



DO ALL MEDITATION TECHNIQUES PRODUCE SIMILAR EFFECTS?

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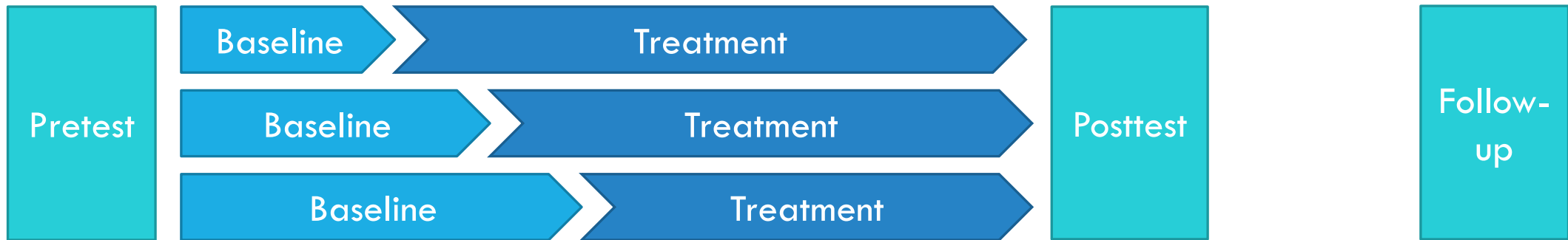
INTRODUCTION

- Meditation is an umbrella term subsuming a variety of different techniques (Matko & Sedlmeier, 2019)
- Comparative studies found differential effects (Fox et al., 2016; Lumma et al., 2015; May et al., 2014)
- However, studies have been limited to very few techniques and suffered from methodological problems
- Little is known on the working mechanisms of basic meditation techniques
- No comprehensive theory of meditation and little systematic research

Objective: Compare the effects of four basic meditation techniques

METHOD

Single-case multiple-baseline design (N = 41)



