

# マインドフルネスの臨床評価：文献的考察

齊尾 武郎\*

フジ虎ノ門整形外科病院内科・精神科

## Clinical evaluation of mindfulness practices: A review of the literature

Takeo Saio

Department of Internal Medicine and Psychiatry, Fuji Toranomom Orthopedic Hospital

### Abstract

**Background** : Recently, mindful practices are all the fashion in Japan and the US. Though trumpeting their positive effects on health promotion and business competence development as well as on mental disorders like depression, little is known about their efficacy and safety.

**Purpose** : To show the clinical evaluation of mindfulness practices.

**Method** : Narrative non-systematic review concerning efficacy and safety of mindfulness practices.

**Results** : Though mindfulness-based interventions (MBIs) are applied to many conditions including mental disorders and chronic pains as well as health promotion, there is relatively little evidence of low quality which is inconclusive for their effects. Meditation and MBI apparently may induce serious adverse effects on the meditator's mental health including hallucinatory-delusional state, severe mood disturbance, or dissociative state paradoxical enough despite their main purpose nowadays on health promotion and psychotherapeutic effect. In Asian meditative traditions, it is already known since olden days that mental anguish or hallucination such as Zen sickness sometimes emerges for meditators.

**Conclusion** : Every trainee of MBI ought to be well informed on the estimated efficacy of MBI for the targeted conditions as well as on the possibility of adverse effects. Trainers of MBIs must be cautious concerning the development of adverse effects on their trainees hopefully with sufficient knowledge of mental health.

### Key words

meditation, safety, efficacy, psychological intervention

*Rinsho Hyoka (Clinical Evaluation)*. 2018 ; 46 : 51-69.

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\* K&S産業精神保健コンサルティング (K&S Consulting Office for Occupational Mental Health)