

citations:  
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### **Dynamic correlations between heart and brain rhythm during Autogenic meditation**

Frontiers in Human Neuroscience

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3728977/>

citations:  
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### **The Grateful Heart: The Psychophysiology of Appreciation**

New York: Oxford University Press

<https://www.heartmath.org/research/research-library/basic/grateful-heart-the-psychophysiology-of-appreciation/>

citations:  
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### **Applying Resilience Promotion Training Among Special Forces Police Officers**

Sage and Open Access

<https://www.heartmath.org/research/research-library/organizational/applying-resilience-promotion-training-among-special-forces-police-officers/>

citations:  
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**Stress Management Based on Trait-Anxiety Levels and Sleep Quality in Middle-Aged Employees Confronted with Psychosocial Chronic Stress**

Psychology

<https://www.heartmath.org/research/research-library/organizational/stress-management-based-on-trait-anxiety-levels-and-sleep-quality/>

citations:

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**Heart rate variability – a historical perspective**

Frontiers in Physiology

<https://www.frontiersin.org/articles/10.3389/fphys.2011.00086/full>

citations:

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**A Healthy Heart is Not a Metronome: An Integrative Review of the Heart's Anatomy and Heart Rate Variability**

Frontiers in Psychology

<https://www.heartmath.org/research/research-library/basic/a-healthy-heart-is-not-a-metronome/>

citations:

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**Personality and Heart Rate Variability: Exploring Pathways from Personality to Cardiac Coherence and Health**

Open Journal of Social Sciences

<https://www.heartmath.org/research/research-library/basic/personality-and-heart-rate-variability/>

citations:

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**Heart rate variability, trait anxiety, and perceived stress among physically fit men and women**

International Journal of Psychophysiology

<https://www.sciencedirect.com/science/article/abs/pii/S0167876000000854>

citations:

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**Anxiety disorders are associated with reduced heart rate variability: a meta-analysis**

Frontiers in Psychiatry

<https://www.frontiersin.org/articles/10.3389/fpsyt.2014.00080/full>

citations:

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**Heart rate variability (HRV) in adolescent females with anxiety disorders and major depressive disorder**

Acta Paediatrica

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1651-2227.2009.01657.x>

citations:

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**The Effect of Heart Rate Variability Biofeedback on Performance Psychology of Basketball Players**

Applied Psychophysiology and Biofeedback

<https://link.springer.com/article/10.1007/s10484-012-9185-2>

citations:

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**Heart Rate Variability, Flow, Mood and Mental Stress During Yoga Practices in Yoga Practitioners, Non-yoga Practitioners and People with Metabolic Syndrome**

Applied Psychophysiology and Biofeedback

<https://link.springer.com/article/10.1007/s10484-016-9340-2>

citations:

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**Psychophysiological Correlates of Flow-Experience**

Advances in Flow Research

[https://link.springer.com/chapter/10.1007/978-1-4614-2359-1\\_8](https://link.springer.com/chapter/10.1007/978-1-4614-2359-1_8)

citations:

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**Impact of Depression and Antidepressant Treatment on Heart Rate Variability: A Review and Meta-Analysis**

Biological Psychiatry

<https://www.sciencedirect.com/science/article/pii/S0006322309014498>

citations:

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European Journal of Applied Physiology

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Psychiatry Research

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Human Brain Mapping

<https://onlinelibrary.wiley.com/doi/abs/10.1002/hbm.23340>

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## x. social media data predicts mental illness + AI chatbots modulate mental health

GRADE	LEVEL OF EVIDENCE
 	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

### Delivering Cognitive Behavior Therapy to Young Adults With Symptoms of Depression and Anxiety Using a Fully Automated Conversational Agent (Woebot): A Randomized Controlled Trial

JMIR Mental Health

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randomised controlled trial

citations:

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JMIR Research Protocols

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JMIR Mental Health

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ASE BIGDATA/SOCIALCOM/CYBERSECURITY Conference, Stanford University

<http://web.cs.wpi.edu/~emmanuel/publications/PDFs/C30.pdf>

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University of Quebec in Montreal (UQAM)

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PLoS One

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Human Language Technology Center of Excellence, Johns Hopkins University

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<https://epjdatascience.springeropen.com/articles/10.1140/epjds/s13688-017-0110-z>

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[Internet of Happiness](#) [ I o H ] | double blind, randomised controlled research | [return to index](#)



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Journal of Medical Internet Research

