

SOE13: The goal of religion

Post by “Elayne” of December 31, 2019 at 3:04 PM

The full text of the anxiety article requires paid access, but it does say there was only a 4 day intervention. Since you cited it to me, I assume that means you read the paper-- can you tell me the study design?

Here is a review with a summary of the methodological issues with mindfulness research you might be interested in. https://www.cambridge.org/core/services/...st_its_mind.pdf

Here is an analysis by Cochrane (reputable) on mindfulness in women with breast cancer. It appears to have a small and temporary effect on anxiety. <https://www.ncbi.nlm.nih.gov/m/pubmed/30916...s%20mindfulness>

A breast cancer patient might want to look at that but also consider the possibility of adverse effects mentioned above.

When you find the specific study by Diamond, let me know, if you want to. I read the Harris book and was not impressed, but if there is a specific study he mentions that you like, please send me the citation.

In general, if you are going to recommend specific practices to readers on a medical evidence basis, I think it's wisest to read the studies closely yourself. Relying on the opinion of an author about a study might get you in the weeds. I don't know about you, but I feel pain if I recommend an intervention and it makes things worse or delays more effective treatment.

I suspect mindfulness may have some uses, but before advising something like that, considering the time involved and possible adverse reactions, I would want to know the details of the research. I do this for prescriptions too.

Finally, our goal of pleasure would require a different study design assessing global pleasure during and after treatment. One pain might be lessened while adding a new one, and a well planned study could look for that.