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An Investigation into the Effectiveness of Brief Guided Meditation

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An Investigation into the Effectiveness of Brief Guided Meditation

College of Education and Human Services

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Abstract

Meditation has many benefits for reducing stress and anxiety, by inducing a relaxation response. It is unclear how guided meditation compares to other forms of relaxation.

PURPOSE: The purpose of this study is to determine if a guided meditation mp3 is as effective as other methods of relaxation.

METHODS: Skin conductance and breaths per minute were measured on 30 male and female adults while reading, meditating, and watching a video, each on three different occasions. Prior to the study each participant rated their psychological state of being using questionnaire styled scales. A repeated measures ANOVA and a related measure nonparametric test in IBM SPSS were used to analyze the physiological and psychological responses across subjects.

RESULTS: There was a significant difference ($p < 0.05$) between the book and meditation in GSR and respiration rate. A significant difference ($p < 0.05$) was found between the book and video in physiological state and in respiration rate. There was also a significant difference ($p < 0.05$) between the meditation and video in physiological state, GSR, and respiration rate. The DASS and Freiburg Mindfulness Inventory tests showed that the anxiety, stress, and depression rates of each participant did not affect the testing modalities.

CONCLUSIONS: The data collected shows that a guided meditation mp3 is an effective method in reducing stress and anxiety levels in the majority of individuals.