

# MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness  
[www.mindfulexperience.org](http://www.mindfulexperience.org)

Vol. 1 ♦ Num. 1

Jan/Feb 2010

Author: David S. Black, M.P.H.

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## Study reviews evidence for Vipassana meditation

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A review by Chiesa (2010) published in *The Journal of Alternative and Complementary Medicine* examined the empirical evidence from studies exploring the neurobiological and clinical findings associated with Vipassana Meditation (VM), which is a form of mindfulness meditation. Seven controlled and cross-sectional studies, which had controls, published in English were included in this review. The review identified multiple neuroimaging studies suggesting VM practice may be associated with activation in brain activity during meditation, and with actual structural change in the brain over time. Moreover, clinical studies using VM have shown its ability to reduce health-compromising behaviors such as substance abuse among high-risk populations. However, the author does emphasize the need for high-quality clinical trails to confirm these findings.

*Reference:*  
Chiesa, A. (2010). Vipassana meditation: Systematic review of current evidence. *J Altern Complement Med.*, 16(1), 37-46. [\[link\]](#)

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## Wellbeing increases in experienced meditators

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Falkenström (2010) administered self-report measures to adult meditators to study the association between mindfulness and wellbeing using a quasi-experimental intervention. Participants, 48 of whom were on retreat and 28 not on retreat acting as controls, were recruited from two Vipassana meditation retreats, and had an average of 16.4 years of meditation experience. Self-reported mindfulness showed a strong correlation with wellbeing; however, findings diverged across mindfulness scales. Wellbeing also increased more in the retreat group than in the control group. Partial support was also found for mindfulness skills to increase during an intensive meditation retreat, and increases were positively associated with mindfulness.

*Reference:*  
Falkenström, F. (2010). Studying mindfulness in experienced meditators: A quasi-experimental approach. *Pers Individ Dif.*, 48(3), 305-310. [\[link\]](#)

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## Mindfulness program treats irritable bowel syndrome

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Ljótsson and colleagues (2010) tested the influence of a mindfulness program on Irritable Bowel Syndrome (IBS) symptoms in a clinical context. Thirty-four adult

patients, verified as having a valid IBS diagnosis by a physician, entered a 10-week CBT-treatment based on exposure and mindfulness exercises, and provided data at baseline, posttest, and six-month follow-up periods. Measures included a gastrointestinal symptom diary, self-report questionnaires covering quality of life, gastrointestinal specific anxiety, general functioning, and a psychiatric interview. At posttest, mean reduction in IBS symptoms indicated clinically significant improvement, and these treatment gains were maintained at six-month follow-up. Results also suggested improvements in social, familial and work-related functioning.

*Reference:*

Ljótsson, B., Andréewitch, S., Hedman, E., Rück, C., Andersson, G., & Lindefors, N. (2010). Exposure and mindfulness based therapy for irritable bowel syndrome-an open pilot study. *J Behav Ther Exp Psychiatry*. [\[link\]](#)

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### Other new publications

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1. Crumpton, N. M. (2010). Secondary traumatic stress and mindfulness training. *J Emerg Nurs.*, 36(1), 3-4. [\[link\]](#)
2. Hede, A. (2010). The dynamics of mindfulness in managing emotions and stress. *Journal of Management Development*, 29(1), 94-110. [\[link\]](#)
3. Stahl, B., & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. New Harbinger Pubns Inc.
4. Zautra, A. J., Fasman, R., Davis, M. C., & Craig, A. D. (2010). The effects of slow breathing on affective responses to pain stimuli: An experimental study. *Pain*. [\[link\]](#)

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"One begins to take an objective view of the stream of thoughts, impressions, feelings, and experiences which constantly flows through the mind. Instead of trying to control and interfere with it, one simply lets it flow as it pleases." *Alan Watts*

# MINDFULNESS RESEARCH MONTHLY

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Vol. 1 ♦ Num. 2

March 2010

Author: David S. Black, M.P.H.

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## **Emotion journal issue dedicated to mindfulness**

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The journal *Emotion* has dedicated its February issue to studies examining mindfulness in the context of emotions. This issue emphasized the importance of mindfulness practice on emotion. Richard Davidson opens the issue with a commentary that addresses several key methodological and conceptual issues in the empirical study of mindfulness. His commentary concludes with a consideration of aspects of emotion processing that are likely to be influenced by mindfulness, and he suggests that this journal issue is perhaps a harbinger of a promising area of future research. This commentary in *Emotion* introduces the following studies in the February issue:

1. Way BM, Creswell JD, Eisenberger NI, et al. (2010). Dispositional mindfulness and depressive symptomatology: Correlations with limbic and self-referential neural activity during rest. *Emotion, 10*, 12-24. [\[link\]](#)
2. Farb NA, Anderson AK, Mayberg H, et al. (2010). Minding one's emotions: Mindfulness training alters the neural expression of sadness. *Emotion, 10*(1), 25-33. [\[link\]](#)
3. Hargus E, Crane C, Barnhofer T, et al. (2010). Effects of mindfulness on meta-awareness and specificity of describing

prodromal symptoms in suicidal depression. *Emotion, 10*(1), 34-42. [\[link\]](#)

4. Grant JA, Courtemanche J, Duerden EG, et al. (2010). Cortical thickness and pain sensitivity in zen meditators. *Emotion, 10*(1), 43. [\[link\]](#)

5. Jha AP, Stanley EA, Kiyonaga A, et al. (2010). Examining the protective effects of mindfulness training on working memory capacity and affective experience. *Emotion, 10*(1), 54. [\[link\]](#)

6. Perlman DM, Salomons TV, Davidson R J, et al. (2010). Differential effects on pain intensity and unpleasantness of two meditation practices. *Emotion, 10*(1), 65-71. [\[link\]](#)

7. Erisman SM, Roemer L. (2010). A preliminary investigation of the effects of experimentally induced mindfulness on emotional responding to film clips. *Emotion, 10*(1), 72-82. [\[link\]](#)

8. Goldin PR, Gross JJ. (2010). Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion, 10*(1), 83. [\[link\]](#)

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## **MBCT for people diagnosed with cancer**

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Emotional distress is a common ailment for cancer patients, and it is important

that treatment consider the impact of these emotions. This study used a randomized controlled trial design and assigned 115 people diagnosed with cancer to either Mindfulness Based Cognitive Therapy (MBCT) treatment or a wait-list control condition. The MBCT treatment was an 8-week program that contained two-hour sessions conducted each week, which focused on mindfulness practices. Participants also attended a one-day session and were instructed to meditate one hour each day at home. Participants were assessed at baseline, 10 weeks later, and 3 months post treatment. The study found large and significant improvements in mindfulness, depression, anxiety, and distress for MBCT participants compared to those who had not received the training. A similar trend was also found for a quality of life measure. These findings suggest the importance of mindfulness practices to treat emotional distress among people diagnosed with cancer.

*Reference:*

Foley E, Baillie A, Huxter M, et al. (2010). Mindfulness-Based cognitive therapy for individuals whose lives have been affected by cancer: A randomized controlled trial. *J Consult Clin Psychol*, 78(1), 72. [\[link\]](#)

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### **Affective impact of mindfulness on minority children**

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Depression and anxiety are common ailments facing children and youth today. This study used an experimental design to compare children receiving a mindfulness intervention (MI) or a health education (HE) intervention on measures of depression and anxiety. Children (N=17) were recruited from a summer camp, and were from Caribbean and Central American countries. The MI used a program designed specifically for children by Mindful Schools, and consisted of 10 15-minute classes, one every day for two weeks. Results found that children in the

MI showed reductions in depressive symptoms relative to children in the HE condition. Further, a trend ( $p=.07$ ) indicated that anxiety showed greater decreases in the MI relative to the HE condition. Results suggest that mindfulness interventions tailored to children may decrease depressive symptoms in minority children. However, more studies are needed with a larger sample to determine the influence of MI treatment on anxiety.

*Reference:*

Liehr P, Diaz N. (2010). A pilot study examining the effect of mindfulness on depression and anxiety for minority children. *Archives of Psychiatric Nursing*, 24(1), 69-71. [\[link\]](#)

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### **Emotion regulation, mindfulness and brain activity**

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Emotion regulation is an important part of handling distress in daily life. Mindfulness is considered as a self-regulatory process that can reduce negative affect. This study examined whether brain activity elicited during reappraisal would be modulated by differences in dispositional mindfulness in a sample of 80 participants who were new to meditation practice in a university setting. Functional MRI data were collected from participants who experienced three trials--viewing a neutral picture, viewing a negative picture, and reinterpretation of a negative picture. Results indicated that individual differences in mindfulness disposition modulated brain activity in cortical regions involved emotion regulation, and may suggest that more mindful individuals may be better at deploying top down appraisals that down-regulate amygdala activity.

