

Conditions In Which Meditation Has Been Used

Anxiety (Kabat-Zinn & Massion, 1992; Miller et al., 1995)
Asthma (Wilson, Hansberger, Chin, & Novey, 1975)
Carotid atherosclerosis (Castillo-Richmond et al., 2000)
Cancer (Carlson et al, 2004; Speca et al, 2000);
Chronic pain (Kabat-Zinn & Massion, 1982; Kabat-Zinn, Lipworth & Burney, 1985)
Coronary artery disease (Zamarra, Schneider, Bessaghini, Robinson, & Salerno, 1996)
Coronary care units (Guzzetta, 1989)
Depression (Teasdale et al, 2000)
Diagnostic procedures (Frenn, Fehring, & Kartes, 1986)
Drug abuse (Shafii, 1973)
Fibromyalgia (Astin et al, 2003)
Headache (Benson, Klemchuk, & Graham, 1974)
HIV/AIDS (Robinson et al, 2003)
Hypertension (Schneider et al., 1996)
Irritable Bowel Syndrome (Keefer et al, 2002)
Organ Transplantation (Kreitzer et al, 2004)
Psoriasis (Kabat-Zinn et al., 1998)
Psychotherapy (Bogart, 1991)