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Health Affairs

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JAMIA

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Frontiers in Psychology

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Journal of Medical Systems

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[Internet of Happiness](#) [ I o H ] | double blind, randomised controlled research | [return to index](#)



**Supported Internet-Delivered Cognitive Behavioral Therapy Programs for Depression, Anxiety, and Stress in University Students: Open, Non-Randomised Trial of Acceptability, Effectiveness, and Satisfaction**

JMIR Mental Health

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## mindfulness modulates mental health in at risk communities

### xi. mindfulness and mantra modulate mental health for refugees



#### **Significant Reductions in Posttraumatic Stress Symptoms in Congolese Refugees Within 10 days of Transcendental Meditation Practice**

Journal of Traumatic Stress

<https://onlinelibrary.wiley.com/doi/full/10.1002/jts.21883>

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Journal of Traumatic Stress

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The Arts in Psychotherapy

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#### **Inhabited studio: Art therapy and mindfulness, resilience, adversity and refugees**

International Journal of Art Therapy

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Cognitive and Behavioural Practice

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Culture, Medicine, and Psychiatry

<https://link.springer.com/article/10.1007/s11013-011-9218-y>

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Journal of Immigrant and Minority Health

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Cognitive and Behavioural Practice

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### **transcendental meditation research via David Lynch Foundation**

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#### **Benefits to Veterans**

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- \* Greater resistance to stress, Psychosomatic Medicine 35: 341-349, 1973
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1. Aids Care 25 (2013) 1291-7.
2. SF AIDS Foundation/Maharishi University of Management. Submitted for publication.

### **xiii. mindfulness modulates mental health for at risk youth including homeless, incarcerated & indigenous**

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

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Social Work with Groups

[https://www.tandfonline.com/doi/abs/10.1300/J009v24n03\\_09](https://www.tandfonline.com/doi/abs/10.1300/J009v24n03_09)

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Journal of Evidence-Based Integrative Medicine

<https://journals.sagepub.com/doi/full/10.1177/2156587217696928>

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#### **Inner Resources for Survival: Integrating Interpersonal Psychotherapy with Spiritual Visualization with Homeless Youth**

Journal of Religion and Health

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Journal of Advanced Nursing

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#### **Studies of resilience among youth experiencing homelessness: A systematic review**

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Healthy Behaviour and Policy Review

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Journal of the Society for Social Work and Research

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**Translating and Implementing a Mindfulness-Based Youth Suicide Prevention Intervention in a Native American Community**

Journal of Child and Family Studies

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Journal of Abnormal Child Psychology

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Early Intervention in Psychiatry

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Child Development Perspectives

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Journal of Abnormal Child Psychology

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Journal of Child and Family Studies

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Journal of Child and Family Studies

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BiomedCentral

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GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 DOUBLE BLIND, RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

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## **xv. smart phones, social media & blockchain empower homeless including refugees, Indigenous Australians & armed servicemen & women with PTSD**



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Accan

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Accan

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Good News Movement

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Journal of Urban Affairs

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Journal of Computer-Mediated Communication

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Child and Adolescent Psychiatry

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IEEE

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Telemedicine and E-Health

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Families and Society Connection

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MIT Technology Review

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Hackernoon

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UNHCR

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Breaker Mag

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WFP

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Political context and ethical challenges

Keesing

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Journal of International Humanitarian Action

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Barcelona Tech

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International Conference on Computer, Communication, Chemical, Materials and Electronic Engineering

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Advanced Computing

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Communications Matters

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Science Translational Medicine

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International Journal of Media and Culture

<https://www.tandfonline.com/doi/abs/10.1080/15405702.2017.1413191>

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Journal of Immigrant and Refugee Studies

<https://www.tandfonline.com/doi/abs/10.1080/15562948.2013.856510>

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**The Role of Digital Literacy Practices on Refugee Resettlement**

Journal of Adolescent and Adult Literacy

<https://ila.onlinelibrary.wiley.com/doi/pdf/10.1002/jaal.254>

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**GeeBot: A Robotic Platform for Refugee Integration**

IEEE International Conference on Human-Robot Interaction

<https://dl.acm.org/citation.cfm?id=3177833>

citations:

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**Leveraging Technology for Refugee Integration: How can we help?**

AIS

<https://aisel.aisnet.org/icis2016/Panels/Presentations/5/>

citations:

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**Refugee Selfies and the (Self-)Representation of Disenfranchised Social Groups**