*Reference:*

Modinos, G, Ormel J, Aleman A. (2010). Individual differences in dispositional mindfulness and brain activity involved in

reappraisal of emotion. *Soc Cogn Affect Neurosci.* [\[link\]](#)

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### Other new publications

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1. Dellbridge CA, Lubbe C. (2010). Clinical perspective an adolescent's subjective experiences of mindfulness. *Journal of Child and Adolescent Mental Health*, 21(2),167-80. [\[link\]](#)
2. Fan Y, Tang YY, Ma Y, et al. (2010). Mucosal immunity modulated by integrative meditation in a dose-dependent fashion. *The Journal of Alternative and Complementary Medicine*, 16(2), 151-55. [\[link\]](#)
3. Franco JC. (2010). Reducing stress levels and anxiety in primary-care physicians through training and practice of a mindfulness meditation technique. *Atencion Primaria/Sociedad Espanola De Medicina De Familia Y Comunitaria.* [\[link\]](#)
4. Goldmeier D, Mears AJ. (2010). Meditation: A review of its use in western medicine and, in particular, its role in the management of sexual dysfunction. *Current Psychiatry Reviews*, 6(1), 11-14. [\[link\]](#)
5. Hanrinth R, Rungreangkulkij S. (2010). Buddhist-Oriented individual counseling for depressed chronic illness patients. *Journal of Mental Health of Thailand*, 16(1), 14. [\[link\]](#)
6. Herwig U, Kaffenberger T, Jäncke L, et al. (2010). Self-Related awareness and emotion regulation. *Neuroimage*, 50, 734-41. [\[link\]](#)
7. Leverone D, Epstein BJ. (2010). Nonpharmacological interventions for the treatment of rheumatoid arthritis: A focus on mind-body medicine. *Journal of Pharmacy Practice.* [\[link\]](#)

8. Losatiankij P. (2010). Buddhist psychotherapy: The aspect of mindfulness psychotherapy. *Journal of Mental Health of Thailand*, 16(2), 119. [\[link\]](#)

9. Mars TS, Abbey H. (2010). Mindfulness meditation practise as a healthcare intervention: A systematic review. *International Journal of Osteopathic Medicine.* [\[link\]](#)

10. Michalak J, Troje NF, Heidenreich T. (2010). Embodied effects of mindfulness-based cognitive therapy. *J Psychosom Res*, 68(3), 312-313. [\[link\]](#)

11. Silpakit, C., & Silpakit, O. (2010). Mindfulness meditation and mental well-being indicators. *Journal of Mental Health of Thailand*, 16(1), 24. [\[link\]](#)

12. Flook L, Smalley SL, Kitil JM, et al. (2010). Effects of Mindful Awareness Practices on Executive Functions in Elementary School Children. *Journal of Applied School Psychology*, 26:70-95. [\[link\]](#)

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Vol. 1 ♦ Num. 3

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Author: David S. Black, M.P.H.

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## Hot Topics: Special issue on mindfulness, children, and families

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The April edition of the *Journal of Child and Family Studies (JCFS)* has dedicated a special issue to mindfulness research in the context of children and families. Guest editors Richard Hastings and Nirbhay Singh introduce the special issue, which contains 12 original articles and one book review. The articles are comprised of empirical reviews about the use of mindfulness-based interventions with children, adolescents and parents; data-driven papers providing outcome data from mindfulness-based interventions with youth and parents; and an interesting case report of the use of mindfulness with mothers in Palestine. The editors conclude that the field of mindfulness research appears to have “exploded and developed in sophistication over the course of the preparation of this special issue”. The following publications are included in the April issue of JCFS:

1. Hastings, R. P., & Singh, N. N. (2010). Mindfulness, children, and families. *Journal of Child and Family Studies, 19(2)*, 131-32. [\[link\]](#)
2. Burke, C. A. (2010). Mindfulness-Based approaches with children and adolescents: A preliminary review of current research in an emergent field. *Journal of Child and Family Studies, 19(2)*, 133-144. [\[link\]](#)
3. Cohen, J. A. S., & Semple, R. (2010). Mindful parenting: A call for research.

*Journal of Child and Family Studies, 19(2)*, 145-51. [\[link\]](#)

4. Pigni, A. (2010). A first-person account of using mindfulness as a therapeutic tool in the Palestinian territories. *Journal of Child and Family Studies, 19(2)*, 152-156. [\[link\]](#)

5. Singh, N. N., Singh, A. N., Lancioni, G. et al. (2010). Mindfulness training for parents and their children with ADHD increases the children’s compliance. *Journal of Child and Family Studies, 19(2)*, 157-166. [\[link\]](#)

6. Singh, N. N., Lancioni, G. E., Winton, A. et al. (2010). Training in mindful caregiving transfers to parent-child interactions. *Journal of Child and Family Studies, 19(2)*, 167-174. [\[link\]](#)

7. Adkins, A. D., Singh, A. N., Winton, A. S. et al. (2010). Using a mindfulness-based procedure in the community: Translating research to practice. *Journal of Child and Family Studies, 19(2)*, 175-183. [\[link\]](#)

8. Gold, E., Smith, A., Hopper, I. et al. (2010). Mindfulness-Based stress reduction (MBSR) for primary school teachers. *Journal of Child and Family Studies, 19(2)*, 184-189. [\[link\]](#)

9. Duncan, L. G., & Bardacke, N. (2010). Mindfulness-Based childbirth and parenting education: Promoting family mindfulness during the perinatal period. *Journal of Child and Family Studies, 19(2)*, 190-202. [\[link\]](#)



10. Coatsworth, J. D., Duncan, L. G., Greenberg, M. T. et al. (2010). Changing parent's mindfulness, child management skills and relationship quality with their youth: Results from a randomized pilot intervention trial. *Journal of Child and Family Studies, 19*(2), 203-217. [\[link\]](#)

11. Semple, R. J., Lee, J., Rosa, D. et al. (2010). A randomized trial of mindfulness-based cognitive therapy for children: Promoting mindful attention to enhance social-emotional resiliency in children. *Journal of Child and Family Studies, 19*(2), 218-229. [\[link\]](#)

12. Williams, K. L., & Wahler, R. G. (2010). Are mindful parents more authoritative and less authoritarian? An analysis of clinic-referred mothers. *Journal of Child and Family Studies, 19*(2), 230-235. [\[link\]](#)

13. MacDonald, E. E., & Hastings, R. P. (2010). Mindful parenting and care involvement of fathers of children with intellectual disabilities. *Journal of Child and Family Studies, 19*(2), 236-40. [\[link\]](#)

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### Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the impact of mindfulness-based interventions and the feasibility of their application across diverse populations. Some key findings for this issue of MRM include: 1) Mindful Awareness Practices (MAPs) delivered in an 8-week 16 session format to children in second- and third-grade can improve executive functioning skills (Flook); (2) an 8-week randomized controlled trial of MBCT delivered to cancer patients showed medium effect size improvements in mindfulness, depression, anxiety, and distress (Foley); (3) an 8-week MBSR program including a 1-day retreat delivered to HIV positive adults living in Iran had positive effects on psychological

status and CD4 count (Jam); and an 8-week MBSR program delivered to adults with various chronic pain conditions showed health-related quality of life (HRQoL) and psychological distress improvements, with effects varying by pain condition.

1. Birnie, K., Speca, M., & Carlson, L. E. (2010). Exploring self-compassion and empathy in the context of mindfulness-based stress reduction (MBSR). *Stress and Health. [link]*

2. Caldwell, K., Harrison, M., Adams, M. et al. (2010). Developing mindfulness in college students through movement-based courses: Effects on self-regulatory self-efficacy, mood, stress, and sleep quality. *Journal of American College Health, 58*(5), 433-442. [\[link\]](#)

3. Flook, L., Smalley, S. L., Kitil, M. J. et al. (2010). Effects of mindful awareness practices on executive functions in elementary school children. *Journal of Applied School Psychology, 26*(1), 70-95. [\[link\]](#)

4. Foley, E., Baillie, A., Huxter, M. et al. (2010). Mindfulness-Based cognitive therapy for individuals whose lives have been affected by cancer: A randomized controlled trial. *J Consult Clin Psychol, 78*(1), 72-79. [\[link\]](#)

5. Jam, S., Imani, A. H., Foroughi, M. et al. (2010). The effects of mindfulness-based stress reduction (MBSR) program in Iranian HIV/AIDS patients: A pilot study. *Acta Medica Iranica, 48*(2), 101-106. [\[link\]](#)

6. Liehr, P., & Diaz, N. (2010). A pilot study examining the effect of mindfulness on depression and anxiety for minority children. *Arch Psychiatr Nurs, 24*(1), 69-71. [\[link\]](#)

7. McHugh, L., Simpson, A., & Reed, P. (2010). Mindfulness as a potential intervention for stimulus over-selectivity in

older adults. *Research in Developmental Disabilities*, 31(1), 178-184. [\[link\]](#)

8. Piet, J., Hougaard, E., Hecksher, M. S. et al. (2010). A randomized pilot study of mindfulness-based cognitive therapy and group cognitive-behavioral therapy for young adults with social phobia. *Scandinavian Journal of Psychology*. [\[link\]](#)

9. Rosenzweig, S., Greeson, J. M., Reibel, D. K. et al. (2010). Mindfulness-Based stress reduction for chronic pain conditions: Variation in treatment outcomes and role of home meditation practice. *J Psychosom Res*, 68(1), 29-36. [\[link\]](#)

10. Schroevers, M. J., & Brandsma, R. (2010). Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy?. *British Journal of Psychology*, 101(1), 95-107. [\[link\]](#)

11. Singh, N. N., Lancionib, G. E., Wintonc, A. S. W. et al. (2010). Can adult offenders with intellectual disabilities use mindfulness-based procedures to control their deviant sexual arousal?. *Psychology, Crime & Law*, (1), 1-15. [\[link\]](#)

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### Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in an area of mindfulness and related constructs. In this issue of MRM, one key study provides a review of meditation practices in medical settings (Fortney). The review provides a description of the SOLAR (stop, observe, let it be, and return) procedure, and provides a summary of some of the contents of consciousness and experiences involved while in mindfulness meditation. Further, the review provides resources and links to learn meditation and

suggests some precautions and recommendations for meditation practice.

