



DEPARTMENT OF PSYCHIATRY AND HUMAN BEHAVIOR
Deane H. Shapiro Jr., PhD

Please Reply to:

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S.K.Kiran Kumar, Ph.D.
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Dear Kiran:

As per your request, I have read through the research proposal on Effects of Preparatory Stages of Ashtanga Yoga....

The idea of the study is an interesting one--to investigate the "Eastern" personality characteristics of Sattva, Rajas, and Tamas, and how Patanjali's system of Ashtanga yoga might differentially effect individuals with those characteristics.

A couple thoughts:

1) Expectations. As was pointed out in the synopsis, the issue of expectation effects is going to be an important one. Specifically, who are the individuals being recruited, and are those in the control group equivalent in expectations.

2) Context. As the enclosed articles suggest, I believe we are at a time in meditation research where we should reintroduce the context. In this study, therefore, it might be interesting to note the religious orientation of the subjects. Do they have a belief system within which they are practicing are want to practice meditation? What are there goals and values before beginning meditation, etc.

3) Control. In terms of personality measurement, studies using the internal/external locus of control scale were mentioned; as well as how concentration involves the ability to focus attention; and the importance of bodily control. As we have discussed, over the past decade I have been working on developing a way to measure control that I believe is sensitive to changes in meditation, as well as a major measure of personality that can be applicable to both Eastern and Western models of psychology, health, and pathology.

I am enclosing a copy of the SCI (Shapiro Control Inventory). It has been translated into Spanish, and is being translated into Tibetan for use with some of the Dalai Lama's monks. I would be very interested if you might think it applicable as a pre-post measure in this study. If so, I would be happy

to talk with the test publisher about its use in your study.

Finally, in response to your request, I would be happy to serve as an examiner for this research proposal.

With best wishes,

Deane H. Shapiro, Jr., Ph.D.
Associate Professor in Residence

A SYNOPSIS OF RESEARCH PROPOSAL FOR THE
REGISTRATION FOR DEGREE OF DOCTOR OF
PHILOSOPHY IN PSYCHOLOGY AT THE UNIVERSITY
OF MYSORE, MYSORE.

TITLE
EFFECTS OF PREPARATORY STAGES OF ASHTANGA
YOGA ON PERSONALITY CHARACTERISTICS - AN
EXPERIMENTAL STUDY.

THROUGH
THE CHAIRMAN, DEPARTMENT OF STUDIES IN
PSYCHOLOGY, UNIVERSITY OF MYSORE, MYSORE

January, 1989

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