

Conversano, C., Ciacchini, R., Orrù, G., Di Giuseppe, M., Gemignani, A., & Poli, A. (2020). [Mindfulness, compassion, and self-compassion among health care professionals: What's new? A systematic review.](#) *Frontiers in psychology*, *11*, 1683.

Conversano, C., Di Giuseppe, M., Miccoli, M., Ciacchini, R., Gemignani, A., & Orrù, G. (2020). [Mindfulness, age and gender as protective factors against psychological distress during COVID-19 pandemic.](#) *Frontiers in psychology*, *11*, 1900.

Conversano, C., Orru, G., Pozza, A., Miccoli, M., Ciacchini, R., Marchi, L., & Gemignani, A. (2021). [Is mindfulness-based stress reduction effective for people with hypertension? A systematic review and meta-analysis of 30 years of evidence.](#) *International journal of environmental research and public health*, *18*(6), 2882.

Zaccaro, A., Piarulli, A., Melosini, L., Menicucci, D., & Gemignani, A. (2022). [Neural correlates of non-ordinary states of consciousness in pranayama practitioners: the role of slow nasal breathing.](#) *Frontiers in Systems Neuroscience*, *16*, 803904.

Zaccaro, A., Riehl, A., Piarulli, A., Alfi, G., Neri, B., Menicucci, D., & Gemignani, A. (2021). [The consciousness state of traditional Nidra yoga/modern yoga Nidra: phenomenological characterization and preliminary insights from an EEG study.](#) *International Journal of Yoga Therapy*, *31*(1), Article_14.

Chiesa, A., Castagner, V., Andrisano, C., Serretti, A., Mandelli, L., Porcelli, S., & Giommi, F. (2015). [Mindfulness-based cognitive therapy vs. psycho-education for patients with major depression who did not achieve remission following antidepressant treatment.](#) *Psychiatry research*, *226*(2-3), 474-483.

Zaccaro, A., Piarulli, A., Menicucci, D., Lorenza, M., Alice, Z., & Gemignani, A. (2019). [Altered state of consciousness induced by active stimulation of the olfactory epithelium during slow breathing \(pranayama\): towards an integrated psychophysiological model.](#) In <https://www.tsc2019-interlaken.ch/program/>.

Zaccaro, A., Francesca, M., Piarulli, A., Menicucci, D., Filippo, S., & Gemignani, A. (2018). [Psychometric and psychobiological correlates of altered states of consciousness elicited by Vipassana Analytical and Open Monitoring meditation.](#) In https://www.intobrain.it/wp-content/uploads/2019/02/TiM_program-1.pdf.

Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018). [How breath-control can change your life: a systematic review on psycho-physiological correlates of slow breathing.](#) *Frontiers in human neuroscience*, 353.

Piarulli, A., Zaccaro, A., Laurino, M., Menicucci, D., De Vito, A., Bruschini, L., ... & Gemignani, A. (2018). [Ultra-slow mechanical stimulation of olfactory epithelium modulates consciousness by slowing cerebral rhythms in humans.](#) *Scientific reports*, *8*(1), 6581.

Neri, B. (2023). [Spirituality in Medicine: a New Dimension in the Light o a Millenial Tradition.](#) In [The Patient as a Person.](#) A.Pingitore, M.A.Iacono Eds. Pp. 153-170. Springer