1. Fortney, L., & Taylor, M. (2010). Meditation in medical practice: A review of the evidence and practice. *Prim Care*, 37(1), 81-90. [\[link\]](#)

2. Mars, T. S., & Abbey, H. (2010). Mindfulness meditation practise as a healthcare intervention: A systematic review. *International Journal of Osteopathic Medicine*. [\[link\]](#)

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### Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Some key findings in this issue of MRM include: (1) trait mindfulness was associated with diminished responses to laboratory stressors in clinically anxious and non-anxious samples (Arch); (2) mindfulness but not private self-consciousness was a positive predictor of vitality and stress resistance in a sample of Iranian university students (Ghorbani); and (3) a non-judgment component of mindfulness inversely related to PTSD avoidance symptoms (Thompson).

1. Arch, J. J., & Craske, M. G. (2010). Laboratory stressors in clinically anxious and non-anxious individuals: The moderating role of mindfulness. *Behav Res Ther*, 1-11. [\[link\]](#)

2. Ghorbani, N., & Cunningham, C. J. L. (2010). Comparative analysis of integrative self-knowledge, mindfulness, and private self-consciousness in predicting responses to stress in Iran. *International Journal of Psychology*, (1), 1-8. [\[link\]](#)

3. Herwig, U., Kaffenberger, T., Jäncke, L. et al. (2010). Self-Related awareness and



emotion regulation. *Neuroimage*, 50(2), 734-41. [\[link\]](#)

4. Josefsona, T., & Broberg, A. (2010). Meditators and non-meditators on sustained and executive attentional performance. *Mental Health, Religion & Culture*, 1, 19. [\[link\]](#)

5. Langer, E. (2010). Believing is seeing: Using mindlessness (mindfully) to improve visual acuity. *Psychological Science*, 1-6. [\[link\]](#)

6. Thompson, B. L., & Waltz, J. (2010). Mindfulness and experiential avoidance as predictors of posttraumatic stress disorder avoidance symptom severity. *J Anxiety Disord*, 24, 409-15. [\[link\]](#)

7. Wiist, W. H., Sullivan, B. M., Wayment, H. A. et al. (2010). A web-based survey of the relationship between Buddhist religious practices, health, and psychological characteristics: Research methods and preliminary results. *J Relig Health*, 49(1), 18-31. [\[link\]](#)

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### Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Some key postulations offered in this issue of MRM include: (1) a theoretical, clinical and neurobiological perspective on how advances in understanding mechanisms of mindfulness training relate to co-occurring depression and substance use disorders in the treatment context (Brewer); (2) a discussion on how hypnosis may intersect with mindfulness-based approaches in the treatment of rumination and depression (Lynn); and (3) a consideration of how mindfulness may assist with stress reduction among lawyers (Williams).

1. Brewer, J. A., Bowen, S., Smith, J. T. et al. (2010). Mindfulness-Based treatments for co-occurring depression and substance use disorders: What can we learn from the brain?. *Addiction*. [\[link\]](#)

2. Lynn, S. J., Barnes, S., Deming, A. et al. (2010). Hypnosis, rumination, and depression: Catalyzing attention and mindfulness-based treatments. *International Journal of Clinical and Experimental Hypnosis*, 58(2), 202-221. [\[link\]](#)

3. Sanders, K. M. (2010). Mindfulness and psychotherapy. *Focus*, 8(1), 19. [\[link\]](#)

4. Williams, D. (2010). The practice of being: Mastering stress & finding meaning as a lawyer. *Practice*, 67(3). [\[link\]](#)

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### Method and Measures

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*Method and Measures* references studies developing psychometric tools to measure mindfulness and those focusing on study design and methodology in mindfulness research. Some key findings in MRM this week include: (1) the development and psychometric testing of the mindfulness-based relapse prevention adherence and competence scale (Chawla); (2) an exploration of the psychometric properties of the French version of the Kentucky Inventory of Mindfulness Skills (Nicastro); (3) and the development of the new Nonattachment Scale (NAS; Sahdra).

1. Chawla, N., Collins, S., Bowen, S. et al. (2010). The mindfulness-based relapse prevention adherence and competence scale: Development, interrater reliability, and validity. *Psychother Res*, 1-10. [\[link\]](#)

2. Nicastro, R., Jermann, F., Bondolfi, G. et al. (2010). Assessment of mindfulness with the French version of the Kentucky inventory of mindfulness skills in community and

borderline personality disorder samples.  
*Assessment*, 1-9. [\[link\]](#)

3. Sahdra, B. K., Shaver, P. R., & Brown, K. W. (2010). A scale to measure nonattachment: A Buddhist complement to western research on attachment and adaptive functioning. *J Pers Assess*, 92(2), 116-27. [\[link\]](#)

4. Vujanovic, A. A., Bonn-Miller, M. O., Bernstein, A. et al. (2010). Incremental validity of mindfulness skills in relation to emotional dysregulation among a young adult community sample. *Cogn Behav Ther*, 1-11. [\[link\]](#)

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David S. Black, M.P.H.

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## Hot Topics: Special issue on mindfulness treatment in addiction recovery

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The latest edition of *Substance Abuse* has devoted a special issue to mindfulness-related treatments in the context of addiction recovery. This *Part 2* is a continuation of a special issue that began in Vol. 30(4), which was published in 2009. Editors Aleksandra Zgierska and Marianne Marcus open the 2010 special issue, which contains five original research articles. These articles present findings resulting from several different applications of mindfulness treatments for substance abuse and its associated sequelae. The following articles are included in this issue of *Substance Abuse*:

1. Zgierska, A. & Marcus, M. T. (2010). Mindfulness-Based therapies for substance use disorders: Part 2. *Substance Abuse*, 31(2), 77-78. [\[link\]](#)
2. Liehr, P., Marcus, M. T., Carroll, D. et al. (2010). Linguistic analysis to assess the effect of a mindfulness intervention on self-change for adults in substance use recovery. *Substance Abuse*, 31(2), 79-85. [\[link\]](#)
3. Britton, W. B., Bootzin, R. R., Cousins, J. C. et al. (2010). The contribution of mindfulness practice to a multicomponent behavioral sleep intervention following substance abuse treatment in adolescents: A treatment-development study. *Substance Abuse*, 31(2), 86-97. [\[link\]](#)

4. Smout, M. F., Longo, M., Harrison, S. et al. (2010). Psychosocial treatment for methamphetamine use disorders: A preliminary randomized controlled trial of cognitive behavior therapy and acceptance and commitment therapy. *Substance Abuse*, 31(2), 98-107. [\[link\]](#)

5. Vieten, C., Astin, J. A., Buscemi, R. et al. (2010). Development of an acceptance-based coping intervention for alcohol dependence relapse prevention. *Substance Abuse*, 31(2), 108-116. [\[link\]](#)

6. Amaro, H., Magno-Gatmaytan, C., Meléndez, M. et al. (2010). Addiction treatment intervention: An uncontrolled prospective pilot study of spiritual self-schema therapy with Latina women. *Substance Abuse*, 31(2), 117-125. [\[link\]](#)

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Andersson, L., King, R., & Lalande, L. (2010). Dialogical mindfulness in supervision role-play. *Counseling and Psychotherapy Research*, (1), 1-8. [\[link\]](#)

2. Bazzano, A., Wolfe, C., Zylowska, L. et al. (2010). Stress-Reduction and improved well-being following a pilot community-based participatory mindfulness-based stress-reduction (MBSR) program for parents/caregivers of children with developmental disabilities. *Disability and Health Journal*, 3(2), e6-e7. [\[link\]](#)

3. Beddoe, A. E., Lee, K. A., Weiss, S. J. et al. (2010). Effects of mindful yoga on sleep in pregnant women: A pilot study. *Biological Research for Nursing*, 11(4), 363. [\[link\]](#)

4. DeValve, M. J. & Quinn, E. (2010). Practical poetry: Thich Nhat Hanh and the cultivation of a problem-oriented officer. *Contemporary Justice Review*, 13(2), 191-205. [\[link\]](#)

5. Godfrin, K. A. & van Heeringen, C. (2010). The effects of mindfulness-based cognitive therapy on recurrence of depressive episodes, mental health and quality of life: A randomized controlled study. *Behaviour Research and Therapy*. [\[link\]](#)

6. Kim, B., Lee, S. H., Kim, Y. W. et al. (2010). Effectiveness of a mindfulness-based cognitive therapy program as an adjunct to pharmacotherapy in patients with panic disorder. *Journal of Anxiety Disorders*. [\[link\]](#)

7. Lee, W. K. & Bang, H. J. (2010). The effects of mindfulness-based group intervention on the mental health of middle-aged Korean women in community. *Stress and Health*. [\[link\]](#)

8. Mathew, K. L., Whitford, H. S., Kenny, M. A. et al. (2010). The long-term effects of mindfulness-based cognitive therapy as a relapse prevention treatment for major depressive disorder. *Behavioural and Cognitive Psychotherapy*, 1-16. [\[link\]](#)

9. Noone, S. J. & Hastings, R. P. (2010). Using acceptance and mindfulness-based workshops with support staff caring for

adults with intellectual disabilities. *Mindfulness*. [\[link\]](#)

10. Zeidan, F., Johnson, S. K., Diamond, B. J. et al. (2010). Mindfulness meditation improves cognition: Evidence of brief mental training. *Consciousness and Cognition*. [\[link\]](#)

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### Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in an area of mindfulness and related areas. Key articles identified in this area include:

1. Fell, J., Axmacher, N., & Haupt, S. (2010). From alpha to gamma: Electrophysiological correlates of meditation-related states of consciousness. *Medical Hypotheses*. [\[link\]](#)

