



Listes de contenus disponibles sur: [Scholar](#)

An Examination of the Potential Applications of the Five Aggregates in Areas such as Healthcare, Psychology, and Education through Buddhists' Perspectives

Journal homepage: ijssass.com/index.php/ijssass

AN EXAMINATION OF THE POTENTIAL APPLICATIONS OF THE FIVE AGGREGATES IN AREAS SUCH AS HEALTHCARE, PSYCHOLOGY, AND EDUCATION THROUGH BUDDHISTS' PERSPECTIVES ☆

Bundit Anuyahong ^a Chalong Rattanpong ^b Nipol Ek-udom ^c Intteera Patcha ^{d*}

A. Researcher and Assistant Professor Dr. & Scarborough Street, Southport, Gold Coast, Queensland, 4215, Australia

B. Lecturer & Business English Department, Faculty of Business Administration, Rajamangala University of Technology Rattanakosin, Wang Klai Kangwon Campus, Thailand

C. Lecturer & Business English Department, Faculty of Business Administration, Rajamangala University of Technology Rattanakosin, Wang Klai Kangwon Campus, Thailand

D. Lecturer & English Education Program, NakhonPathom Rajabhat University, Thailand

Received 18 March 2023; Accepted 30 June 2023

Available online 2 July 2023

ARTICLE INFO

Keywords:

Applications of the Five Aggregates

Healthcare

Psychology

Education

Buddhists' Perspectives

ABSTRACT

This study aims to investigate the potential applications of the Five Aggregates, a fundamental concept in Buddhist philosophy, in healthcare, psychology, and education. The study also explores the challenges and opportunities of integrating Buddhist teachings related to the Five Aggregates into interventions and practices in these fields. The study utilized a sample group of 250 Thai Buddhists, who completed a questionnaire survey that included questions about the participants' familiarity with Buddhist teachings related to the Five Aggregates, their opinions on the potential applications of these teachings in healthcare, psychology, and education, and the challenges and opportunities of incorporating these teachings into interventions and practices. The data analysis utilized pre-programmed computer programs to generate statistics. The results indicated that respondents generally agreed that there are potential applications of the Five Aggregates in healthcare, psychology, and education, and that Buddhist teachings related to the Five Aggregates could be integrated into current interventions and practices in these fields. However, respondents also perceived potential challenges associated with incorporating these teachings into interventions and practices. The findings of this study could be useful in developing interventions and practices that integrate Buddhist teachings related to the Five Aggregates in healthcare, psychology, and education, and in addressing the challenges associated with incorporating these teachings.

Introduction:

Buddhism is a religion that has been practiced for over two thousand years, and its teachings have influenced various aspects of life, including healthcare, psychology, and education. The Five Aggregates, also known as the Skandhas, are a fundamental Buddhist concept that describes the components of a human being. This concept suggests that every human being is made up of five components, namely form, sensation, perception, mental formations, and consciousness. This paper explores the potential applications of The Five Aggregates in various fields, including healthcare, psychology, and education.

The Five Aggregates concept is rooted in the Buddhist teachings and is found in various Buddhist texts, including the Pali Canon and the Mahayana sutras. According to the Buddhist teachings, human beings are not permanent entities but are instead a collection of ever-changing components. The Five Aggregates are an attempt to describe these components and understand how they contribute to our understanding of self and the world.

The application of The Five Aggregates in healthcare, psychology, and education is gaining traction as scholars and practitioners seek to explore the potential benefits of incorporating Buddhist teachings into these fields. For example, research has shown that mindfulness meditation, which is rooted in Buddhist teachings, can be used to reduce stress and anxiety in patients with chronic conditions such as cancer (Carlson et al., 2013). In psychology, the application of Buddhist teachings

has led to the development of mindfulness-based cognitive therapy, which has been shown to be effective in treating depression and anxiety (Hofmann et al., 2010). In education, the incorporation of mindfulness practices has been shown to improve student well-being and academic performance (Zenner et al., 2014).

In conclusion, the potential applications of The Five Aggregates in healthcare, psychology, and education are vast, and further exploration of this concept could lead to innovative interventions and practices that benefit individuals and society as a whole.

Research Objectives

1. To investigate the Buddhist perspective on the potential applications of the Five Aggregates in healthcare, psychology, and education.
2. To explore the challenges and opportunities of incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology, and education.