Media Fields Journal

[https://www.researchgate.net/profile/loana\\_Literat/publication/313599385\\_Refugee\\_Selfies\\_and\\_the\\_Self-Representation\\_of\\_Disenfranchised\\_Social\\_Groups/links/589f401a92851c7fb4bdec97/Refugee-Selfies-and-the-Self-Representation-of-Disenfranchised-Social-Groups.pdf](https://www.researchgate.net/profile/loana_Literat/publication/313599385_Refugee_Selfies_and_the_Self-Representation_of_Disenfranchised_Social_Groups/links/589f401a92851c7fb4bdec97/Refugee-Selfies-and-the-Self-Representation-of-Disenfranchised-Social-Groups.pdf)

citations:

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**Digital Humanitarianism:**

**How tech entrepreneurs are supporting refugee integration**

Transatlantic Council on Migration

<https://www.migrationpolicy.org/sites/default/files/publications/TCM-Asylum-Benton-FINAL.pdf>

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### **Syrian Refugees and the Digital Passage to Europe: Smartphone Infrastructures and Affordances**

Social Media and Society

<https://journals.sagepub.com/doi/full/10.1177/2056305118764440>

citations:

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### **Connectivity for refugees**

UNHCR Innovation Service

<https://www.unhcr.org/innovation/connectivity-for-refugees/>

citations:

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### **The Importance of mobile for refugees: a landscape of new services and approaches**

GSMA

<https://www.gsma.com/mobilefordevelopment/resources/the-importance-of-mobile-for-refugees-a-landscape-of-new-services-and-approaches/>

citations:

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### **Connecting Refugees: How Internet and Mobile Connectivity can Improve Refugee Well-Being and Transform Humanitarian Action**

UNHCR

<https://www.unhcr.org/en-au/5770d43c4.pdf#zoom=95>

citations:

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### **Internet Connectivity seen as having a positive impact on life in Sub-Saharan Africa**

PEW

<https://www.pewglobal.org/2018/10/09/majorities-in-sub-saharan-africa-own-mobile-phones-but-smartphone-adoption-is-modest/>

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### **The Mobile Economy Sub-Saharan Africa 2018**

GSMA

<https://www.gsma.com/r/mobileeconomy/sub-saharan-africa/>

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### **Africa could be the next frontier for cryptocurrency**

UN Africa Renewal

<https://www.un.org/africarenewal/magazine/april-2018-july-2018/africa-could-be-next-frontier-cryptocurrency>

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### **Social media and digital technology use among Indigenous young people in Australia: a literature review**

International Journal of Equity in Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4881203/>

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### **Aboriginal and Torres Strait Islander Census**

ABS

<https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/0islander%20Population%20Article~12>

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### **Aboriginal use of social media**

Creative Spirits

<https://www.creativespirits.info/aboriginalculture/media/aboriginal-use-of-social-media>

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### **Technology Use and Wellbeing Report**

Department of Veterans' Affairs

<https://www.dva.gov.au/health-and-wellbeing/research-and-development/health-studies/technology-use-and-wellbeing-report>

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### **DVA has developed a range of apps and websites to assist in maintaining mental and physical health of veterans and their families**

Department of Veteran Affairs

<https://at-ease.dva.gov.au/resources/mobile-apps>

citations:

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**AT-Ease is the Australian Government's health and wellbeing portal for veterans and their families. AT-Ease provides tailored mental health and wellbeing resources for the serving and ex-serving community**

Department of Veteran Affairs


<https://at-ease.dva.gov.au>

citations:

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## xvi. mental health risks, policy interventions and statistics for homeless including refugees

GRADE	LEVEL OF EVIDENCE
	ROBUST RESEARCH WITH AT LEAST 3 RANDOMISED CONTROLLED TRIALS PLUS SUPPORTING PEER REVIEWED TRIALS

*"116,427 people were counted in the Census as being homeless on Census night (up from 102,439 in 2011)"*

*"20% (or 23,437) are Aboriginal and Torres Strait Islander Australians (down from 26% in 2011)"*

*"30% are born overseas."*

### Homelessness statistics

Homelessness Australia

<https://www.homelessnessaustralia.org.au/about/homelessness-statistics>

citations:

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*"77,569 clients with a mental health issue received specialist homelessness services in 2016-17"*

### Mental health services in Australia: in brief 2018

Australian Institute of Health and Welfare

<https://www.aihw.gov.au/reports/mental-health-services/mental-health-services-in-australia-in-brief-2018/contents/table-of-contents>

citations:

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### Prevalence of psychological distress and psychiatric disorders among homeless youth in Australia: a comparative review

