

Publications



eM Life participants showed improvements on perceived stress, sleep quality, and heart rate variability

Participants in eM Life’s evidence-based online Stress Less, Live More program showed improvements in perceived stress, sleep quality, and heart rate variability, according to research published in the Journal of Occupational Health Psychology.



Online mindfulness helps with cancer recovery

Online mindfulness-based cancer recovery reduces mood disturbances and stress symptoms, according to research published in *Psychosomatic Medicine*.



First Taxonomy of Mindfulness Skills Targets Greater Precision in Managing Chronic Conditions

Vanderbilt University Medical Center researchers, in collaboration with eMindful, published a new taxonomy that will advance the field to a targeted, skills-based approach allowing for greater precision in applying mindfulness to clinical conditions. These findings were published in the journal *Mindfulness*.



The Relative Contributions of Live and Recorded Online Mindfulness Training Programs to Lower Stress in the Workplace

Live mindfulness programs, with recorded or on-demand programs used to supplement live practices provide the strongest likelihood of achieving significant decrease in stress levels.