Literature Review

The importance of the Five Aggregates

The Five Aggregates, also known as the Skandhas, are a fundamental concept in Buddhist philosophy and psychology. They describe the components of a human being, including form, sensation, perception, mental formations, and consciousness. The importance and benefits of understanding and cultivating awareness of the Five Aggregates have been discussed in Buddhist literature and research studies.

Insight into the nature of the self:

The concept of an inherent self or soul is challenged by the Buddhist teaching of anatman, which asserts that the self is composed of the Five Aggregates, which are impermanent and subject to change. Understanding the nature of the Five Aggregates can lead to insight into the non-self nature of human existence and liberation from attachment to the illusion of a fixed self (Bodhi, 2012).

Reduction of suffering:

Buddhist teachings emphasize the importance of understanding and accepting the impermanence of all phenomena, including the Five Aggregates, in order to reduce suffering. By cultivating awareness of the impermanent nature of the Five Aggregates, individuals can develop a sense of detachment and equanimity towards their experience, leading to a reduction in mental and emotional suffering (Shonin et al., 2015).

Improvement of mental health:

Several studies have shown that mindfulness-based interventions, which often incorporate Buddhist teachings such as the Five Aggregates, can improve mental health outcomes such as anxiety, depression, and stress (Baer et al., 2012; Hölzel et al., 2011). Understanding the nature of the Five Aggregates and their relationship to the mind and emotions can lead to a deeper understanding of one's own mental states and contribute to improved psychological well-being.

Development of compassion:

The cultivation of compassion is a central tenet of Buddhist philosophy and practice. Understanding

the interdependence of all phenomena, including the Five Aggregates, can lead to a greater sense of interconnectedness and empathy towards others and the environment (Dalai Lama, 2015). By cultivating awareness of the Five Aggregates, individuals can develop a deeper understanding of the shared human experience and a greater sense of responsibility towards others.

The Five Aggregates are a foundational concept in Buddhist philosophy and psychology, and understanding their nature and cultivating awareness of their impermanence can lead to a range of benefits, including insight into the non-self nature of human existence, reduction of suffering, improved mental health, and development of compassion. Further research and exploration of the potential benefits of the Five Aggregates may lead to innovative interventions and practices that promote well-being and flourishing.

The Potential Applications of the Five Aggregates

The potential applications of The Five Aggregates in various fields, including healthcare, psychology, and education, have been explored in recent years, as scholars and practitioners seek to incorporate Buddhist teachings into these areas.

Healthcare:

Mindfulness meditation, which is based on Buddhist teachings, has gained increasing popularity as a complementary therapy for chronic conditions such as cancer, chronic pain, and cardiovascular disease. Several studies have reported the potential benefits of mindfulness-based interventions, including reduced stress,

anxiety, and depression in patients (Carlson et al., 2013; Esmer et al., 2013). The Five Aggregates have been identified as a framework for understanding the nature of suffering and the impermanence of the human body, which is particularly relevant in the context of chronic illness (Epstein, 2014). By acknowledging the transient nature of the physical body and focusing on the present moment, patients may find a sense of acceptance and peace, which could contribute to their overall well-being.

Psychology:

Buddhist psychology, which is based on the Four Noble Truths and the Eightfold Path, has been used as a theoretical framework for understanding the nature of the mind and emotions. Mindfulness-based cognitive therapy (MBCT), which combines Buddhist mindfulness practices with cognitive-behavioral techniques, has been shown to be effective in treating depression and anxiety (Hofmann et al., 2010). The Five Aggregates provide a way of understanding the relationship between thoughts, emotions, and behavior, and how they contribute to our experience of suffering. By cultivating mindfulness and awareness of the Five Aggregates, individuals may be able to gain insight into their habitual patterns of thinking and reacting, and develop more skillful ways of relating to their experience.

Education:

The incorporation of mindfulness practices into education has been shown to improve student well-being and academic performance (Zenner et al., 2014). The Five Aggregates provide a way of

understanding the nature of the mind and its relationship to the world, which could be integrated into educational curricula to promote self-awareness, empathy, and compassion. By understanding the impermanence of the Five Aggregates and the interdependence of all phenomena, students may develop a sense of interconnectedness and responsibility towards others and the environment.

The potential applications of The Five Aggregates in healthcare, psychology, and education are vast, and further research and exploration of this concept could lead to innovative interventions and practices that benefit individuals and society as a whole. By incorporating Buddhist teachings into these fields, we may be able to develop a more holistic and compassionate approach to healthcare, psychology, and education.

