

## **The occurrence, phenomenology and psychological correlates of Out-of-Body and Near-Death Experiences**

### **Results:**

An Interpretative Phenomenological Analysis (IPA) of the data identified four main clusters of themes across the five studies. One cluster concerned the potential for the OBE to be viewed as an adaptive experience; occurring at times of personal significance and helping individuals cope with difficult life events. A second cluster highlighted the benefits and challenges that experiencers encountered when sharing their OBEs with other people as part of their sense-making endeavours. A third cluster of themes centred on the embodied nature of the OBE and the attributions and beliefs experiencers had about the perceived control and mastery they had over their OBEs. Also identified in this theme was the transactive nature of the out-of-body environments themselves, which were seen as meaningful places that facilitated experiencers' embodied, goal-oriented behaviours. The fourth cluster focused on the abundance of rarely discussed OBE features and the corresponding attribution experiencers made of some kind of meaning to certain features, many of which were bound to previously held desires and beliefs, and tied in closely with their future anticipations and expectations. The theoretical implications for all of these findings are discussed.

### **Published Work:**

#### **Peer reviewed Journals:**

Wilde, D., & Murray, C. D. (2009). The Evolving Self: Finding Meaning in Near-Death Experiences Using Interpretative Phenomenological Analysis. *Journal of Mental Health, Religion and Culture*, 12(3), 223-239.

Wilde, D. & Murray, C. D. (2009). An Interpretative Phenomenological Analysis of Out-of-Body Experiences in Two Cases of Novice Meditators. *Australian Journal of Clinical and Experimental Hypnosis*, 37(2), 16-44.

Wilde, D., & Murray, C. D. (2010). Interpreting the Anomalous: Finding Meaning in Out-of-Body and Near-Death Experiences. *Qualitative Research in Psychology*, 7(1), 57-72.

#### **Book chapters:**

Murray, C. D., Wilde, D., & Murray, J. (2009). Finding Meaning in Out-of-Body Experiences: An Interpretative Phenomenological Analysis. In C. D. Murray (Ed.) *Psychological Scientific Perspectives on Out-of-Body and Near-Death Experiences*, Nova Science Publishers, New York. pp. 105-127.

Murray, C. D., Wilde, D., & Murray, J. (2009) Finding Meaning in Near-Death Experiences: An Interpretative Phenomenological Analysis. In C. D. Murray (Ed.)

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Psychological Scientific Perspectives on Out-of-Body and Near-Death Experiences, Nova Science Publishers, New York. pp. 205-219.

Wilde, D. (2009). Taking the Psychological Approach: Blackmore and Irwin in Context. In C .D. Murray (Ed.) Psychological Scientific Perspectives on Out-of-Body and Near-Death Experiences, Nova Science Publishers, New York. pp. 64-68.

Wilde, D., & Murray, C. D. (2011). Prospecting in the Light: The Future of NDE Research. In M. Perera, K. Jagadheesan, & A. Peake (Eds.), Making Sense of Near-death Experiences: A Handbook for Clinicians (pp. 128-134). London, England: Jessica Kingsley Publishers.

### **Areas of interest:**

Anomalous experiences; Interpretative Phenomenological; Analysis; Near-Death Experiences; Out-of-Body Experiences; Qualitative Methodology

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