THE EFFECT OF STATEWIDE IMPLEMENTATION OF THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD IN THE VERMONT DEPARTMENT OF CORRECTIONS

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The Maharishi Technology of the Unified Field was found to produce improvements in psychological and physiological functioning for both prison inmates and correctional professionals.

—EDITORS
INTRODUCTION

Every study performed on the application of the Maharishi Technology of the Unified Field in correctional systems has demonstrated changes supportive of rehabilitation. The technology is designed to promote stability, flexibility, and orderliness in the physiology, psychology, behavior, and environment of individuals utilizing it. The immediate purpose of its application in corrections is twofold: to enhance the spontaneous expression of orderliness in environments where the use of force to maintain order is the routine, and to cultivate self-sufficient orderliness in the offender.

In a study at La Tuna State Penitentiary in Texas, Orme-Johnson et al. (1977) concluded from results on the MMPI that the practice of the Maharishi Technology of the Unified Field produces "increased behavioral flexibility" in inmates. They also found a significant decrease in spontaneous galvanic skin responses, which they interpreted as an indication of greater stability of the autonomic nervous system.

Ballou's (1977) study of inmates at Stillwater Prison in Minnesota indicated that significant reductions in state and trait anxiety occurred during the first week following instruction in the technology. These inmates also showed a decrease in prison rule violations and an increase in participation in pro-social and educational prison program activities. Cunningham and Koch (1977), using a broad self-report instrument in a study conducted at Lompoc Federal Correctional Institution in California, found decreases in anxiety and improved mood.

Ramirez (in press), working with inmates at Milan Federal Correctional Institute in Michigan, identified significant increases in emotional stability and maturity, improvements in self-esteem, as well as decreases in measures of aggression and over-concern with physical symptoms. Orme-Johnson et al. (1977), Ballou (1977), and Ramirez (in press) all found stronger outcomes for inmates who regularly practiced the technology, as opposed to those whose practice was irregular.

At Walpole State Prison in Massachusetts, Ferguson (in press) found significant reductions in anxiety and hostility, improved sleep, and substantial reductions in disciplinary infractions among inmates. He also demonstrated reductions in scores on the Buss-Durkee Hostility Inventory and improved quality of sleep as indicated on a self-report measure. At posttests seven weeks following instruction these significant changes had begun to appear. Alexander (1982) also studied the Walpole inmates. His significant findings showed accelerated ego development, reduction of aggression, reduction of anxiety, and increased participation in voluntary programs.

A cross-validation study by Abrams and Siegel (1978) at Folsom State Prison in California showed that the Maharishi Technology of the Unified Field reduced anxiety, hostility, neuroticism, and sleep disturbances. A reanalysis of their data by Rahav (1980), in which the two treatment groups were combined, indicated that the practice of the Maharishi Technology of the Unified Field also reduced pulse rate and blood pressure levels.

These psychological, physiological, and behavioral improvements for incarcerated offenders are especially encouraging in the context of a study by Alexander (1982) in Massachusetts, and a very thorough study in California by Bleick and Abrams (1984), showing that recidivism among released offenders who had participated in the Maharishi Technology of the Unified Field was significantly and consistently reduced, with the effect continuing for the six years for which populations were tracked.

INTERNAL AND EXTERNAL VALIDITY OF FINDINGS—The criticism might be made of the studies of Orme-Johnson et al., Cunningham and Koch, and Ferguson that they lacked adequate control groups, since where a control group was used it consisted of men who had not chosen to participate in the Maharishi Technology of the Unified Field. On the other hand, Alexander used waiting controls, comparison to four other treatments, and an elaborate means of statistical control to effectively rule out a predilection for participating in programs as a cause for significant outcomes. In the Ramirez as well as the Abrams and Siegel cross-validation studies, subjects volunteering to learn the practice of the Maharishi Technology of the Unified Field were randomly assigned to treatment and waiting control groups. This procedure served to control for selection factors including initial motivation levels.

Allen (1978), challenging the outcomes of Abrams and Siegel, argued that they were largely a function of social desirability. Abrams and Siegel's (1979) reanalysis of the data, however, indicated either a null or slightly negative relationship between a measure of social desirability (the EPI Lie Scale) and outcome measures. In fact, they found significantly lower.
social desirability scores for participants practicing the Maharishi Technology of the Unified Field. Rahav (1980) hypothesized that racial and security level differences between treatment and control groups at Folsom could account for the outcomes, but Rahav's own regression meta-analysis failed to substantiate his hypothesis.