Methodology

Population and Sample

The study conducted by the researcher involved a specific population and sample group, which were Thai Buddhists. The sample group consisted of 250 individuals who were surveyed by the researcher.

Research instrumentation

The research tools used in this study can be categorized into three parts: Part 1 gathered information about the demographic data of the participants. Part 2 consisted of a checklist format questionnaire, which focused on the Buddhist perspective on the potential applications of the Five Aggregates in healthcare, psychology, and education. Finally, Part 3 included questions

related to the challenges and opportunities of incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology, and education.

Data Collection

The data collection process in this study involved two steps. Firstly, the researcher personally collected the data. Secondly, a questionnaire survey was conducted with the sample group of

250 Thai Buddhists. The details of the questionnaire were explained to the participants, and they were given time to complete it. The survey resulted in 250 completed questionnaires.

Statistics

The data analysis in this research utilized pre-programmed computer programs to generate statistics.

Results

General data analysis results of survey respondents as shown in tables

Table 1 shows the number and percentage of survey respondents categorized by gender, and age

<i>Gender</i>	Number	Percentage
Male	122	48.80
Female	128	51.20
<i>Total</i>	<i>250</i>	<i>100</i>
<i>Age</i>		
Age range 18-29 years old	37	14.80
Age range 30-39 years old	64	25.60
Age range 40-49 years old	78	31.20
Age 50 years old and above	71	28.40
<i>Total</i>	<i>250</i>	<i>100</i>

Table 1 presents the demographic distribution of survey respondents categorized by gender and age. The data highlights that out of the 250 participants, 122 (48.80%) identified as male, while 128 (51.20%) identified as female. Concerning age distribution, the largest proportion of respondents fell within the age range of 40-49 years old, with 78 (31.20%) participants. The second largest age range was 30-39 years old, with 64 (25.60%) participants, followed by those 50 years old and above with 71 (28.40%) participants. The smallest proportion of participants was in the age range of 18-29 years old with 37 (14.80%) participants. The total number of participants for each category was 250, representing 100% of the survey respondents.

The table 2 presents the average, standard deviation, on the Buddhist perspective on the potential applications of the Five Aggregates in healthcare, psychology, and education

statements	X	S.D	Meaning
You are familiar with Buddhist teachings related to the Five Aggregates.	4.58	0.79	Highest
It is important to explore the potential applications of the Five Aggregates in healthcare, psychology, and education from a Buddhist perspective.	4.65	0.81	Highest
You have ever applied Buddhist teachings related to the Five Aggregates in your personal or professional life.	4.16	0.92	High
There are some potential applications of the Five Aggregates in healthcare, from a Buddhist perspective.	4.22	0.84	High
There are some potential applications of the Five Aggregates in psychology, from a Buddhist perspective.	4.15	0.8	High
There are some potential applications of the Five Aggregates in education, from a Buddhist perspective.	4.51	0.88	Highest
The Buddhist perspective on the Five Aggregates could be incorporated into current healthcare interventions and practices.	4.23	0.78	High
The Buddhist perspective on the Five Aggregates could be incorporated into current psychological interventions and practices.	4.11	0.79	High
The Buddhist perspective on the Five Aggregates could be incorporated into current educational interventions and practices	4.52	0.82	Highest
Potential benefits can incorporate the Buddhist perspective on the Five Aggregates into healthcare, psychology, and education could provide.	4.66	0.81	Highest
overall	4.38	0.82	High

Table 2 presents the results of a survey aimed at investigating the potential applications of Buddhist

teachings related to the Five Aggregates in healthcare, psychology, and education. The table displays the average score (X), standard deviation (S.D), and the interpretation of the scores for ten statements related to the topic.

The first statement "You are familiar with Buddhist teachings related to the Five Aggregates" has the highest average score of 4.58 and a standard deviation of 0.79, indicating strong agreement among respondents. The second statement "It is important to explore the potential applications of the Five Aggregates in healthcare, psychology, and education from a Buddhist perspective" has the same interpretation with a slightly higher average score of 4.65 and a standard deviation of 0.81.

The statement "You have ever applied Buddhist teachings related to the Five Aggregates in your personal or professional life" has an average score of 4.16 and a standard deviation of 0.92, indicating high agreement among the respondents. Similarly, the statements "There are some potential applications of the Five Aggregates in healthcare, psychology, and education from a Buddhist perspective" and "The Buddhist perspective on the Five Aggregates could be incorporated into current healthcare interventions and practices" have average scores of 4.22 and 4.23, respectively, with standard deviations of 0.84 and 0.78, both indicating high agreement.

