



From the Heart: Testing the Efficacy of Heart-Centered Contemplation

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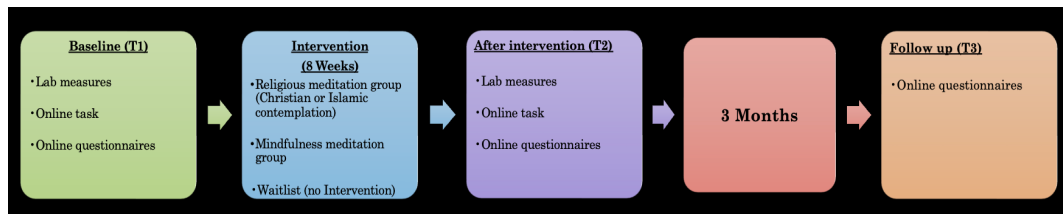


CONTEMPLATION



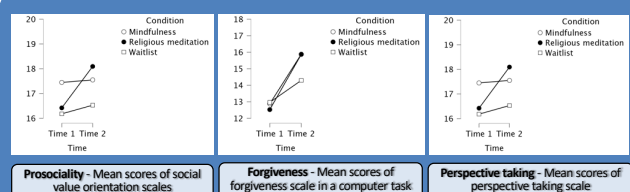
Mindfulness meditation is widely used to promote well-being and therapeutic outcomes, drawing largely on Eastern traditions that aim to reduce emotional reactivity. In contrast, meditation in Abrahamic traditions is God-centered and often evokes profound emotional experiences, yet remains underexplored, particularly in Christian and Islamic contexts. This study investigates how Christian and Islamic meditative practices may influence social functioning, cognition, physiology, and mental health

An 8-week app-based, three-arm randomized controlled trial was conducted to compare Christian and Islamic meditation with mindfulness meditation and a waitlist control. Healthy adult participants were recruited from colleges in India and randomly assigned to one of the three conditions. All participants completed laboratory measures, online tasks, and questionnaires at baseline and post-intervention (8 weeks). Participants in the meditation groups also completed follow-up questionnaires at 3 months.

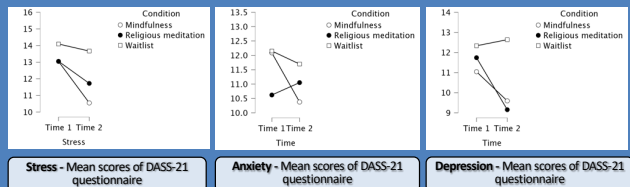


PRELIMINARY RESULT

Social functioning outcomes



Mental health outcomes



CONCLUSION

This study represents the first app-based, three-arm randomized controlled trial to examine the effects of heart-centered Christian and Islamic meditation compared with mindfulness meditation and a waitlist control.

Preliminary results show trends suggesting potential improvements in social functioning and mental health following religious meditation. In many cases, the outcomes of heart-centered meditation mirror those observed in mindfulness-based stress reduction, suggesting that this intervention may serve as a suitable alternative for religious participants.