PRESENT STUDIES IN THE VERMONT DEPARTMENT OF CORRECTIONS—The purposes of the present studies are as follows:

1. To replicate the findings of previous studies.
2. To see whether predicted changes will be established as early as two weeks from the date of instruction in the technology.
3. To control for the “caring people” hypothesis, i.e., for an attention effect.
4. To estimate the rate of change due to treatment effects as gauged by psychological measures.
5. To assess the effectiveness of the program for administrative and on-line correctional professionals.
6. To determine the effect of the practice of the Maharishi Technology of the Unified Field on skin conductance during a stressor test involving periods of relaxation, periods of mild stress, and a period of practice of the technology.

STUDY 1
SHORT-TERM OUTCOMES: PARTIAL CROSS-OVER EXPERIMENT

It has been suggested that some of the positive outcomes reported to result from the practice of the Maharishi Technology of the Unified Field could also have been produced by “caring people” who ask inmates to practice a placebo. Alexander et al.'s (in press) findings with residents of institutions for the elderly indicate that there is a unique effect of the practice of the Maharishi Technology of the Unified Field over and above that which a placebo could produce. The present study is an attempt to further examine the difference between the effects of the Maharishi Technology of the Unified Field and those produced by a placebo with residents of correctional institutions.

MEASURES

1. Spielberger State-Trait Anxiety Scales: two 20-item scales to assess immediate and long-term anxiety.

2. The Buss-Durkee Hostility Inventory: an 81-item inventory consisting of nine subscales, i.e., Aggression, Indirect Hostility, Irritability, Negativism, Verbal Hostility, Suspicion, Assault, Resentment, and Guilt.

3. The Eysenck Personality Inventory Lie Scale: a measure of social desirability, i.e., willingness to misrepresent in order to please another person.

4. The Levenson Locus of Control Scales: three scales, i.e., Interpersonal, Personal, and Cosmic Locus, each of which measures the degree to which an individual feels in control of his or her own life and destiny. In these studies a higher score indicating greater internal locus of control is considered indicative of improved mental health.

5. Sleep Disturbance Inventory: a three-item questionnaire on sleep patterns, i.e., average time required to fall asleep, average number of wakings per night, and general trend of sleep from tranquil to troubled.

6. Cigarette and Caffeine Consumption: a self-report measure of the number of cigarettes smoked and the number of units of coffee, tea, and caffeine-containing soft drinks consumed daily.

7. The Corson Cold Stressor Test: a 12-minute procedure where skin conductance is monitored during periods of relaxation and mild stress (i.e., answering spelling and chain arithmetic questions and putting one hand in a bucket of ice water). In this study skin conductance was also monitored during a practice period of the Maharishi Technology of the Unified Field following the standard Cold Stressor Test procedure.

The reliability and validity of the first four measures have been established in research for some time. The Sleep Disturbance and Cigarette and Caffeine Consumption questionnaires have been used in several studies (Cunningham and Koch, 1977; Ferguson, in press); they are simple and direct. Subjects typically do not lie about how well they are sleeping and the amount of coffee they drink. The internal consistency of these items is indicated by their intercorrelations. The three questions on the Sleep Disturbance questionnaire correlated 0.54, 0.50, and 0.48, with one another; the Coffee and Cigarette items correlated 0.54 with each other. Each of these sets of items defined its own factor (see next section). John Corson, Ph.D., of the White River Junction
Veteran's Administration Hospital in Vermont, developed the Cold Stressor Test to assess the effects of biofeedback training (Corson et al., 1980). It has been shown to be sensitive to treatment effects in studies since 1980.

METHODS

At the outset of this study, a program to teach the Maharishi Technology of the Unified Field had been established for about a year in Vermont's six correctional institutions. The average sentence length in the system is six months, the average inmate age about 23 years, and the incarcerated population statewide is about 575. At introductory lectures in each of the institutions, interested inmates who had not yet joined the program were shown a film depicting the application of the Maharishi Technology of the Unified Field in the Northern California criminal justice system. In the film, inmates and staff at San Quentin State Prison describe benefits (e.g., deep bodily rest coupled with mental alertness, release of stress), which are associated with the practice of the Maharishi Technology of the Unified Field. Those individuals who elected to take part in the program were asked but not required to participate in research. The number of subjects in this study was 50, with 42 completing all posttests.