Australian and New Zealand Journal of Psychiatry

<https://www.tandfonline.com/doi/abs/10.1046/j.1440-1614.2001.00910.x>

citations:

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### Lifetime Prevalence of Trauma among Homeless People in Sydney

Australian and New Zealand Journal of Psychiatry

<https://journals.sagepub.com/doi/abs/10.1080/000486700270>

citations:

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### **Psychiatric Disorders in Homeless Men and Women in Inner Sydney**

Australian and New Zealand Journal of Psychiatry

<https://journals.sagepub.com/doi/abs/10.1080/j.1440-1614.2004.01322.x>

citations:

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### **Indicator 19: Prevalence of mental illness among homeless populations**

Australian Federal Government: Health

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/mental-pubs-n-report13-toc~mental-pubs-n-report13-3~mental-pubs-n-report13-3-4~mental-pubs-n-report13-3-4-ind19>

citations:

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### **Home Truths: Mental Health, Housing and Homelessness in Australia**

Mental Health Council of Australia

[https://mhaustralia.org/sites/default/files/imported/component/rsfiles/publications/MHCA\\_Home\\_Truths\\_Layout\\_FINAL.pdf](https://mhaustralia.org/sites/default/files/imported/component/rsfiles/publications/MHCA_Home_Truths_Layout_FINAL.pdf)

citations:

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### **Fact Sheet on the protection of Australia's so-called "legacy caseload" asylum-seekers**

UNHCR

<https://www.unhcr.org/en-au/5ac5790a7.pdf#zoom=95>

citations:

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*"The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is concerned about the inadequate provision of mental health services to asylum seekers and refugees, and calls for policy change to improve mental health outcomes"*

### **The provision of mental health services for asylum seekers and refugees**

The Royal Australian and New Zealand College of Psychiatrists

<https://www.ranzcp.org/news-policy/policy-submissions-reports/document-library/the-provision-of-mental-health-services-for-asylum>

citations:

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### **The mental health status of refugees and asylum seekers attending a refugee health clinic including comparisons with a matched sample of Australian-born residents**

BMC Psychiatry

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5320723/>

citations:

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**No Refuge from Terror: The Impact of Detention on the Mental Health of Trauma-affected Refugees Seeking Asylum in Australia**

Transcultural Psychiatry

<https://journals.sagepub.com/doi/abs/10.1177/1363461507081637>

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**The impact of fear for family on mental health in a resettled Iraqi refugee community**

Journal of Psychiatric Research

<https://www.sciencedirect.com/science/article/pii/S0022395609001824>

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**Association of Torture and Other Potentially Traumatic Events With Mental Health Outcomes Among Populations Exposed to Mass Conflict and Displacement: A Systematic Review and Meta-analysis**

JAMA

<https://jamanetwork.com/journals/jama/article-abstract/184348>

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**Change in visa status amongst Mandaean refugees: Relationship to psychological symptoms and living difficulties**

Psychiatry Research

<https://www.sciencedirect.com/science/article/pii/S0165178110007833>

citations:

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**Torture, Mental Health Status and the Outcomes of Refugee Applications among Recently Arrived Asylum Seekers in Australia**

Emerald Insights

<https://www.emeraldinsight.com/doi/abs/10.1108/17479894200600002>

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**Asylum, Detention, and Mental Health in Australia**

Refugee Survey Quarterly

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**Trauma, PTSD and the longer-term mental health burden amongst Vietnamese refugees. A comparison with the Australian-born population**

Social Psychiatry and Psychiatric Epidemiology

<https://link.springer.com/article/10.1007%2Fs00127-007-0194-z>

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Transcultural Psychiatry

<https://journals.sagepub.com/doi/10.1177/1363461507081637>

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**Trauma, Post-Migration Living Difficulties, and Social Support as Predictors of Psychological Adjustment in Resettled Sudanese Refugees**

Australian and New Zealand Journal of Psychiatry

<https://journals.sagepub.com/doi/10.1080/j.1440-1614.2006.01766.x>

citations:

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*"The research revealed that 75% of temporary protection visa holders and 61% of permanent protection visa holders experienced the murder of family or a friend"*

**Impact of immigration detention and temporary protection on the mental health of refugees  
Cambridge Core**

<https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/impact-of-immigration-detention-and-temporary-protection-on-the-mental-health-of-refugees/B6914BF421D202CE4474C5F757BC541E/core-reader>

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## xvii. mental health risks, policy interventions and statistics for Indigenous Australians



