

## **Übersicht über zusammenfassende Studien zu Achtsamkeit und Meditation**

Zusammengestellt von Dr. Boris Bornemann, 05.03.2024

Bei den ausgewählten Arbeiten handelt es sich überwiegend um Meta-Analysen. In ihnen werden die Ergebnisse aller Forschungsarbeiten zusammengefasst, die zum Erstellungszeitpunkt zu einem bestimmten Thema vorhanden waren. Sie werden statistisch aggregiert – unter Berücksichtigung von Stichprobengröße und mit Hinblick auf mögliche Verzerrungseffekte - so dass sich die Größe eines Effektes besser abschätzen lässt als aus Einzelstudien.

### **Gute Übersichtsstudien zu allgemeinen Effekten von Achtsamkeitsschulung**

Eberth, J., & Sedlmeier, P. (2012). The effects of mindfulness meditation: a meta-analysis. *Mindfulness*, 3(3), 174-189.

Khoury, B., Sharma, M., Rush, S. E., & Fournier, C. (2015). Mindfulness-based stress reduction for healthy individuals: a meta-analysis. *Journal of psychosomatic research*, 78(6), 519-528.

Muehsam, D., Lutgendorf, S., Mills, P. J., Rickhi, B., Chevalier, G., Bat, N., ... & Gurfein, B. (2017). The embodied mind: a review on functional genomic and neurological correlates of mind-body therapies. *Neuroscience & Biobehavioral Reviews*, 73, 165-181.

### **Zu Freundlichkeitsmeditation und Selbstmitgefühls-Interventionen**

Galante, J., Galante, I., Bekkers, M. J., & Gallacher, J. (2014). Effect of kindness-based meditation on health and well-being: a systematic review and meta-analysis. *Journal of consulting and clinical psychology*, 82(6), 1101.

Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: A meta-analysis of RCTs. *Mindfulness*, 10, 1455-1473.

### **Klassifikationen von Meditations- / Achtsamkeitsstilen**

Lutz, A., Slagter, H. A., Dunne, J. D., & Davidson, R. J. (2008). Attention regulation and monitoring in meditation. *Trends in cognitive sciences*, 12(4), 163-169.

Lutz, A., Jha, A. P., Dunne, J. D., & Saron, C. D. (2015). Investigating the phenomenological matrix of mindfulness-related practices from a neurocognitive perspective. *American Psychologist*, 70(7), 632.

Dahl, C. J., Lutz, A., & Davidson, R. J. (2015). Reconstructing and deconstructing the self: cognitive mechanisms in meditation practice. *Trends in cognitive sciences*, 19(9), 515-523.

### **Zur Messung von Achtsamkeit**

Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism*, 12(1), 241-261.

### **Effekte auf die Aufmerksamkeit**

Yakobi, O., Smilek, D., & Danckert, J. (2021). The effects of mindfulness meditation on attention, executive control and working memory in healthy adults: A meta-analysis of randomized controlled trials. *Cognitive Therapy and Research*, 1-18.

Sumantry, D., & Stewart, K. E. (2021). Meditation, mindfulness, and attention: A meta-analysis. *Mindfulness*, 1-18.

### **Effekte auf Hirnstruktur- und funktion**

Fox, K. C., Nijeboer, S., Dixon, M. L., Floman, J. L., Ellamil, M., Rumak, S. P., ... & Christoff, K. (2014). Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners. *Neuroscience & Biobehavioral Reviews*, *43*, 48-73.

Fox, K. C., Dixon, M. L., Nijeboer, S., Girn, M., Floman, J. L., Lifshitz, M., ... & Christoff, K. (2016). Functional neuroanatomy of meditation: A review and meta-analysis of 78 functional neuroimaging investigations. *Neuroscience & Biobehavioral Reviews*, *65*, 208-228.

### **Effekte auf Kortisol (Stresshormon)**

Koncz, A., Demetrovics, Z., & Takacs, Z. K. (2021). Meditation interventions efficiently reduce cortisol levels of at-risk samples: a meta-analysis. *Health psychology review*, *15*(1), 56-84.

### **Effekte auf Telomeraseaktivität und Telomere (Chromosomenenden und restaurierendes Enzym)**

Schutte, N. S., & Malouff, J. M. (2014). A meta-analytic review of the effects of mindfulness meditation on telomerase activity. *Psychoneuroendocrinology*, *42*, 45-48.

Schutte, N. S., Malouff, J. M., & Keng, S. L. (2020). Meditation and telomere length: a meta-analysis. *Psychology & health*, *35*(8), 901-915.

### **Effekte auf interozeptive Genauigkeit (objektiv gemessene Fähigkeit, den eigenen Körper zu spüren)**

Treves, I. N., Tello, L. Y., Davidson, R. J., & Goldberg, S. B. (2019). The relationship between mindfulness and objective measures of body awareness: A meta-analysis. *Scientific reports*, *9*(1), 1-12.

### **Effekte aufs Immunsystem**

Black, D. S., & Slavich, G. M. (2016). Mindfulness meditation and the immune system: a systematic review of randomized controlled trials. *Annals of the New York Academy of Sciences*, *1373*(1), 13.

### **Effekte auf prosoziales Verhalten**

Donald, J. N., Sahdra, B. K., Van Zanden, B., Duineveld, J. J., Atkins, P. W., Marshall, S. L., & Ciarrochi, J. (2019). Does your mindfulness benefit others? A systematic review and meta-analysis of the link between mindfulness and prosocial behaviour. *British Journal of Psychology*, *110*(1), 101-125.