After the volunteers were pretested, half were randomly assigned to learn the practice of the Maharishi Technology of the Unified Field immediately (Start Group), while the other half waited to learn and served as a control group for attention (Wait Group). At daily group meetings, the Start Group practiced the Maharishi Technology of the Unified Field and the Wait Group relaxed by quietly reading, conversing, and watching educational videotapes. Attendance at the meetings was consistently high, over 85%, which is unusual for any volunteer program in correctional institutions. Both groups had discussions of daily practice experiences and interacted individually with program staff. The Wait Group enjoyed instructors' time, care, and attention easily equivalent to that enjoyed by the Start Group.

In addition to participating in the meetings, subjects were asked to practice individually in their living units for ten minutes before breakfast in the morning. Waiting controls used their relaxation method, while subjects who had been instructed practiced the Maharishi Technology of the Unified Field. Inmates filled out daily forms describing their morning practice experiences. After two weeks, all participants were retested, and then the Wait Group immediately learned the technique. The groups met together for daily practice of the Maharishi Technology of the Unified Field for two more weeks, and then all participants were tested a third time.

Instruction in the practice of the Maharishi Technology of the Unified Field is standardized throughout the world; in this study it was provided by teachers from the Institute for Social Rehabilitation. Following the introductory lectures, students attend a preparatory lecture at which instructional procedures are explained (the Wait Group had parallel meetings). After the preparatory lecture, each prospective student speaks briefly with the instructor in order to raise any personal issues regarding the technology. Individual instruction is conducted in private, and takes about one hour per student. After learning the practice, a student attends one-hour meetings for three consecutive evenings in which experiences with the technology, its mechanics, and its use as a means for personal and social development are discussed.

ANALYSIS OF DATA—Analysis of data and interpretation of outcomes were simplified by performing a principle components factor analysis of the 19 individual dependent variable scale scores. The Kaiser/Games criterion of 1.00 for eigen values was used as a cut off for determining the number of acceptable factors. The five factors which emerged accounted for 68.6% of the total variance. This five-factor matrix was subjected to Varimax rotation. The resultant matrix is presented in the Appendix. Its structure was quite simple. The factors in decreasing order of associated explained variance were labeled Hostility, Paranoid Anxiety, Sleep Disturbance, Caffeine Consumption, and Locus of Control. These five factor scores were then used in a repeated measures multivariate-univariate analysis of variance to test hypotheses. The independent variables were Group (i.e., Start Group and Wait Group) and Time (i.e., of testing—pretest, two-week posttest, and four-week posttest). The hypothesis of primary interest—a treatment effect—was tested via the Group by Time interaction source of variance.

RESULTS AND DISCUSSION

The multivariate analysis of variance indicated that there was a statistically significant \( F(10,152) = 2.74, p<.005 \) interaction between Group and Time and
that significant and substantial changes occurred across Time as hypothesized. The univariate analyses permit us to describe the experimental results. Table 1 presents the means and standard deviations for the two treatment groups. Figures 1 and 2 illustrate the principal results.

The pretest levels of the groups were not significantly different, except on Locus of Control for which the Wait Group showed a trend towards greater internality ($t(40) = 2.28, p<.05$).

Three of the Group by Time interactions are significant: Paranoid Anxiety ($F(2,80) = 3.91, p<.025$), Sleep Disturbance ($F(2,80) = 9.02, p<.0005$), and Locus of Control ($F(2,80) = 4.04, p<.025$).

The implications of these significant interactions can be determined very conservatively by tetrad comparisons (Marascuilo and Levin, 1970). For Paranoid Anxiety, there was a significant tetrad interaction in-

