

EFFECTS OF NATURAL STRESS RELIEF MEDITATION ON TRAIT ANXIETY: A PILOT STUDY¹

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Summary.—Natural Stress Relief meditation, a mental technique which is practiced for 15 minutes twice a day, aims to reduce stress and anxiety by eliciting a specific state of physiological rest along with mental alertness. The meditation is taught in a self-administered program, requiring one hour of training during the first three days, followed by the regular twice daily practice. Each 15-min. session consists in sitting quietly with closed eyes while applying a specific mental procedure. To test the effectiveness of meditation in reducing trait anxiety, Spielberger's State-Trait Anxiety Inventory was administered to 25 participants four times over a 3-wk. period: one week before starting to practice the meditation, a few hours before starting, 1 wk. after, and 2 wk. after. The difference in Trait Anxiety score between pretreatment and before starting the practice was not significant, while it was significant both after the first week of practice (Cohen $d = .46$) and after the first 2 wk. of practice ($d = .67$).