*"Indigenous Australians are nearly three times more likely to be psychologically distressed than non-Indigenous Australians"*

### **Australian Aboriginal and Torres Strait Islander Health Survey: First Results, Australia, 2012-13**

Australian Bureau of Statistics

<https://www.abs.gov.au/ausstats/abs@.nsf/mf/4727.0.55.001>

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### **Working Together: Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice**

Australian Government Department of Health and Ageing

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.395.192&rep=rep1&type=pdf#page=225>

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### **Disadvantage and discontent: A review of issues relevant to the mental health of rural and remote Indigenous Australians**

Australian Journal of Rural Health

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1440-1584.2007.00869.x>

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Australian and New Zealand Journal of Psychiatry

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### **Mental health of Indigenous Australians: a review of findings from community surveys**

Medical Journal of Australia

<https://onlinelibrary.wiley.com/doi/abs/10.5694/mja11.10041>

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**Engagement of Indigenous clients in mental health services: What role do cultural differences play?**

Australian e-Journal for the advancement of Mental Health

<https://www.tandfonline.com/doi/abs/10.5172/jamh.3.3.88?journalCode=ramh19>

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International Journal of Mental Health Nursing

<https://onlinelibrary.wiley.com/doi/pdf/10.1046/j.1440-0979.2001.00189.x>

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**Exploration of Australian and New Zealand indigenous people's spirituality and mental health**

Australian Occupational Therapy Journal

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1440-1630.2005.00507.x>

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**Mental health first aid for Indigenous Australians: using Delphi consensus studies to develop guidelines for culturally appropriate responses to mental health problems**

BMC Psychiatry

<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/1471-244X-9-47>

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**Barriers and facilitators to the utilization of adult mental health services by Australia's Indigenous people: Seeking a way forward**

International Journal of Mental Health Nursing

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1447-0349.2009.00647.x>

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## xviii. mental health risks, policy interventions and statistics for armed servicemen and women with PTSD



### Transition and Wellbeing Research Programme

Department of Veterans' Affairs

<https://www.dva.gov.au/health-and-wellbeing/research-and-development/social-research/transition-and-wellbeing-research>

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### The next post: Young people transitioning from military service and their mental health

Orygen

<https://www.orygen.org.au/thenextpost>

citations:

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### Mental health of Australian Defence Force members and veterans

Foreign Affairs, Defence and Trade References Committee

[https://www.aph.gov.au/Parliamentary\\_Business/Committees/Senate/Foreign\\_Affairs\\_Defence\\_and\\_Trade/ADF\\_Mental\\_Health/~media/Committees/fadt\\_ctte/ADF\\_Mental\\_Health/report.pdf](https://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Foreign_Affairs_Defence_and_Trade/ADF_Mental_Health/~media/Committees/fadt_ctte/ADF_Mental_Health/report.pdf)

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### Genomewide DNA methylation analysis in combat veterans reveals a novel locus for PTSD

Acta Psychiatrica Scandinavica

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### Time-course of PTSD symptoms in the Australian Defence Force: a retrospective cohort study

Epidemiology and Psychiatric Sciences

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**Similarities between military and medical service: stigma of seeking mental health assistance**

Journal of Royal Army Medical Corps

<https://jramc.bmj.com/content/early/2018/05/15/jramc-2018-000975.abstract>

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**The Course and Correlates of Combat-Related PTSD in Australian Vietnam Veterans in the Three Decades After the War**

Journal of Traumatic Stress

<https://onlinelibrary.wiley.com/doi/abs/10.1002/jts.22160>

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**Combat, posttraumatic stress disorder and health of australian vietnam veteran conscripts and volunteers in the three decades after return**

Journal of Military and Veterans Health

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**The intergenerational transference of Post-Traumatic Stress Disorder amongst children and grandchildren of Vietnam veterans in Australia: An argument for a genetic origin. Review of current literature**

Social Change in the 21st Century Conference; Centre for Social Change Research; Queensland University of Technology

<http://eprints.qut.edu.au/650/>

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International Journal of Epidemiology

<https://academic.oup.com/ije/article/25/2/331/688302>

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**The DRD2 gene 957C>T polymorphism is associated with Posttraumatic Stress Disorder in war veterans**

Depression and Anxiety

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**Randomised controlled trial of health assessments for older Australian veterans and war widows**

Medical Journal of Australia

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**Partnering With Communities to Address the Mental Health Needs of Rural Veterans**

The Journal of Rural Health

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1748-0361.2011.00362.x>

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