2. Hick, S. F. (2010). Mindfulness-Based cognitive therapy for depression: Effectiveness and limitations. *Social Work in Mental Health*, 8(3), 225-237. [\[link\]](#)

3. Himelstein, S. (2010). Meditation research: The state of the art in correctional settings. *International Journal of Offender Therapy and Comparative Criminology*, 1-16. [\[link\]](#)

4. 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. [\[link\]](#)

5. Rogers, C., Keller, C., & Larkey, L. K. (2010). Perceived benefits of meditative movement in older adults. *Geriatric Nursing*, 31(1), 37-51. [\[link\]](#)

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## Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Baijal, S. & Srinivasan, N. (2010). Theta activity and meditative states: Spectral changes during concentrative meditation. *Cognitive Processing*, 11(1), 31-38. [\[link\]](#)
2. Fetterman, A. K., Robinson, M. D., Ode, S. et al. (2010). Neuroticism as a risk factor for behavioral dysregulation: A mindfulness-mediation perspective. *Journal of Social and Clinical Psychology*, 29(3), 301-321. [\[link\]](#)
3. Treloar, C., Laybutt, B., & Carruthers, S. (2010). Using mindfulness to develop health education strategies for blood borne virus prevention in injecting drug use. *Drugs: Education, Prevention, and Policy*, 11-18. [\[link\]](#)

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## Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Dane, E. (2010). Paying attention to mindfulness and its effects on task performance in the workplace. *Journal of Management*. [\[link\]](#)
2. Debaene, R. & Ghent, B. (2010). Mindful social work? *Social Work & Society*, 8(1). [\[link\]](#)

3. Sisterhen, L. L. (2010). Cultivating mindfulness. *The Journal of the Arkansas Medical Society*, 106(9), 197. [\[link\]](#)

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## Method and Measures

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*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research. Key articles identified in this area include:

1. Crane, R. S., Kuyken, W., Hastings, R. P. et al. (2010). Training teachers to deliver mindfulness-based interventions: Learning from the UK experience. *Mindfulness*. [\[link\]](#)

### **Mindfulness Research Monthly**

provides monthly research updates in order to inform researchers and practitioners interested in the field of mindfulness, and is hosted by the:

Mindfulness Research Guide - MRG  
[www.mindfulexperience.org](http://www.mindfulexperience.org)

# MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness  
[www.mindfulexperience.org](http://www.mindfulexperience.org)

Vol. 1 ♦ Num. 5

June 2010

David S. Black, M.P.H.

## Hot Topics: A 40-year publishing history of mindfulness

Empirical interest in mindfulness by Western science continues to blossom; this science stems from a rich history based in Eastern psychology. As early as the 1930's, and continuing into the 1960's, Western philosophy and psychological science had suggested the utility of Eastern psychology constructs in developing health and wellbeing among humans (see Lesh, 1970). Beginning around 1970, well-recognized peer-reviewed journals initiated a new era of science dedicated to documenting the empirical investigation of these psychological constructs (Allison, 1970; Wallace, 1970). Currently, one specific construct deriving from this eastern tradition, *mindfulness*, has gained increasing empirical attention since 1970.

To illustrate the publishing history of mindfulness since 1970, I have developed a Figure that depicts the frequency of mindfulness citations published by year from 1970 until the end of 2009, thus referencing about a 40-year empirical history of the construct. The construct term "mindfulness" was searched for in 3 different databases including (1) ISI Web of Knowledge, (2) ProQuest, and (3) Illumina. Searches were refined to include only those citations in the English language. Magazine and newspaper citations were excluded.

Figure 1. Number of mindfulness publications identified by year, 1970-2009 (see appendix for larger image)

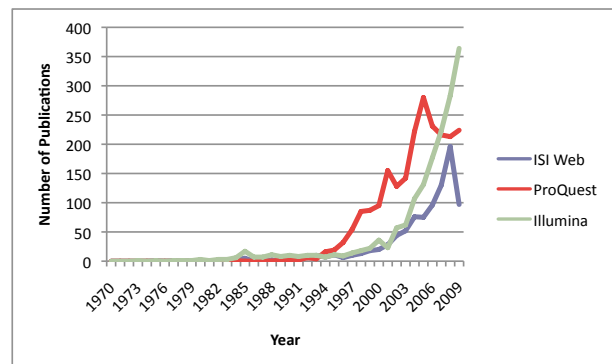


Figure 1 indicates that initial empirical publications on mindfulness started in the 1970's, remained relatively low through the 1980's, and grew quickly after the 1990's. The peak shown in the mid-80's gives an initial indication that empirical interest in mindfulness was growing, and these studies began testing the association between mindfulness and health (Kabat-Zinn, 1982, 1985; Kratter & Hogan, 1982; Boorstein, 1983; Langer et al., 1984; Brown et al., 1984; Delmonte, 1985). During the first decade of the 21st century, trends showed an almost exponential increase in mindfulness publications. In the year 2009, the number of mindfulness publications ranged anywhere between 100-360, depending on the electronic search engine used. The slight negative slope at the end of 2009 for ISI and ProQuest most likely suggests that more recent publications had not been posted on the electronic servers.



Considering these trends, two main lines of evidence suggest that mindfulness publications will continue to blossom. First, several special journal issues have been dedicated to mindfulness over the past year, and the *Mindfulness* journal has recently been established. Second, mindfulness-based research is one core agenda for funding allotment on a national level. From 2008 to 2010, the National Institutes of Health (NIH) alone funded 102 grant proposals related to mindfulness-based research with awards ranging in size from \$18,000 to \$1.2 million each. This national underwriting and additional journal space will contribute to advancing mindfulness research publications.

### References:

Allison, J. (1970). Respiratory changes during transcendental meditation. *Lancet*, 295(7651), 833-4. [\[link\]](#)

Boorstein, S. (1983). The use of bibliotherapy and mindfulness meditation in a psychiatric setting. *Journal of Transpersonal Psychology*, 15(2), 173-179. [\[link\]](#)

Brown, D., Forte, M., & Dysart, M. (1984). Differences in visual sensitivity among mindfulness meditators and non-meditators. *Perceptual and Motor Skills*, 58(3), 727-33. [\[link\]](#)

Delmonte, M. M. (1984). Electrocortical activity and related phenomena associated with meditation practice: A literature review. *The International Journal of Neuroscience*, 24(3-4), 217-31. [\[link\]](#)

Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4(1), 33-47. [\[link\]](#)

Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of Behavioral Medicine*, 8(2), 163-90. [\[link\]](#)

Kratter, J. & Hogan, J. D. (1982). The use of meditation in the treatment of attention deficit disorder with hyperactivity. *U.S. Department of Education, National Institute of Education*, 1-30. [\[link\]](#)

Langer, E., Beck, P., Janoff-Bulman, R., & Timko, C. (1984). An explanation of the relationships between mindfulness, longevity, and senility. *Academic Psychology Bulletin*, 6, 211-226. [\[link\]](#)

Lesh, T. V. (1970). Zen and psychotherapy: a partially annotated bibliography. *Journal of Humanistic Psychology*, 10(1), 75-83. [\[link\]](#)

Wallace, R. K. (1970). Physiological effects of transcendental meditation. *Science*, 167(3926), 1751-1754. [\[link\]](#)

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Alberts, H. J., Mulkens, S., Smeets, M., & Thewissen, R. (2010). Coping with food cravings: Investigating the potential of a mindfulness-based intervention. *Appetite*, 1-4. [\[link\]](#)

2. Burton, N. W., Pakenham, K. I., & Brown, W. J. (2010). Feasibility and effectiveness of psychosocial resilience training: A pilot study of the READY program. *Psychology, Health & Medicine*, 15(3), 266-277. [\[link\]](#)

3. Faude-Lang, V., Hartmann, M., Schmidt, E. M., et al. (2010). Acceptance-And mindfulness-based group intervention in advanced type 2 diabetes patients: Therapeutic concept and practical experiences. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 60(5), 185-9. [\[link\]](#)

4. Gabel, S. (2010). The role of the clinical director: Self described strategies for success and satisfaction. *Psychiatric Quarterly*, 1-6. [\[link\]](#)

5. Goldin, P. & Gross, J. (2010). Effect of mindfulness meditation training on the neural bases of emotion regulation in social anxiety disorder. *Emotion*, 10, 83-91. [\[link\]](#)

6. Graham, R. (2010). A cognitive-attentional perspective on the psychological benefits of listening. *Music and Medicine*, 1-7. [\[link\]](#)

7. Hsu, C., BlueSpruce, J., Sherman, K., & Cherkin, D. (2010). Unanticipated benefits of CAM therapies for back pain: An exploration of patient experiences. *The Journal of Alternative and Complementary Medicine*, 16(2), 157-63. [\[link\]](#)

8. Ljótsson, B., Falk, L., Vesterlund, A. W., et al. (2010). Internet-Delivered exposure and mindfulness based therapy for irritable bowel syndrome-a randomized controlled trial. *Behaviour Research and Therapy*, 48, 531-539. [\[link\]](#)

9. MacLean, K. A., Ferrer, E., Aichele, S. R., et al. (2010). Intensive meditation training improves perceptual discrimination and sustained attention. *Psychological Science*, 1-11. [\[link\]](#)

10. Samuelson, M., Foret, M., Baim, M., et al. (2010). Exploring the effectiveness of a comprehensive mind--body intervention for medical symptom relief. *The Journal of Alternative and Complementary Medicine*, 16(2), 187-92. [\[link\]](#)

11. Schonert-Reichl, K. A. & Lawlor, M. S. (2010). The effects of a mindfulness-based education program on pre-and early adolescents' well-being and social and emotional competence. *Mindfulness*, 1-15. [\[link\]](#)

