

This study examines the effects of meditation on mental health, focusing on its impact on anxiety, depression, and overall well-being. The proposed future research directions include exploring the optimal dosage and type of meditation for specific mental health outcomes, as well as investigating the neural mechanisms underlying the effects of meditation on mental health. The findings suggest that meditation can significantly reduce symptoms of anxiety and depression, with the greatest benefits observed in individuals with clinical levels of these conditions. Additionally, the study found that meditation can improve overall well-being by increasing feelings of calmness, clarity, and emotional regulation.