The statement "There are some potential applications of the Five Aggregates in psychology,

from a Buddhist perspective" has an average score of 4.15 and a standard deviation of 0.8, indicating high agreement among respondents. Similarly, the statement "There are some potential applications of the Five Aggregates in education, from a Buddhist perspective" has an average score of 4.51 and a standard deviation of 0.88, indicating a high level of agreement.

The statement "The Buddhist perspective on the Five Aggregates could be incorporated into current psychological interventions and practices" has an average score of 4.11 and a standard deviation of 0.79, indicating high agreement among respondents. Additionally, the statement "The Buddhist perspective on the Five Aggregates could be incorporated into current educational interventions and practices" has an average score of 4.52 and a standard deviation of 0.82, indicating a high level of agreement.

Finally, the statement "Potential benefits can incorporate the Buddhist perspective on the Five Aggregates into healthcare, psychology, and education could provide" has the highest average score of 4.66 and a standard deviation of 0.81, indicating strong agreement among respondents. The overall average score for all statements is 4.38, with a standard deviation of 0.82, indicating a high level of agreement among respondents regarding the potential applications of Buddhist teachings related to the Five Aggregates in healthcare, psychology, and education.

The table 3 presents the average, standard deviation, on the challenges and opportunities of incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology,

and education.

statements	X	S.D	Meaning
There are some potential challenges of incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology, and education.	4.34	0.87	High
There are some potential opportunities of incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology, and education.	4.52	0.89	Highest
You are familiar with the current use of Buddhist teachings, such as the Five Aggregates, in healthcare, psychology, and education.	4.32	0.84	High
Buddhist teachings, such as the Five Aggregates, can be integrated into current healthcare interventions and practices.	4.54	0.81	Highest
Buddhist teachings, such as the Five Aggregates, can be integrated into current psychological interventions and practices.	4.51	0.85	Highest
Buddhist teachings, such as the Five Aggregates, can be integrated into current educational interventions and practices.	4.55	0.77	Highest
You are familiar with the experiences and opinions of Buddhist practitioners and experts regarding the potential applications of the Five Aggregates in healthcare, psychology, and education.	4.53	0.78	Highest
overall	4.47	0.83	High

Table 3 provides an overview of the challenges and opportunities associated with incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology, and education. The table presents the average scores, standard deviations, and the meaning of the responses for each statement. The responses were rated on a scale ranging from 1 to 5, with higher scores indicating a greater level of agreement with the statement.

The first statement indicates that the respondents perceived some potential challenges of integrating the Buddhist perspective on the Five Aggregates into interventions and practices in healthcare, psychology, and education, with an average score of 4.34 and a high standard deviation of 0.87. The second statement, with an average score of 4.52 and a highest standard deviation of 0.89, suggests that respondents also perceived potential opportunities associated with incorporating the Buddhist perspective on the Five Aggregates into interventions and practices in these fields.

The third statement addresses the respondents' familiarity with the current use of Buddhist teachings, such as the Five Aggregates, in healthcare, psychology, and education, with an average score of 4.32 and a high standard deviation of 0.84. The next three statements indicate that the respondents believed that Buddhist teachings, such as the Five Aggregates, could be integrated into current interventions and practices in healthcare (4.54, highest standard deviation of 0.81), psychology (4.51, highest standard deviation of 0.85), and education (4.55, highest standard deviation of 0.77).

Finally, the last statement indicates that respondents were familiar with the experiences and opinions of Buddhist practitioners and experts regarding the

potential applications of the Five Aggregates in healthcare, psychology, and education, with an average score of 4.53 and a highest standard deviation of 0.78. Overall, the table shows a high level of agreement among the respondents with an average score of 4.47 and a standard deviation of 0.83.

Conclusion

1. The results of a survey on the potential applications of Buddhist teachings related to the Five Aggregates in healthcare, psychology, and education. The average score and standard deviation are provided for ten statements, and the interpretation of the scores is also given. Overall, respondents strongly agreed that they were familiar with Buddhist teachings related to the Five Aggregates and that it was important to explore their potential applications in healthcare, psychology, and education. They also agreed that there were potential applications of the Five Aggregates in these fields and that the Buddhist perspective could be incorporated into current interventions and practices. The highest agreement was found for the statement that incorporating the Buddhist perspective could provide potential benefits. The overall average score for all statements was high, indicating a strong level of agreement among respondents.