Observing thoughts

Humming meditation



Walking meditation

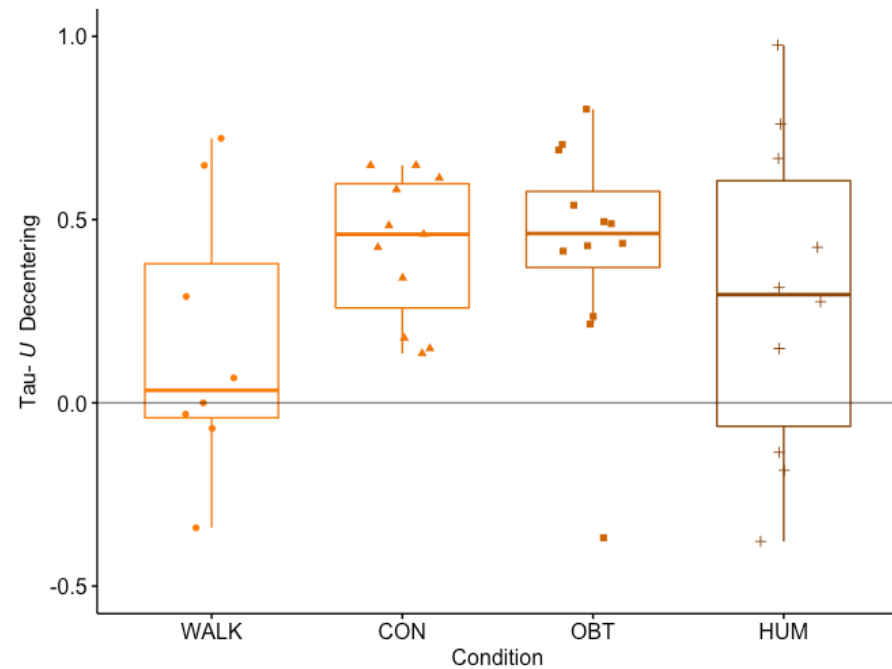
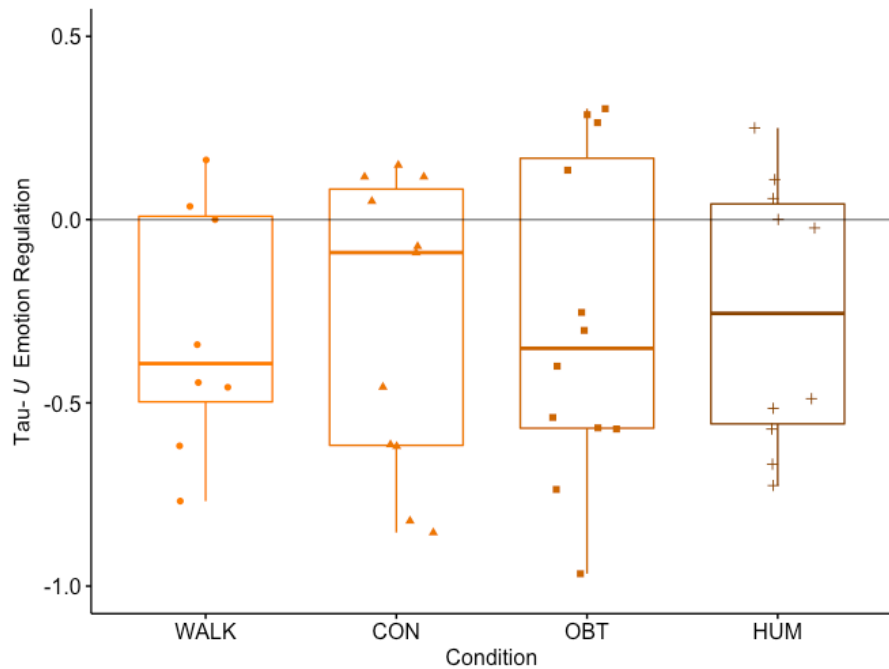
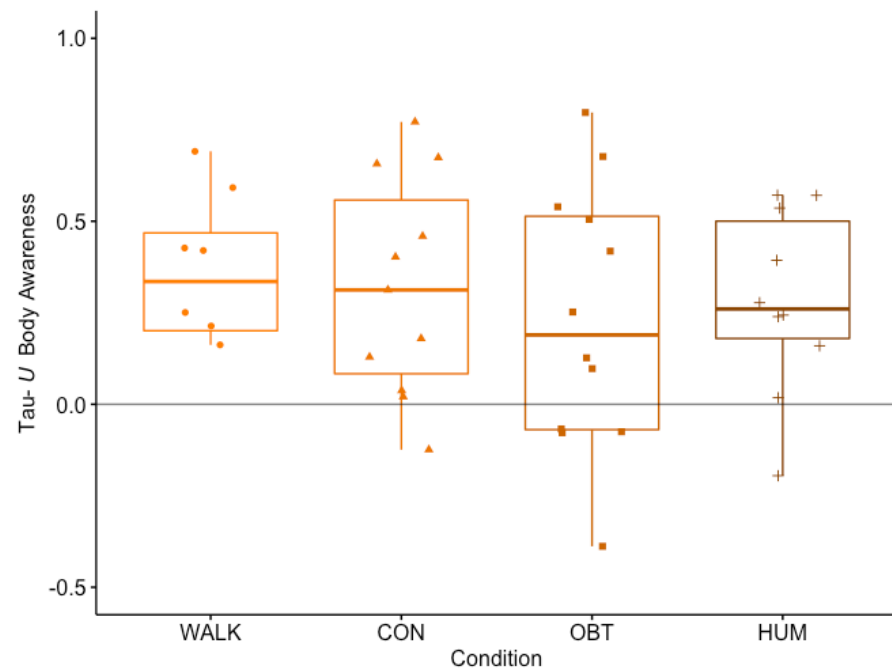
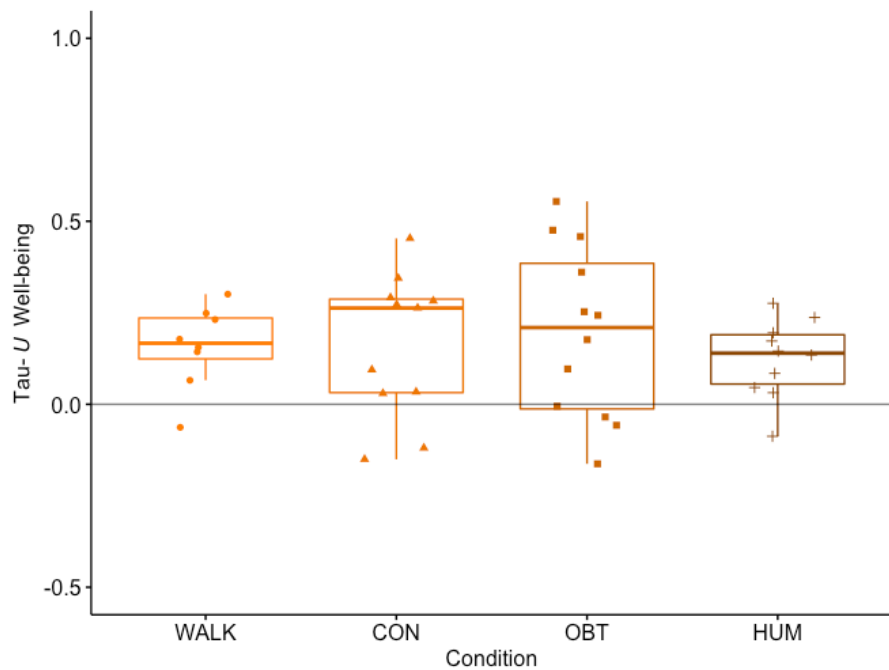
Concentration on an object



RESULTS

Number of adverse events

WALK	CON	OBT	HUM
41	79	162	123



RESULTS – QUALITATIVE

Theme: Positive effects of meditation

- + Relaxation and calmness central
- Feelings of warmth in all groups except CON

“Especially after meditation, everything felt somehow very warm inside” (P3 HUM)

Theme: Awareness

- + All groups reported more awareness of the body with some particularities
- WALK: feet, CON: eyes, HUM: vibrations, OBT: feelings of body distortion

“In part it felt like body parts did not belong to me anymore, like e.g. the feet, that I had the feeling while sitting that they were not attached to my legs anymore or simply a very strange feeling.” (P4 OBT)

- Feeling „high“ or like floating only in groups OBT and HUM

CONCLUSION

- Different meditation techniques produce different effects, but have a lot in common, too
- Similar effects on well-being and body awareness (quantit. and qualit.)
- Concentrative meditation rather difficult, less effective for emotion regulation
- Walking meditation does not change decentering, but had the least adverse effects
- Humming and observing-thoughts meditation can lead to altered states of consciousness and more adverse effects
- Individual factors and preferences might be of predictive value