### Table 1

**Study 1. Short-Term Outcomes: Partial Cross-Over Experiment**

<table>
<thead>
<tr>
<th>TIME</th>
<th>GROUP</th>
<th>HOSTILITY</th>
<th>PARANOID ANXIETY</th>
<th>SLEEP DISTURBANCE</th>
<th>CIGARETTE/CAFFEINE CONSUMPTION</th>
<th>LOCUS OF CONTROL</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
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<tr>
<td>Pretest</td>
<td>Start Group</td>
<td>28.19</td>
<td>9.91</td>
<td>1.84</td>
<td>5.43</td>
<td>7.67</td>
</tr>
<tr>
<td></td>
<td>(N = 21)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wait Group</td>
<td>26.52</td>
<td>13.22</td>
<td>0.44</td>
<td>4.99</td>
<td>7.48</td>
</tr>
<tr>
<td></td>
<td>(N = 21)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two-Week</td>
<td>Start Group</td>
<td>24.81</td>
<td>11.59</td>
<td>-1.06</td>
<td>4.91</td>
<td>4.90</td>
</tr>
<tr>
<td>Posttest</td>
<td>(N = 21)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wait Group</td>
<td>25.00</td>
<td>14.15</td>
<td>0.20</td>
<td>4.88</td>
<td>6.29</td>
</tr>
<tr>
<td>Four-Week</td>
<td>Start Group</td>
<td>23.95</td>
<td>11.00</td>
<td>-1.12</td>
<td>5.89</td>
<td>5.05</td>
</tr>
<tr>
<td>Posttest</td>
<td>(N = 21)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wait Group*</td>
<td>23.71</td>
<td>13.77</td>
<td>-0.87</td>
<td>4.93</td>
<td>5.05</td>
</tr>
</tbody>
</table>

* After practicing the Maharishi Technology of the Unified Field for two weeks.
Involving the comparison of the pretests for the Start Group and the Wait Group with the two-week posttests for those groups ($\Delta = 2.66 \pm 1.85, p < .05$). This interaction shows a greater decrease in Paranoid Anxiety when inmates were practicing the Maharishi Technology of the Unified Field than when they were participating in the control program.

For Sleep Disturbance, the tetrad comparison of the pretest scores for Groups to the two-week posttest scores was significant ($\Delta = 1.39 \pm 1.15, p < .05$). This finding indicates a greater decrease in Sleep Disturbance for the Start Group when they begin the practice of the Maharishi Technology of the Unified Field than for the Wait Group when they participate in the control program.

For Locus of Control, the first tetrad comparison was significant ($\Delta = 5.91 \pm 4.99, p < .05$). However, the interpretation of this finding is moot because of the initial difference between the groups, and it might be argued that the results may be due to regression. However, the changes seen are consistent with previous research showing that the Maharishi Technology of the Unified Field increases internal locus of control (Hjelle, 1974).

The Corson Cold Stressor Test results showed no significant overall change in the skin conductance response to stressful stimuli as a function of the treatment. Consistency of scores within subjects across test scores was very strong; the within-case multivariate test was significant at the $p < .001$ level. Individuals in fact appear to have a “biological signature.”

Characteristic patterns of changes in skin conductance also appear during the practice of the Maharishi Technology of the Unified Field which give credence to the discussion of Orme-Johnson and Dillard (1984) regarding cycles of physiological changes during the practice of the Maharishi Technology of the Unified Field.

Skin conductance showed a significantly greater decrease overall ($F(1,19) = 6.27, p < .025$) during the period when subjects practiced the Maharishi Technology of the Unified Field than it did during the period when they followed the instruction to “relax deeply.” Decreases in skin conductance indicate greater levels of rest. Effects of the technology on physiological/psychological adaptation to environmental stress, and physiological mechanics of the release of stress during practice of the Maharishi Technology of the Unified Field are topics for further study and analysis.

Overall, the Maharishi Technology of the Unified Field had a significantly stronger effect than did the attention control program. In future studies desirable refinements would be the use of the matched-random procedure and the extension of treatment intervals.

STUDY 2
QUASI-LONGITUDINAL STUDY OF PSYCHOLOGICAL OUTCOMES

Study 1 demonstrated that the Maharishi Technology of the Unified Field can produce robust effects within a very short period of time; this factor is key to the viability of a program conducted in correctional institutions. Study 2 replicates earlier work; it evaluates the effects of the practice of the technology for a period of 1 to 14 months.

During the three-year ongoing Vermont program, instructors scheduled activities for two evenings per week at each of Vermont’s correctional institutions. During one of these evenings they conducted a class on intellectual aspects of the Maharishi Technology of the Unified Field, and during the second evening they met with individuals to ensure the correct and effortless use of the practice. Study 2 drew subjects at random from the 500 inmates who participated in this voluntary program. Although this study does not control for motivation or for subject background characteristics, research reviewed above indicates that assessment of positive changes in inmate psychology are valid. It is well known that self-improvement program expectations tend to decline over the long term; positive changes resulting from program expectations would thus be expected to decline over time. On the other hand, it could be argued that participants who were measured several months after beginning the program were the most highly motivated and disposed to change. Both of these issues are addressed here.