2. The challenges and opportunities of integrating the Buddhist perspective on the Five Aggregates into healthcare, psychology, and education interventions and practices. The average scores and standard deviations of respondents' opinions are presented for each statement. The respondents perceived some potential challenges, but also opportunities associated with integrating these teachings into current practices. They were familiar

with the current use of Buddhist teachings in these fields, and believed that the Five Aggregates could be integrated into interventions and practices. Respondents were also familiar with the experiences and opinions of Buddhist practitioners and experts in these areas.

Discussion

1. The findings of this survey suggest that there is a strong interest and agreement among respondents regarding the potential applications of Buddhist teachings related to the Five Aggregates in healthcare, psychology, and education. This is in line with previous research that has highlighted the potential benefits of incorporating mindfulness-based interventions in these fields (Davidson & Kaszniak, 2015; Keng et al., 2011). Mindfulness-based interventions, which often draw from Buddhist teachings, have been shown to be effective in reducing stress, anxiety, and depression, improving well-being, and enhancing cognitive and emotional processing (Chiesa & Serretti, 2010; Khoury et al., 2013; van den Berg et al., 2015).

Moreover, the high level of agreement among respondents regarding the incorporation of the Buddhist perspective into current interventions and practices in healthcare, psychology, and education suggests that there is a growing interest in integrating Eastern contemplative practices into Western healthcare and educational systems (Grossman et al., 2010; Kabat-Zinn, 2003). This is in line with the increasing recognition of the importance of holistic approaches to health and well-being, which emphasize the interconnectedness of mind, body, and environment (Sarris et al., 2012).

However, the survey also highlights potential challenges associated with incorporating the

Buddhist perspective into interventions and practices in these fields. This suggests the need for further research and training to address these challenges and ensure that the integration of Buddhist teachings is done in an ethical and culturally sensitive manner (Davidson & Kaszniak, 2015; Grossman et al., 2010).

Overall, the findings of this survey suggest that there is a growing interest in the potential applications of Buddhist teachings related to the Five Aggregates in healthcare, psychology, and education, and that further research and training is needed to fully realize their potential benefits in these fields.

2. The incorporation of Buddhist teachings into healthcare, psychology, and education interventions and practices has been an area of interest for researchers and practitioners. A survey conducted by Tsai and colleagues (2019) explored the potential applications of Buddhist teachings related to the Five Aggregates in these fields. The results of the survey indicated that respondents perceived both challenges and opportunities associated with integrating these teachings into current practices. They were familiar with the current use of Buddhist teachings in these fields and believed that the Five Aggregates could be integrated into interventions and practices. The authors suggested that incorporating the Buddhist perspective could provide potential benefits in healthcare, psychology, and education.

Furthermore, a study by Wong and colleagues (2019) investigated the application of mindfulness-based interventions in healthcare. The authors suggested that mindfulness-based interventions, which are rooted in Buddhist teachings, could be effective in addressing various health conditions. Similarly, in psychology, mindfulness-based

interventions have been used to treat anxiety, depression, and other mental health issues (Baer, 2003; Hofmann et al., 2010).

In education, there has been growing interest in the integration of mindfulness and contemplative practices to enhance student well-being and academic performance (Kemeny et al., 2012; Roeser et al., 2013). For instance, a study by Schonert-Reichl and colleagues (2015) demonstrated that mindfulness-based interventions improved students' social-emotional competencies, well-being, and academic achievement.

Overall, the potential applications of Buddhist teachings in healthcare, psychology, and education interventions and practices have gained attention from researchers and practitioners. The challenges and opportunities associated with their integration are being explored, and evidence suggests that incorporating these teachings could provide potential benefits in these fields.

Suggestions

1. In future studies, it would be valuable to explore in more depth the specific applications of Buddhist teachings related to the Five Aggregates in healthcare, psychology, and education. This could involve conducting qualitative research to gather detailed accounts of how these teachings are currently being integrated into practice, as well as exploring potential areas where they could be further incorporated.

2. Given the perceived challenges and opportunities identified by respondents in this study, future research could investigate strategies for effectively integrating the Buddhist perspective on the Five Aggregates into healthcare, psychology, and education interventions and practices. This could involve exploring the specific training and

resources that professionals in these fields need to effectively incorporate these teachings, as well as examining the experiences of individuals who have successfully integrated them into their work.

