

**Studies on the effectiveness of The Work to benefit health and well-being**

**Studies Published**

1. Leufke R, Zilcha-Mano S, Feld A, Lev-Ari S. **Effects of "The Work" Meditation on Psychopathologic Symptoms: A Pilot Study.** Journal of Alternative and Complementary Therapies. 2013; 147-152. (doi: 10.1089/act.2013.19303).
2. Lev-ari S, Zilcha-Mano S, Rivo L, Geva R, Ron I. **A prospective pilot clinical trial of "The work" meditation technique for survivors of breast cancer.** European Journal of Integrative Medicine. 2013; 5(6): 487-494. (doi:10.1016/j.eujim.2013.07.003).
3. Landau C, Lev-Ari S, Cohen-Mansfield J, Tillinger E, Geva R, Tarrasch R, Mitnik I, Friedman E. **Randomized controlled trial of Inquiry-Based Stress Reduction (IBSR) technique for BRCA1/2 mutation carriers.** Psychooncology. 2014 Oct 18. (doi: 10.1002/pon.3703).
4. Smernoff E, Mitnik I, Kolodner K, Lev-Ari S. **The Effects of "The Work" Meditation (Byron Katie) on Psychological Symptoms and Quality of Life-A Pilot Clinical Study.** Explore (NY). 2014 Oct 22. pii: S1550-8307(14)00206-7. (doi: 10.1016/j).

**Studies Completed (Submitted/Accepted to Publication)**

5. Mitnik I, Lev-Ari S. **The Effects of The Work meditation technique on psychological scales among a non-clinical sample,** Harefuah (2014, Accepted).
6. Landau C, Mitnik I, Cohen-Mansfield J, Tillinger E, Tarrasch R, Lev-Ari S. **Inquiry-Based Stress Reduction (IBSR) meditation technique for BRCA1/2 mutation carriers – A qualitative study** The European Journal of Public Health (2014, Submitted).
7. Shnieder-Levi L, Zafran K, Goldma Z, Mitnik I, Lev-Ari S. **Controlled trial of the Inquiry-Based Stress Reduction (IBSR) meditation technique for teachers' burnout.** The Journal of Educational Research (2014, Submitted).
8. Man Rhijn MO, Mitnik I, Lev-ari S. **Inquiry-Based Stress Reduction: Another approach for questioning stressful thoughts,** Public Health (2014, Submitted).
9. Shnieder-Levi L, Zafran K, Goldma Z, Mitnik I, Lev-Ari S. **Inquiry-Based Stress Reduction (IBSR) meditation technique for teachers' burnout- A qualitative study .** (prepared for submission)

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