MEASURES AND METHODS

The following measures were the same for Studies 1 and 2: Hostility, Paranoid Anxiety, Sleep Disturbance, and Locus of Control. Study 2 added the Novaco Anger Control Scale (Novaco, 1975) for 16 of the subjects.

Posttests were available on 129 inmates. The sample was distributed among Vermont’s correctional facilities as follows: Windsor, 24; Rutland, 17; St. Albans, 28; St. Johnsbury, 10; Chittenden, 38; and Woodstock, 12.
Each subject was pretested two weeks or less before receiving instruction in the Maharishi Technology of the Unified Field. One hundred and six subjects were posttested twice. Nineteen subjects were posttested three times; four subjects were posttested four times. Subjects were posttested as much as 14.5 months following instruction. The largest subgroup (N = 49) was posttested at an interval of approximately four months.

Levels for analysis were created by collapsing subject-measurement test points into four interval levels:
1. pretest less than one month prior to instruction,
2. posttest one month to three months following instruction,
3. posttest three to six months following instruction, and
4. posttest more than six months following instruction.

ANALYSIS OF DATA—A one-way analysis of variance with planned orthogonal trends was performed. In order to increase the power for finding significant effects, a repeated measures analysis could have been used. However, this would have made the sample sizes of the test-retest intervals even less equal and so the more conservative analysis was chosen.

RESULTS AND DISCUSSION

The linear trends for each scale were all statistically significant at the .01 level. None of the nonlinear trends were significant, i.e., there were no significant deviations from linearity. Table 2 presents the summary of the findings. Figures 3 to 7 illustrate the significant quasi-longitudinal improvements on the dependent variables: Hostility, Paranoid Anxiety, Sleep Disturbance, Anger Control, and Locus of

![Graph showing quasi-longitudinal improvements in hostility scores for inmates practicing the Maharishi Technology of the Unified Field](image)

**TABLE 2**

<table>
<thead>
<tr>
<th>STUDY 2. QUASI-LONGITUDINAL STUDY OF PSYCHOLOGICAL OUTCOMES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TEST TIME LEVEL</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Pretest</td>
</tr>
<tr>
<td>Post (up to 3 months post)</td>
</tr>
<tr>
<td>Post (3–6 months)</td>
</tr>
<tr>
<td>Post (greater than 6 months)</td>
</tr>
<tr>
<td>Linear trend</td>
</tr>
<tr>
<td>Deviation from linear trend</td>
</tr>
</tbody>
</table>

* p < .002  ** p < .0001
Control. As can be seen, progress persists over time, indicating continued improvement through the practice of the Maharishi Technology of the Unified Field. There is a sharper decline in negative traits from the pretest to the first posttest than there is on subsequent tests; this indicates that repeated testing or regression were not likely causes for the outcomes. Moreover, since the study was conducted over a one

* Analysis of variance, linear trend.

FIG. 4. QUASI-LONGITUDINAL IMPROVEMENTS IN PARANOID ANXIETY SCORES FOR INMATES PRACTICING THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

FIG. 5. QUASI-LONGITUDINAL IMPROVEMENTS IN SLEEP DISTURBANCE SCORES FOR INMATES PRACTICING THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

FIG. 6. QUASI-LONGITUDINAL IMPROVEMENTS IN ANGER CONTROL SCORES FOR INMATES PRACTICING THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

FIG. 7. QUASI-LONGITUDINAL IMPROVEMENTS IN LOCUS OF CONTROL SCORES FOR INMATES PRACTICING THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD
and a half year span in six different facilities, a historical explanation of the outcomes is extremely unlikely.

A regression analysis of the relation between regularity of practice of the Maharishi Technology of the Unified Field and time elapsed since instruction revealed a nonsignificant relationship ($p > .05$). The correlation coefficients of regularity were 0.17 and 0.13 for the psychological and Novaco test dates. Time elapsed since instruction explains less than $3\%$ of the variance. Therefore, the hypothesis that more highly motivated subjects, i.e., those whose practice of the Maharishi Technology of the Unified Field was more regular, were more likely to take the later tests was rejected, and participation in the Maharishi Technology of the Unified Field was credited with the outcomes.

