

**Reduction of blood pressure in a group of hypertensive teachers through
a program of mindfulness meditation (pp. 533-552)**

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This study aimed to check the impact of a training program in mindfulness meditation on blood pressure levels in a group of secondary education teachers suffering essential hypertension, grade 1 and grade 2. A randomised controlled trial with a control group in a waiting list with pretest-posttest-follow-up measurement was designed. For the measurement of blood pressure in the study participants, a tensiometer Moron HEM-705 IT was used. Statistical analysis shows a significant reduction in both systolic and diastolic arterial pressure posttest and 4-month follow-up evaluations in the experimental group as compared to the control group. It is concluded that a programme of such characteristics can be useful and effective in interventions directed at reducing arterial pressure in hypertensive persons, although future studies should be done to increase the validity of the results.