### **Effekte auf den Schlaf:**

Rusch, H. L., Rosario, M., Levison, L. M., Olivera, A., Livingston, W. S., Wu, T., & Gill, J. M. (2019). The effect of mindfulness meditation on sleep quality: a systematic review and meta-analysis of randomized controlled trials. *Annals of the New York Academy of Sciences*, *1445*(1), 5.

Beachte hierzu auch den interessanten Review von Britton und anderen:

Britton, W. B., Lindahl, J. R., Cahn, B. R., Davis, J. H., & Goldman, R. E. (2014). Awakening is not a metaphor: the effects of Buddhist meditation practices on basic wakefulness. *Annals of the New York Academy of Sciences*, *1307*(1), 64-81.

### **Effekte auf Beziehungsqualität:**

McGill, J., Adler-Baeder, F., & Rodriguez, P. (2016). Mindfully in love: A meta-analysis of the association between mindfulness and relationship satisfaction. *Journal of Human Sciences and Extension*, *4*(1), 7.

Quinn-Nilas, C. (2020). Self-reported trait mindfulness and couples' relationship satisfaction: A meta-analysis. *Mindfulness, 11*, 835-848.

### **Zusammenhang mit Kreativität**

Lebuda, I., Zabelina, D. L., & Karwowski, M. (2016). Mind full of ideas: A meta-analysis of the mindfulness-creativity link. *Personality and Individual Differences, 93*, 22-26.

### **Zum Psychotherapeutischen Einsatz allgemein**

Khoury, B., Lecomte, T., Fortin, G., Masse, M., Therien, P., Bouchard, V., ... & Hofmann, S. G. (2013). Mindfulness-based therapy: a comprehensive meta-analysis. *Clinical psychology review, 33*(6), 763-771.

### **Reduktion von depressiven Symptomen und (Nach)Behandlung von Depression:**

Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Kearney, D. J., & Simpson, T. L. (2019). Mindfulness-based cognitive therapy for the treatment of current depressive symptoms: a meta-analysis. *Cognitive behaviour therapy, 48*(6), 445-462.

Blanck, P., Perleth, S., Heidenreich, T., Kröger, P., Ditzen, B., Bents, H., & Mander, J. (2018). Effects of mindfulness exercises as stand-alone intervention on symptoms of anxiety and depression: Systematic review and meta-analysis. *Behaviour Research and Therapy, 102*, 25-35.

McCartney, M., Nevitt, S., Lloyd, A., Hill, R., White, R., & Duarte, R. (2021). Mindfulness-based cognitive therapy for prevention and time to depressive relapse: Systematic review and network meta-analysis. *Acta Psychiatrica Scandinavica, 143*(1), 6-21.

Reangsing, C., Punsuwun, S., & Schneider, J. K. (2021). Effects of mindfulness interventions on depressive symptoms in adolescents: A meta-analysis. *International journal of nursing studies, 115*, 103848.

Reangsing, C., Rittiwong, T., & Schneider, J. K. (2021). Effects of mindfulness meditation interventions on depression in older adults: A meta-analysis. *Aging & Mental Health, 25*(7), 1181-1190.

s. Hofmann et al. in der Sektion zu Angststörungen

### **Behandlung von Angststörungen und Reduktion ängstlicher Symptome**

Vøllestad, J., Nielsen, M. B., & Nielsen, G. H. (2012). Mindfulness-and acceptance-based interventions for anxiety disorders: A systematic review and meta-analysis. *British journal of clinical psychology, 51*(3), 239-260.

s. Blanck et al. in der Sektion zu depressiven Symptomen

Borquist-Conlon, D. S., Maynard, B. R., Brendel, K. E., & Farina, A. S. (2019). Mindfulness-based interventions for youth with anxiety: A systematic review and meta-analysis. *Research on Social Work Practice, 29*(2), 195-205.

Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of consulting and clinical psychology, 78*(2), 169.

Ren, Z., Zhang, Y., & Jiang, G. (2018). Effectiveness of mindfulness meditation in intervention for anxiety: A meta-analysis. *Acta Psychologica Sinica, 50*(3), 283.

Haller, H., Breilmann, P., Schröter, M., Dobos, G., & Cramer, H. (2021). A systematic review and meta-analysis of acceptance-and mindfulness-based interventions for DSM-5 anxiety disorders. *Scientific reports*, 11(1), 20385.

### **Effekte auf Schmerzen**

Hilton, L., Hempel, S., Ewing, B. A., Apaydin, E., Xenakis, L., Newberry, S., ... & Maglione, M. A. (2017). Mindfulness meditation for chronic pain: systematic review and meta-analysis. *Annals of behavioral medicine*, 51(2), 199-213.

Bawa, F. L. M., Mercer, S. W., Atherton, R. J., Clague, F., Keen, A., Scott, N. W., & Bond, C. M. (2015). Does mindfulness improve outcomes in patients with chronic pain? Systematic review and meta-analysis. *British Journal of General Practice*, 65(635), e387-e400.

### **Effekte auf biologisch relevante Parameter bei Krebserkrankungen**

Matiz, A., Scaggiante, B., Conversano, C., Gemignani, A., Pascoletti, G., Fabbro, F., & Crescentini, C. (2024). The effect of mindfulness-based interventions on biomarkers in cancer patients and survivors: A systematic review. *Stress and Health*, e3375.

### **Effekte bei Schizophrenie**

Qin, K., Yu, Y., Cai, H., Li, J., Zeng, J., & Liang, H. (2024). Effectiveness of mindfulness-based intervention in schizophrenia: A meta-analysis of randomized controlled trials. *Psychiatry Research*, 115808.