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## Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in an area of mindfulness and related areas. Key articles identified in this area include:

1. Boehm, K., Raak, C., Vollmar, H. C., & Ostermann, T. (2010). An overview of 45 published database resources for complementary and alternative medicine. *Health Information & Libraries Journal*, 27(2), 93-105. [\[link\]](#)

2. Chiesa, A., Brambilla, P., & Serretti, A. (2010). Functional neural correlates of mindfulness meditations in comparison with psychotherapy, pharmacotherapy and placebo effect. Is there a link? *Acta Neuropsychiatrica*, 22(3), 104-117. [\[link\]](#)

3. Christopher, J. C. & Maris, J. A. (2010). Integrating mindfulness as self-care into counselling and psychotherapy training. *Counselling and Psychotherapy Research*, 10(2), 114-125. [\[link\]](#)

4. Hickey, W. S. (2010). Meditation as medicine: A critique. *Crosscurrents*, 60(2), 168-184. [\[link\]](#)

5. Leverone, D. & Epstein, B. J. (2010). Nonpharmacological interventions for the treatment of rheumatoid arthritis: A focus on mind-body medicine. *Journal of Pharmacy Practice*, 1-9. [\[link\]](#)

6. Orme-Johnson, D. W. (2010). The use of meditation in corrections (commentary). *International Journal of Offender Therapy and Comparative Criminology*, 1-3. [\[link\]](#)

7. Waldman, E. A. (2010). Mindfulness, emotions, and ethics: The right stuff? *Nevada Law Journal*, 10(2), 1-23. [\[link\]](#)

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### **Etiology and Associations**

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Bonn-Miller, M. O., Vujanovic, A. A., Twohig, M. P., et al. (2010). Posttraumatic stress symptom severity and marijuana use coping motives: A test of the mediating role of non-judgmental acceptance within a trauma-exposed community sample. *Mindfulness*, 1-9. [\[link\]](#)

2. Bränström, R., Duncan, L. G., & Moskowitz, J. T. (2010). The association between dispositional mindfulness, psychological well-being, and perceived health in a Swedish population-based sample. *British Journal of Health Psychology*. [\[link\]](#)

3. Brown, C. A. & Jones, A. K. P. (2010). Meditation experience predicts less negative appraisal of pain: Electrophysiological evidence for the involvement of anticipatory neural responses. *Pain*, 1-11. [\[link\]](#)

4. Colon-Emeric, C., Plowman, D., Bailey, D., Corazzini, K., et al. (2010). Regulation and mindful resident care in nursing homes. *Qualitative Health Research*, 1-12. [\[link\]](#)

5. Engström, M. & Söderfeldt, B. (2010). Brain activation during compassion meditation: A case study. *The Journal of*

*Alternative and Complementary Medicine*, 16(5), 597-99. [\[link\]](#)

6. Lee, E. J. (2010). What triggers social responses to flattering computers? Experimental tests of anthropomorphism and mindlessness explanations. *Communication Research*, 37(2), 191-214. [\[link\]](#)

7. Sanders, W. A. & Lam, D. H. (2010). Ruminative and mindful self-focused processing modes and their impact on problem solving in dysphoric individuals. *Behaviour Research and Therapy*, 1-7. [\[link\]](#)

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### **Theory and Processes**

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Bögels, S. M., Lehtonen, A., & Restifo, K. (2010). Mindful parenting in mental health care. *Mindfulness*, 1-14. [\[link\]](#)

2. Cloninger, C. R. (2010). Conceptual explorations on person-centered medicine 2010: The positive health domain in person-centered integrative diagnosis. *Int J Integr Care*, 10, 73-74. [\[link\]](#)

3. Fletcher, L. B., Schoendorff, B., & Hayes, S. C. (2010). Searching for mindfulness in the brain: A process-oriented approach to examining the neural correlates of mindfulness. *Mindfulness*, 1(1), 41-63. [\[link\]](#)

4. Garland, E. L., Fredrickson, B., Kring, A. M., et al. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. *Clinical Psychology Review*, 1-15. [\[link\]](#)

5. Travis, F. & Shear, J. (2010). Focused attention, open monitoring and automatic self-transcending: Categories to organize meditations from Vedic, Buddhist and Chinese traditions. *Consciousness and Cognition*. [\[link\]](#)

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### Method and Measures

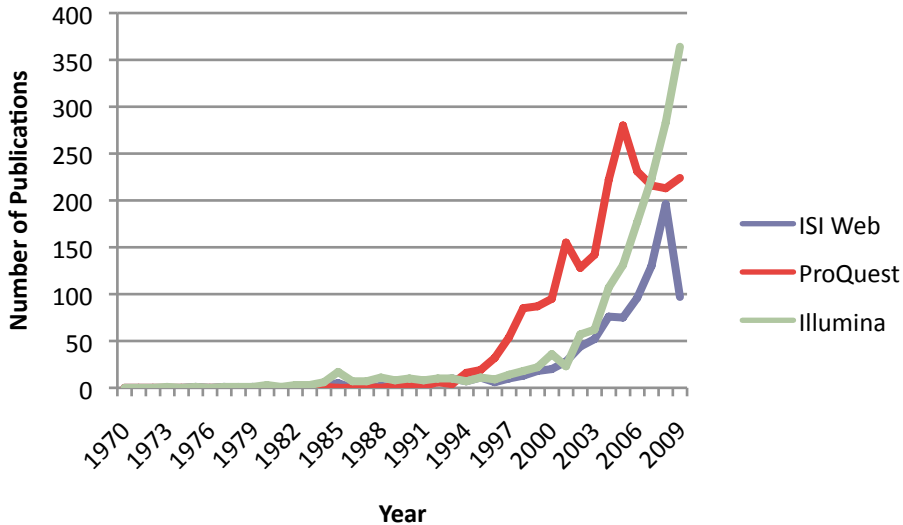
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*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research. Key articles identified in this area include:

1. No studies identified for this issue; *researchers are urged to publish in this area.*

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# MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness  
[www.mindfulexperience.org](http://www.mindfulexperience.org)

Vol. 1 ♦ Num. 6

July 2010

David S. Black, M.P.H.

## Issue content:

**40** new studies provided in this issue, including:

**19** Intervention and Application studies

**9** Review and Meta-analysis studies

**9** Etiology and Associations studies

**2** Theory and Processes studies

**1** Method and Measures study

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Ando, M., Morita, T., Akechi, T., & Ifuku, Y. (2010). A qualitative study of mindfulness-based meditation therapy in Japanese cancer patients. *Supportive Care in Cancer*. [\[link\]](#)
2. Bondolfi, G., Jermann, F., der Linden, M. V., et al. (2010). Depression relapse prophylaxis with mindfulness-based cognitive therapy: Replication and extension in the Swiss health care system. *Journal of Affective Disorders*, 122(3), 224-31. [\[link\]](#)

3. Bränström, R., Kvillemo, P., Brandberg, Y., & Moskowitz, J. T. (2010). Self-Report mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients—a randomized study. *Annals of Behavioral Medicine*, 39(2), 151-61. [\[link\]](#)

4. Britton, W. B., Haynes, P. L., Fridel, K. W., & Bootzin, R. R. (2010). Polysomnographic and subjective profiles of sleep continuity before and after mindfulness-based cognitive therapy in partially remitted depression. *Psychosomatic Medicine*, 72. [\[link\]](#)

5. Cusens, B., Duggan, G. B., Thorne, K., & Burch, V. (2010). Evaluation of the breathworks mindfulness-based pain management programme: Effects on well-being and multiple measures of mindfulness. *Clinical Psychology & Psychotherapy*, 17(1), 63-78. [\[link\]](#)

6. Delgado, L. C., Guerra, P., Perakakis, P., Vera, M. N., et al. (2010). Treating chronic worry: Psychological and physiological effects of a training programme based on mindfulness. *Behaviour Research and Therapy*, 1-10. [\[link\]](#)

7. Fitzpatrick, L., Simpson, J., & Smith, A. (2010). A qualitative analysis of mindfulness-based cognitive therapy (MBCT) in Parkinson's disease. *Psychology and Psychotherapy*, 83, 179-92. [\[link\]](#)

8. Garland, E. L., Gaylord, S. A., Boettiger, C. A., & Howard, M. O. (2010). Mindfulness training modifies cognitive, affective, and



physiological mechanisms implicated in alcohol dependence: Results of a randomized controlled pilot trial. *Journal of Psychoactive Drugs*, 42(2). [\[link\]](#)

9. Gökhan, N., Meehan, E. F., & Peters, K. (2010). The value of mindfulness-based methods in teaching at a clinical field placement. *Psychological Reports*, 106(2), 455-66. [\[link\]](#)

10. Goyal, M., Haythornthwaite, J., Levine, D., et al. (2010). Intensive meditation for refractory pain and symptoms. *The Journal of Alternative and Complementary Medicine*, 16(6), 627-31. [\[link\]](#)

11. Joo, H. M., Lee, S. J., Chung, Y. G., & Shin, I. Y. (2010). Effects of mindfulness based stress reduction program on depression, anxiety and stress in patients with aneurysmal subarachnoid hemorrhage. *J Korean Neurosurg Soc*, 47(5), 345-51. [\[link\]](#)

12. Kvillemo, P. & Bränström, R. (2010). Experiences of a mindfulness-based stress-reduction intervention among patients with cancer. *Cancer Nursing*. [\[link\]](#)

13. Loizzo, J. J., Peterson, J. C., Charlson, M. E., et al. (2010). The effect of a contemplative self-healing program on quality of life in women with breast and gynecologic cancers. *Alternative Therapies in Health and Medicine*, 16(3), 30-7. [\[link\]](#)