STUDY 3
USEFULNESS OF THE PROGRAM FOR CORRECTIONAL PROFESSIONALS AS INDICATED BY PSYCHOLOGICAL TESTS

The practice of the Maharishi Technology of the Unified Field has been found to address the psychological, physiological, and societal problems of stress holistically (Orme-Johnson and Farrow, 1977). The deleterious effects of stress on the physical and mental well-being of correctional professionals is a widely acknowledged problem.* The present study is the first ever conducted to measure the effect of the Maharishi Technology of the Unified Field on the psychology of correctional professionals. Although the Vermont correctional staff sample is small by general research standards, at the time it represented the largest single group of correctional staff ever instructed in the practice.

MEASURES AND METHODS

Twenty staff members from the more than 200 staff who volunteered to participate in the Maharishi Technology of the Unified Field as part of the Vermont program were selected at random and requested to respond to the same battery of psychological instruments as were administered to inmates in Study 1. Subjects served as their own controls. They were pretested one to two weeks prior to instruction in the Maharishi Technology of the Unified Field. Post-testing was four months following instruction. Although this design is limited in its control of several sources of systematic error, several points should be made:

1. Prison staff psychology is not commonly known to improve over time, in fact, there were several variants on the word “burn” among the Vermont professionals referring to the opposite phenomenon, e.g., “burnt like a cookie.”

2. All but two subjects completed the posttest, so positive outcomes cannot be attributed to a high drop out rate.

3. Psychometric research indicates that test-retest scores are quite stable on the primary instruments in the battery, Spielberger State-Trait Anxiety Inventory (Spielberger et al., 1970) and Buss-Durkee Hostility Inventory (Buss and Durkee, 1957).

RESULTS AND DISCUSSION

Sixteen of the eighteen subjects completing the study reported regular practice of the Maharishi Technology of the Unified Field (10–14 practice sessions per week of 15–20 minutes each) during the four months of the study. Matched-paired $t$-tests were computed for the scores of each of the four factors to determine the significance of program outcomes. Table 3 and fig. 8 display the summary data.

The analysis indicates that:

1. after practicing the Maharishi Technology of the Unified Field for four months the staff experienced significant reductions in Hostility ($p < .05$), Paranoid Anxiety ($p < .001$), and Sleep Disturbance ($p < .005$); and

2. the staff’s pretest and the inmates’ posttest levels were nearly equal; and

3. the staff’s posttest levels were significantly lower than the inmates’ posttest levels ($p < .05$).

CONCLUSIONS

These studies found significant treatment effects as follows:

FOR INMATES—1) Reductions in Paranoid Anxiety and Sleep Disturbance within two weeks of beginning the practice of the Maharishi Technology of the Unified Field. 2) Greater decrease in skin conductance during the practice of the Maharishi Technology of the Unified Field than during eyes-closed relaxation.

* Videotaped statements by Don Hutto, President, American Correctional Association, 1984.
TABLE 3

<table>
<thead>
<tr>
<th>VARIABLE</th>
<th>N</th>
<th>PRETEST MEAN</th>
<th>PRETEST S.D.</th>
<th>POSTTEST MEAN</th>
<th>POSTTEST S.D.</th>
<th>MEAN DIFFERENCE</th>
<th>S.D. DIFFERENCE</th>
<th>t</th>
<th>p&lt;*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hostility</td>
<td>18</td>
<td>19.18</td>
<td>4.57</td>
<td>16.12</td>
<td>5.48</td>
<td>-3.06</td>
<td>6.34</td>
<td>-2.05</td>
<td>.05</td>
</tr>
<tr>
<td>Paranoid Anxiety</td>
<td>18</td>
<td>-4.97</td>
<td>3.01</td>
<td>-7.36</td>
<td>2.61</td>
<td>-2.37</td>
<td>1.94</td>
<td>-5.19</td>
<td>.001</td>
</tr>
<tr>
<td>Sleep Disturbance</td>
<td>18</td>
<td>5.94</td>
<td>1.71</td>
<td>4.47</td>
<td>1.28</td>
<td>-1.47</td>
<td>1.77</td>
<td>-3.52</td>
<td>.005</td>
</tr>
<tr>
<td>Locus of Control</td>
<td>18</td>
<td>62.18</td>
<td>9.73</td>
<td>62.94</td>
<td>9.66</td>
<td>0.76</td>
<td>4.70</td>
<td>0.69</td>
<td>NS</td>
</tr>
</tbody>
</table>

* One-tailed test

The purpose of the application of the Maharishi Technology of the Unified Field in correctional institutions is to develop self-sufficient orderliness in participants; in fact, the present results indicate continued psychological improvement even after contact with instructors in the program has diminished or ceased.