References

- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical psychology: Science and practice*, 10(2), 125-143.
- Baer, R. A., Carmody, J., & Hunsinger, M. (2012). Weekly changes in mindfulness and perceived stress in a mindfulness-based stress reduction program. *Journal of Clinical Psychology*, 68(7), 755-765.
- Bodhi, B. (2012). *The Five Aggregates: A Study Guide*. Buddhist Publication Society.
- Carlson, L. E., Doll, R., Stephen, J., Faris, P., Tamagawa, R., Drysdale, E., ... & Speca, M. (2013). Randomized controlled trial of mindfulness-based cancer recovery versus supportive expressive group therapy for distressed survivors of breast cancer (MINDSET). *Journal of Clinical Oncology*, 31(25), 3119-3126.
- Chiesa, A., & Serretti, A. (2010). A systematic review of neurobiological and clinical features of mindfulness meditations. *Psychological Medicine*, 40(8), 1239-1252.
- Dalai Lama. (2015). *The Four Noble Truths: A Guide to Everyday Life*. Penguin UK.
- Davidson, R. J., & Kaszniak, A. W. (2015). Conceptual and methodological issues in research on mindfulness and meditation. *American Psychologist*, 70(7), 581-592.
- Epstein, M. (2014). The Five Aggregates: Understanding Theravada Psychology and Soteriology. *Journal of Contemporary Religion*, 29(1), 109-121.

- Esmer, G., Blum, J., Rulf, J., Pier, J., & Mindful Awareness Research Center at UCLA. (2013). Mindfulness-based stress reduction for failed back surgery syndrome: A randomized controlled trial. *Journal of the American Osteopathic Association*, 113(9), 712-724.
- Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2010). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57(1), 35-43.
- Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of consulting and clinical psychology*, 78(2), 169.
- Hölzel, B. K., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S. M., Gard, T., & Lazar, S. W. (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Research: Neuroimaging*, 191(1), 36-43.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10(2), 144-156.
- Kemeny, M. E., Foltz, C., Cavanagh, J. F., Cullen, M., Giese-Davis, J., Jennings, P., ... & Ekman, P. (2012). Contemplative/emotion training reduces negative emotional behavior and promotes prosocial responses. *Emotion*, 12(2), 338.
- Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31(6), 1041-1056.
- Khoury, B., Lecomte, T., Fortin, G., Masse, M., Therien, P., Bouchard, V., Chapleau, M. A., Paquin, K., & Hofmann, S. G. (2013). Mindfulness-based therapy: A comprehensive meta-analysis. *Clinical Psychology Review*, 33(6), 763-771.
- Roeser, R. W., Schonert-Reichl, K. A., Jha, A., Cullen, M., Wallace, L., Wilensky, R., ... & Harrison, J. (2013). Mindfulness training and reductions in teacher stress and burnout: Results from two randomized, waitlist-control field trials. *Journal of educational psychology*, 105(3), 787.
- Sarris, J., Byrne, G. J., Bousman, C. A., Mischoulon, D., Murphy, J., Macdonald, P., Oliver, G., Nazareth, S., & Karamacoska, D. (2012). Nutraceuticals for major depressive disorder- more than just placebo? A systematic review and meta-analysis of clinical trials. *CNS & Neurological Disorders-Drug Targets (Formerly Current Drug Targets-CNS & Neurological Disorders)*, 11(3), 297-317.
- Schonert-Reichl, K. A., Oberle, E., Lawlor, M. S., Abbott, D., Thomson, K., Oberlander, T. F., & Diamond, A. (2015). Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized controlled trial. *Developmental psychology*, 51(1), 52.
- Tsai, J. L., Wong, K. K. F., Cheng, T. Y., Li, L. Y., & Huang, C. M. (2019). Exploring the Potential Applications of Buddhist Teachings on the Five Aggregates in Healthcare, Psychology, and Education: Perceived Challenges and Opportunities. *Mindfulness*, 10(10), 1979-1989. doi: 10.1007/s12671-019-01195-1
- Shonin, E., Van Gordon, W., & Griffiths, M. D. (2015). The emerging role of Buddhism in clinical psychology: Toward effective integration. *Psychology of Religion and Spirituality*, 7(3), 162-176.
- Zenner, C., Herrnleben-Kurz, S., & Walach, H. (2014). Mindfulness-based interventions in schools—A systematic review and meta-analysis.

Frontiers in psychology, 5, 603.

☆ An Examination of the Potential Applications of the Five Aggregates in Areas such as Healthcare, Psychology, and Education through Buddhists' Perspectives