14. Sakdalan, J. A., Shaw, J., & Collier, V. (2010). Staying in the here-and-now: A pilot study on the use of dialectical behaviour therapy group skills training for forensic clients with intellectual disability. *Journal of Intellectual Disability Research*, 54(6), 568-572. [\[link\]](#)

15. Singh, N. N., Singh, A. N., Lancioni, G. E., et al. (2010). Mindfulness training for parents and their children with ADHD increases the children's compliance. *Journal*

*of Child and Family Studies*, 19(2), 157-166. [\[link\]](#)

16. Weber, B., Jermann, F., Gex-Fabry, M., Nallet, A., et al. (2010). Mindfulness-Based cognitive therapy for bipolar disorder: A feasibility trial. *European Psychiatry*. [\[link\]](#)

17. Wilkinson-Tough, M., Bocci, L., Thorne, K., & Herlihy, J. (2010). Is mindfulness-based therapy an effective intervention for obsessive-intrusive thoughts: A case series. *Clinical Psychology & Psychotherapy*, 17(3), 250-268. [\[link\]](#)

18. Williams, J. M., Russell, I. T., Crane, C., et al. (2010). Staying well after depression: Trial design and protocol. *BMC Psychiatry*, 10(1), 23. [\[link\]](#)

19. Witkiewitz, K. & Bowen, S. (2010). Depression, craving, and substance use following a randomized trial of mindfulness-based relapse prevention. *Journal of Consulting and Clinical Psychology*, 78(3), 362-74. [\[link\]](#)

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## Review and Meta-analysis

---

The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in an area of mindfulness and related areas. Key articles identified in this area include:

1. Beckerman, N. L. & Corbett, L. (2010). Mindfulness and cognitive therapy in depression relapse prevention: A case study. *Clinical Social Work Journal*, 38(2), 217-225. [\[link\]](#)

2. Friedman, H. (2010). Is Buddhism a psychology? Commentary on romanticism in "mindfulness in psychology". *The Humanistic Psychologist*, 38(2), 184-189. [\[link\]](#)

3. Gura, S. T. (2010). Mindfulness in occupational therapy education. *Occupational Therapy in Health Care, 24*(3), 266-273. [\[link\]](#)

4. Josipovic, Z. (2010). Duality and nonduality in meditation research. *Consciousness and Cognition. [link]*

5. Kang, C. & Whittingham, K. (2010). Mindfulness: A dialogue between Buddhism and clinical psychology. *Mindfulness. [link]*

6. Khisty, C. J. (2010). The practice of mindfulness for managers in the marketplace. *Systemic Practice and Action Research, 23*(2), 115-125. [\[link\]](#)

7. Krisanaprakornkit, T., Ngamjarus, C., Witoonchart, C., & Piyavhatkul, N. (2010). Meditation therapies for attention-deficit/hyperactivity disorder (ADHD). *Cochrane Database of Systematic Reviews, 16*(6), No. CD006507. [\[link\]](#)

8. Raffone, A. & Srinivasan, N. (2010). The exploration of meditation in the neuroscience of attention and consciousness. *Cognitive Processing, 11*(1), 1-7. [\[link\]](#)

9. Salmon, P., Hanneman, S., Harwood, B., et al. (2010). Associative/dissociative cognitive strategies in sustained physical activity: Literature review and proposal for a mindfulness-based conceptual model. *Sport Psychologist, 24*(2), 127-56. [\[link\]](#)

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### Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Borders, A., Earleywine, M., & Jajodia, A. (2010). Could mindfulness decrease anger,

hostility, and aggression by decreasing rumination? *Aggressive Behavior, 36*(1), 28-44. [\[link\]](#)

2. Burgard, M. & May, C. J. (2010). The effect of positive affect induction via metta meditation on the attentional blink. *Journal of Articles in Support of the Null Hypothesis, 7*(1), 7-15. [\[link\]](#)

3. Frewen, P. A., Dozois, D. J. A., Neufeld, R. W. J., et al. (2010). Individual differences in trait mindfulness predict dorsomedial prefrontal and amygdala response during emotional imagery: An fMRI study. *Personality and Individual Differences. [link]*

4. Hodgins, H. S. & Adair, K. C. (2010). Attentional processes and meditation. *Consciousness and Cognition. [link]*

5. Kracen, A. C., Ingram, K. M., Lyckholm, L. J., & Smith, T. J. (2010). Oncologists' mindfulness, health, well-being, and patient care. *Journal of Clinical Oncology, 28*(15s), e16527. [\[link\]](#)

6. Manna, A., Raffone, A., Perrucci, M. G., et al. (2010). Neural correlates of focused attention and cognitive monitoring in meditation. *Brain Research Bulletin, 82*(1-2), 46-56. [\[link\]](#)

7. Newberg, A. B., Wintering, N., Waldman, M. R., et al. (2010). Cerebral blood flow differences between long-term meditators and non-meditators. *Consciousness and Cognition. [link]*

8. Shier, M. L. & Graham, J. R. (2010). Mindfulness, subjective well-being, and social work: Insight into their interconnection from social work practitioners. *Social Work Education, 1*-16. [\[link\]](#)

9. van den Hurk, P. A., Giommi, F., Gielen, S. C., et al. (2010). Greater efficiency in attentional processing related to mindfulness meditation. *Quarterly Journal of*

*Experimental Psychology* (2006), 63(6), 1168-80. [\[link\]](#)

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## Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Cho, S., Heiby, E. M., McCracken, L. M., et al. (2010). Pain-Related anxiety as a mediator of the effects of mindfulness on physical and psychosocial functioning in chronic pain patients in Korea. *The Journal of Pain*, 1-9. [\[link\]](#)
2. Tirch, D. D. (2010). Mindfulness as a context for the cultivation of compassion. *International Journal of Cognitive Therapy*, 3(2), 113-123. [\[link\]](#)

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## Method and Measures

---

*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research. Key articles identified in this area include:

1. Christopher, M. S. & Gilbert, B. D. (2010). Incremental validity of components of mindfulness in the prediction of satisfaction with life and depression. *Current Psychology*, 29(1), 10-23. [\[link\]](#)

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# MINDFULNESS RESEARCH MONTHLY

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[www.mindfulexperience.org](http://www.mindfulexperience.org)

Vol. 1 ♦ Num. 7

August 2010

David S. Black, M.P.H.

## Issue content:

**31** new studies provided in this issue, including:

**8** Intervention and Application studies

**2** Review and Meta-analysis studies

**13** Etiology and Associations studies

**7** Theory and Processes studies

**1** Method and Measures study

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Allexandre, D., Fox, E., Golubic, M., Morledge, T., & Fox, J. E. B. (2010). Mindfulness, yoga, and cardiovascular disease. *Cleveland Clinic Journal of Medicine*, 77(3), S85. [\[link\]](#)

2. Barnes, V. A., Gregoski, M. J., Tingen, M. S., & Treiber, F. A. (2010). Influences of family environment and meditation efficacy on hemodynamic function among African American adolescents. *Journal of*

*Complementary and Integrative Medicine*, 7(1), 25. [\[link\]](#)

3. Chen, K. W., Comerford, A., Shinnick, P., & Ziedonis, D. M. (2010). Introducing Qigong meditation into residential addiction treatment: A pilot study where gender makes a difference. *Journal of Alternative and Complementary Medicine*, 16(8), 1-8. [\[link\]](#)

4. Feldman, G., Greeson, J., & Senville, J. (2010). Differential effects of mindful breathing, progressive muscle relaxation, and loving-kindness meditation on decentering and negative reactions to repetitive thoughts. *Behaviour Research and Therapy*, 1-10. [\[link\]](#)

5. Lovas, D. A. & Barsky, A. J. (2010). Mindfulness-Based cognitive therapy for hypochondriasis, or severe health anxiety: A pilot study. *Journal of Anxiety Disorders*. [\[link\]](#)

6. Matousek, R. H. & Dobkin, P. L. (2010). Weathering storms: A cohort study of how participation in a mindfulness based stress reduction program benefits women after breast cancer treatment. *Current Oncology*, 17(4), 62-70. [\[link\]](#)

7. McCollum, E. E. & Gehart, D. R. (2010). Using mindfulness meditation to teach beginning therapists therapeutic presence: A qualitative study. *Journal of Marital and Family Therapy*, 36(3), 347-60. [\[link\]](#)

8. Zeidan, F., Johnson, S. K., Gordon, N. S., & Goolkasian, P. (2010). Effects of brief and sham mindfulness meditation on mood and cardiovascular variables. *Journal of Alternative and Complementary Medicine*, 16(8), 1-7. [\[link\]](#)

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### Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas. Key articles identified in this area include:

1. Dautovich, N. D., McNamara, J., Williams, J. M., & others (2010). Tackling sleeplessness: Psychological treatment options for insomnia. *Nature and Science of Sleep*, 2, 23-37. [\[link\]](#)

2. Wisner, B. L., Jones, B., & Gwin, D. (2010). School-Based meditation practices for adolescents: A resource for strengthening self-regulation, emotional coping, and self-esteem. *Children and Schools*, 32(3), 150-159. [\[link\]](#)

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### Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Bærentsen, K. B., Stødkilde-Jørgensen, H., Sommerlund, B., Hartmann, T., et al. (2010). An investigation of brain processes supporting meditation. *Cognitive Processing*, 11(1), 57-84. [\[link\]](#)