The recent recidivism findings by Bleick and Abrams (1984) and findings by Alexander (1982) do not support selection or selection by treatment as alternative hypotheses. Bleick and Abrams found that meditators closely matched the source prison population, except they were more often white or Mexican American, tended to have slightly fewer prior commitments, were more likely to have committed homicide but showed no difference in other offense categories, and averaged one year older than the general population. After controlling for a total of 25 social and criminal history variables, as well as a set of variables describing participation in standard prison programs, they found that participation in the Maharishi Technology of the Unified Field was significantly associated with reduced recidivism. A group of 250 former inmates who had participated in this program showed nearly a 30% reduction in new prison terms over periods of up to six years after release.

The Maharishi Technology of the Unified Field enables the offender to grow to a better life, the correctional professional to enjoy relief from the occupational hazards of stress, and the correctional institution to perform its mission less hampered by an overload of anxiety and hostility. The Maharishi Technology of the Unified Field also provides relief for the potential victim of crime who will not become a victim, and for the taxpayer who at present must pay huge sums to reincarcerate recidivists.
### APPENDIX

**STUDY I. SHORT-TERM OUTCOMES: PARTIAL CROSS-OVER EXPERIMENT**

Sorted Varimax Rotated Factor Pattern Loadings*

<table>
<thead>
<tr>
<th>SCALE</th>
<th>HOSTILITY</th>
<th>PARANOID ANXIETY</th>
<th>SLEEP DISTURBANCE</th>
<th>CIGARETTE/CAFFEINE CONSUMPTION</th>
<th>LOCUS OF CONTROL</th>
</tr>
</thead>
<tbody>
<tr>
<td>BDHI—Verbal Hostility</td>
<td>0.85</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>BDHI—Indirect Hostility</td>
<td>0.74</td>
<td>0.29</td>
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<tr>
<td>BDHI—Irritability</td>
<td>0.71</td>
<td></td>
<td>−0.27</td>
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</tr>
<tr>
<td>EPI—Lie</td>
<td>−0.70</td>
<td></td>
<td></td>
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<tr>
<td>BDHI—Assault</td>
<td>0.69</td>
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<tr>
<td>BDHI—Negativity</td>
<td>0.68</td>
<td></td>
<td></td>
<td>0.34</td>
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<tr>
<td>BDHI—Resentiment</td>
<td>0.62</td>
<td>0.50</td>
<td></td>
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<tr>
<td>Locus-C</td>
<td></td>
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<tr>
<td>BDHI—Guilt</td>
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<td>0.75</td>
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<tr>
<td>BDHI—Suspicion</td>
<td>0.28</td>
<td>0.73</td>
<td>−0.51</td>
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</tr>
<tr>
<td>STAI—Trait</td>
<td></td>
<td>0.70</td>
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<tr>
<td>STAI—State</td>
<td></td>
<td>0.69</td>
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<tr>
<td>Sleep—Waking per night</td>
<td></td>
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<tr>
<td>Sleep—Time to sleep</td>
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<td>0.79</td>
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<tr>
<td>Sleep—Trend</td>
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<tr>
<td>Number of cigarettes</td>
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<td>0.86</td>
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<tr>
<td>Number of units (coffee, tea, coke)</td>
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<td>0.85</td>
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<tr>
<td>Locus-I</td>
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<td>Locus-P</td>
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<td>Eigen Values</td>
<td>3.88</td>
<td>3.38</td>
<td>2.54</td>
<td>1.74</td>
<td>1.47</td>
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<td>Percentage of Variance</td>
<td>20.40</td>
<td>17.80</td>
<td>13.30</td>
<td>9.10</td>
<td>7.70</td>
</tr>
</tbody>
</table>

* Factor loadings below 0.40 are not reported.

### REFERENCES


BALLOU, D. 1977. The Transcendental Meditation program at Stillwater Prison. Master's thesis, University of

BLEICK, C. R., and ABRAMS, A. 1984. The Transcendental Meditation program and criminal recidivism in California. Institute for Social Rehabilitation, Maharishi International University, Fairfield, Iowa. (Submitted for publication.)