2. Cahn, B. R., Delorme, A., & Polich, J. (2010). Occipital gamma activation during Vipassana meditation. *Cognitive Processing*, 11(1), 39-56. [\[link\]](#)

3. Cash, M. & Whittingham, K. (2010). What facets of mindfulness contribute to psychological well-being and depressive, anxious, and stress-related symptomatology? *Mindfulness*, 1-6. [\[link\]](#)

4. Cheng, R. W. F., Borrett, D. S., Cheng, W., Kwan, H. C., & Cheng, R. S. S. (2010). Human prefrontal cortical response to the meditative state: A spectroscopy study. *International Journal of Neuroscience*, 120(7), 483-488. [\[link\]](#)

5. Jimenez, S. S., Niles, B. L., & Park, C. L. (2010). A mindfulness model of affect regulation and depressive symptoms: Positive emotions, mood regulation expectancies, and self-acceptance as regulatory mechanisms. *Personality and Individual Differences*, 49(6), 645-50. [\[link\]](#)

6. Masuda, A. & Wendell, J. W. (2010). Mindfulness mediates the relation between disordered eating-related cognitions and psychological distress. *Eating Behaviors*. [\[link\]](#)

7. Moran, R. (2010). On the biopsychosocial model, mindfulness meditation and improving teaching and learning in osteopathy technique. *International Journal of Osteopathic Medicine*, 13(2), 41. [\[link\]](#)

8. Patra, S. & Telles, S. (2010). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, 35(2), 135-140. [\[link\]](#)

9. Pattanashetty, R., Sathiamma, S., Talakkad, S. P., Nityananda, P., et al. (2010). Practitioners of Vipassana meditation exhibit enhanced slow wave sleep and REM sleep states across different age groups.

*Sleep and Biological Rhythms*, 8(1), 34-41. [\[link\]](#)

10. Short, B., Kose, S., Mu, Q., Borckardt, J., et al. (2010). Regional brain activation during meditation shows time and practice effects: An exploratory fMRI study dagger. *Evidence-Based Complementary and Alternative Medicine*, 7(1), 121-27. [\[link\]](#)

11. Skinner, T. C., Robertson, T., Allison, G. T., Dunlop, S., & Bucks, R. S. (2010). Experiential avoidance, mindfulness and depression in spinal cord injuries: A preliminary study. *Australian Journal of Rehabilitation Counselling*, 16(1), 27-35. [\[link\]](#)

12. Travis, F., Haaga, D. A. F., Hagelin, J., Tanner, M., et al. (2010). A self-referential default brain state: Patterns of coherence, power, and eloreta sources during eyes-closed rest and transcendental meditation practice. *Cognitive Processing*, 11(1), 21-30. [\[link\]](#)

13. van den Hurk, P. A., Janssen, B. H., Giommi, F., Barendregt, H. P., & Gielen, S. C. (2010). Mindfulness meditation associated with alterations in bottom-up processing: Psychophysiological evidence for reduced reactivity. *International Journal of Psychophysiology*. [\[link\]](#)

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### Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Amaro, A. (2010). Thinking: I. Understanding and relating to thought. *Mindfulness*, 1-4. [\[link\]](#)

2. Amaro, A. (2010). Thinking. II: Investigation, the use of reflective thought. *Mindfulness*, 1-4. [\[link\]](#)

3. Dorjee, D. (2010). Kinds and dimensions of mindfulness: Why it is important to distinguish them. *Mindfulness*, 1-9. [\[link\]](#)

4. Gause, R. & Coholic, D. (2010). Mindfulness-Based practices as a holistic philosophy and method. *Currents: New Scholarship in the Human Services*, 9(2), 1-23. [\[link\]](#)

5. Niemiec, C. P., Brown, K. W., Kashdan, T. B., Cozzolino, P. J., et al. (2010). Being present in the face of existential threat: The role of trait mindfulness in reducing defensive responses to mortality salience. *Journal of Personality and Social Psychology*, 99(2), 344-65. [\[link\]](#)

6. Pruitt, I. T. & McCollum, E. E. (2010). Voices of experienced meditators: The impact of meditation practice on intimate relationships. *Contemporary Family Therapy*, 32(2), 135-154. [\[link\]](#)

7. Stelter, R. (2010). Experience-Based, body-anchored qualitative research interviewing. *Qualitative Health Research*, 20(6), 859-67. [\[link\]](#)

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### Method and Measures

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*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research. Key articles identified in this area include:

1. Black, D. S. (2010). Mindfulness research guide: A new paradigm for managing empirical health information. *Mindfulness*, 1-3. [\[link\]](#)



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# MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness  
[www.mindfulexperience.org](http://www.mindfulexperience.org)

Vol. 1 ♦ Num. 8

September 2010

David S. Black, M.P.H.

## Issue content:

**35** new studies provided in this issue, including:

**14** Intervention and Application studies

**12** Review and Meta-analysis studies

**5** Etiology and Associations studies

**2** Theory and Processes studies

**2** Method and Measures study

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Brown, L. F., Davis, L. W., LaRocco, V. A., & Strasburger, A. (2010). Participant perspectives on mindfulness meditation training for anxiety in schizophrenia. *American Journal of Psychiatric Rehabilitation*, 13(3), 224-242. [[link](#)]

2. Chang, B. H., Casey, A., Dusek, J. A., & Benson, H. (2010). Relaxation response and spirituality: Pathways to improve psychological outcomes in cardiac

rehabilitation. *Journal of Psychosomatic Research*, 69, 93-100. [[link](#)]

3. Cotton, S., Roberts, Y. H., Tsevat, J., et al. (2010). Mind-Body complementary alternative medicine use and quality of life in adolescents with inflammatory bowel disease. *Inflammatory Bowel Diseases*, 16(3), 501-506. [[link](#)]

4. Harnett, P. H., Whittingham, K., Puhakka, E., et al (2010). The short-term impact of a brief group-based mindfulness therapy program on depression and life satisfaction. *Mindfulness*, doi: 10.1007/s12671-010-0024-3. [[link](#)]

5. Hart, J. (2010). The center for spirituality & healing at the university of Minnesota. *Alternative and Complimentary Therapies*, 16(1), 50-54. [[link](#)]

6. Hick, S. F. & Furlotte, C. (2010). An exploratory study of radical mindfulness training with severely economically disadvantaged people: Findings of a Canadian study. *Australian Social Work*, 63(3), 281-298. [[link](#)]

7. Hölzel, B. K., Carmody, J., Evans, K. C., et al. (2010). Stress reduction correlates with structural changes in the amygdala. *Social Cognitive and Affective Neuroscience*, 5(1), 11-17. [[link](#)]

8. Hupperta, F. A. & Johnsonb, D. M. (2010). A controlled trial of mindfulness training in schools: The importance of practice for an impact on well-being. *The Journal of Positive Psychology*, 5(4), 264-274. [[link](#)]

9. Jung, Y. H., Kang, D. H., Jang, J. H., et al. (2010). The effects of mind-body training on stress reduction, positive affect, and plasma catecholamines. *Neuroscience Letters*, 26(479), 138. [\[link\]](#)
10. Keune, P. M., Bostanov, V., Kotchoubey, B., & Hautzinger, M. (2010). The effect of mindfulness-based cognitive therapy on frontal [alpha]-asymmetry in recurrently depressed patients. *International Journal of Psychophysiology*, 77(3), 317-318.
11. Kuyken, W., Watkins, E., Holden, E., et al. (2010). How does mindfulness-based cognitive therapy work? *Behaviour Research and Therapy*, doi:10.1016/j.brat.2010.08.003. [\[link\]](#)
12. MacLaughlin, B. W., Wang, D., Noone, A., et al. (2010). Stress biomarkers in medical students participating in a mind body medicine skills program. *Evidence-Based Complementary and Alternative Medicine*, doi:10.1093/ecam/nej039. [\[link\]](#)
13. Sachse, S., Keville, S., & Feigenbaum, J. (2010). A feasibility study of mindfulness-based cognitive therapy for individuals with borderline personality disorder. *Psychology and Psychotherapy*, doi: 10.1348/147608310X516387. [\[link\]](#)
14. Teixeira, E. (2010). The effect of mindfulness meditation on painful diabetic peripheral neuropathy in adults older than 50 years. *Holistic Nursing Practice*, 24(5), 277. [\[link\]](#)

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### Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas. Key articles identified in this area include:

1. Al Sayegh, A., Sandford, D., & Carson, A. J. (2010). Psychological approaches to treatment of postconcussion syndrome: A systematic review. *Journal of Neurology, Neurosurgery & Psychiatry*, doi: 10.1136/jnnp.2008.170092. [\[link\]](#)
2. Bernardy, K., Füber, N., Köllner, V., & Häuser, W. (2010). Efficacy of cognitive-behavioral therapies in fibromyalgia syndrome-a systematic review and metaanalysis of randomized controlled trials. *The Journal of Rheumatology*, doi: 10.3899/jrheum.100104. [\[link\]](#)
3. Evans, S. (2010). Review: Mindfulness-Based therapies effective for anxiety and depression. *Evidence-Based Mental Health*, PMID: 20651108. [\[link\]](#)
4. Glombiewski, J. A., Sawyer, A. T., Gutermann, J., et al. (2010). Psychological treatments for fibromyalgia: A meta-analysis. *Pain*, doi:10.1016/j.pain.2010.06.011. [\[link\]](#)
5. Guidi, J., Fava, G. A., Fava, M., & Papakostas, G. I. (2010). Efficacy of the sequential integration of psychotherapy and pharmacotherapy in major depressive disorder: A preliminary meta-analysis. *Psychological Medicine*, doi:10.1017/S0033291710000826, 1-11. [\[link\]](#)
6. Horowitz, S. (2010). Health benefits of meditation: What the newest research shows. *Alternative and Complementary Therapies*, 16(4), 223-228. [\[link\]](#)
7. Johnson, M. J. & Oxberry, S. G. (2010). The management of dyspnoea in chronic heart failure. *Current Opinion in Supportive and Palliative Care*, 4(2), 63. [\[link\]](#)
8. Larzelere, M. M., Campbell, J. S., & Robertson, M. (2010). Complementary and alternative medicine usage for behavioral

health indications. *Primary Care*, 37(2), 213-236. [\[link\]](#)

9. Pontoski, K. E. & Heimberg, R. G. (2010). The myth of the superiority of concurrent combined treatments for anxiety disorders. *Clinical Psychology: Science and Practice*, 17(2), 107-111. [\[link\]](#)

10. Richmond, J. A., Bailey Jr, D. E., McHutchison, J. G., & Muir, A. J. (2010). The use of mind-body medicine and prayer among adult patients with chronic hepatitis C. *Gastroenterology Nursing*, 33(3), 210. [\[link\]](#)

11. Stuckey, H. L. & Nobel, J. (2010). The connection between art, healing, and public health: A review of current literature. *American Journal of Public Health*, 100(2), 254. [\[link\]](#)

12. Thomas, J., Beinhorn, C., Norton, D., et al. (2010). Managing radiation therapy side effects with complementary medicine. *Journal of the Society for Integrative Oncology*, 8(2), 65-80. [\[link\]](#)

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### Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Chu, L. C. (2010). The benefits of meditation vis-à-vis emotional intelligence, perceived stress and negative mental health. *Stress and Health*, 26(2), 169-180. [\[link\]](#)

2. Kaul, P., Passafiume, J., & O'Hara, B. F. (2010). Meditation acutely improves psychomotor vigilance, and may decrease sleep need. *Behavioral and Brain Functions*, 6, 47. [\[link\]](#)

3. Michalak, J., Hölz, A., & Teismann, T. (2010). Rumination as a predictor of relapse in mindfulness-based cognitive therapy for depression. *Psychology and Psychotherapy*, doi: 10.1348/147608310X520166. [\[link\]](#)

4. Raes, F. & Williams, M. G. (2010). The relationship between mindfulness and uncontrollability of ruminative thinking. *Mindfulness*, doi: 10.1007/s12671-010-0021-6. [\[link\]](#)

5. Van Dam, N. T., Sheppard, S. C., Forsyth, J. P., & Earleywine, M. (2010). Self-Compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression. *Journal of Anxiety Disorders*, doi:10.1016/j.janxdis.2010.08.011. [\[link\]](#)

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### Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Korones, D. N. (2010). Living in the moment. *Journal of Clinical Oncology*, doi: 10.1200/JCO.2010.30.7835. [\[link\]](#)

2. Phelan, J. P. (2010). Non-Interference and awareness. *Mindfulness*, doi: 10.1007/s12671-010-0027-0. [\[link\]](#)

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### Method and Measures

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*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness

research. Key articles identified in this area include:

1. Trousselard, M., Steiler, D., Raphel, C., et al. (2010). Validation of a French version of the Freiburg mindfulness inventory-short version: Relationships between mindfulness and stress in an adult population. *Biopsychosocial Medicine*, 4(8), 1-11. [\[link\]](#)

2. Van Dam, N. T., Earleywine, M., & Borders, A. (2010). Measuring mindfulness? An item response theory analysis of the mindful attention awareness scale. *Personality and Individual Differences*, 49, 805. [\[link\]](#)

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**\*\*Notice of Upcoming Special Event\*\***

**The Susan G. Komen for the Cure  
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Mindfulness & Integrative Medicine Lecture  
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**Jon Kabat-Zinn, Ph.D.**

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The Healing Power of Mindfulness**

**Date: Wednesday, October 6, 2010  
Location: University of California Los Angeles**

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Vol. 1 ♦ Num. 9

October 2010

David S. Black

## Issue content:

**40** new studies provided in this issue, including:

**15** Intervention and Application studies

**10** Review and Meta-analysis studies

**8** Etiology and Associations studies

**3** Theory and Processes studies

**4** Method and Measures studies

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations.

1. Bohlmeijer, E., Prenger, R., Taal, E., & Cuijpers, P. (2010). The effects of mindfulness-based stress reduction therapy on mental health of adults with a chronic medical disease: A meta-analysis. *Journal of Psychosomatic Research*, 68(6), 539-544. [\[link\]](#)

2. Christopher, J. C., Chrisman, J. A., Trotter-Mathison, M. J., et al. (2010). Perceptions of the long-term influence of mindfulness training on counselors and

psychotherapists: A qualitative inquiry. *Journal of Humanistic Psychology*. [\[link\]](#)

3. Fang, C. Y., Reibel, D. K., Longacre, M. L., et al. (2010). Enhanced psychosocial well-being following participation in a mindfulness-based stress reduction program is associated with increased natural killer cell activity. *The Journal of Alternative and Complementary Medicine*, 16(5), 531-538. [\[link\]](#)

4. Franco, C., Mañas, I., Cangas, A. J., & Gallego, J. (2010). The applications of mindfulness with students of secondary school: Results on the academic performance, self-concept and anxiety. *Communications in Computer and Information Science*, 111, 83-97. [\[link\]](#)

5. Garretson, K. (2010). Being allowing and yet directive: Mindfulness meditation in the teaching of developmental reading and writing. *New Directions for Community Colleges*, Fall(151), 51-64. [\[link\]](#)

6. Gregoski, M. J., Barnes, V. A., Tingen, M. S., et al. (2010). Breathing awareness meditation and Lifeskills training programs influence upon ambulatory blood pressure and sodium excretion among African American adolescents. *Journal of Adolescent Health*. [\[link\]](#)

7. Grossman, P., Kappos, L., Gensicke, H., et al. (2010). MS quality of life, depression, and fatigue improve after mindfulness training: A randomized trial. *Neurology*, 75(13), 1141. [\[link\]](#)



8. Hayes, S. A., Orsillo, S. M., & Roemer, L. (2010). Changes in proposed mechanisms of action during an acceptance-based behavior therapy for generalized anxiety disorder. *Behaviour Research and Therapy*, 48(3), 238-245. [\[link\]](#)

9. Kerrigan, D., Johnson, K., Stewart, M., et al. (2010). Perceptions, experiences, and shifts in perspective occurring among urban youth participating in a mindfulness-based stress reduction program. *Complementary Therapies in Clinical Practice*. [\[link\]](#)

10. Magnusson, G., Ballegaard, S., Karpatschof, B., & Nyboe, J. (2010). Long-term effects of integrated rehabilitation in patients with stroke: A nonrandomized comparative feasibility study. *The Journal of Alternative and Complementary Medicine*, 16(4), 369-374. [\[link\]](#)

11. Newberg, A. B., Wintering, N., Khalsa, D. S., Roggenkamp, H., & Waldman, M. R. (2010). Meditation effects on cognitive function and cerebral blood flow in subjects with memory loss: A preliminary study. *Journal of Alzheimer's Disease*, 20(2), 517-526. [\[link\]](#)

12. Sharplin, G. R., Jones, S. B. W., Hancock, B., et al. (2010). Mindfulness-Based cognitive therapy: An efficacious community-based group intervention for depression and anxiety in a sample of cancer patients. *The Medical Journal of Australia*, 193(5), S79. [\[link\]](#)

13. Tavee, J. & Stone, L. (2010). Healing the mind: Meditation and multiple sclerosis. *Neurology*, 75(13), 1130. [\[link\]](#)

14. Thompson, N. J., Walker, E. R., Obolensky, N., et al. (2010). Distance delivery of mindfulness-based cognitive therapy for depression: Project UPLIFT. *Epilepsy and Behavior*. [\[link\]](#)

15. Wright, L. B., Gregoski, M. J., Tingen, M. S., Barnes, V. A., & Treiber, F. A. (2010).

Impact of stress reduction interventions on hostility and ambulatory systolic blood pressure in African American adolescents. *Journal of Black Psychology*, 36(4). [\[link\]](#)

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## Review and Meta-analysis

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*Review and Meta-analysis* references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas.

1. Chiesa, A. & Serretti, A. (2010). Mindfulness based cognitive therapy for psychiatric disorders: A systematic review and meta-analysis. *Psychiatry Research*. [\[link\]](#)

2. Chiesa, A. & Serretti, A. (2010). A systematic review of neurobiological and clinical features of mindfulness meditations. *Psychological Medicine*, 40(8), 1239-1252. [\[link\]](#)

3. Ernst, E. (2010). Assessments of complementary and alternative medicine: The clinical guidelines from NICE. *International Journal of Clinical Practice*, 64(10), 1350-1358. [\[link\]](#)

4. Innes, K. E., Selfe, T. K., & Vishnu, A. (2010). Mind-Body therapies for menopausal symptoms: A systematic review. *Maturitas*, 66(2), 135-149. [\[link\]](#)

5. Kwekkeboom, K. L., Cherwin, C. H., Lee, J. W., & Wanta, B. (2010). Mind-Body treatments for the pain-fatigue-sleep disturbance symptom cluster in persons with cancer. *Journal of Pain and Symptom Management*, 39(1), 126-138. [\[link\]](#)

6. Merkes, M. (2010). Mindfulness-Based stress reduction for people with chronic diseases. *Australian Journal of Primary Health*, 16(3), 200-210. [\[link\]](#)

7. Porter, N. S., Jason, L. A., Boulton, A., Bothne, N., & Coleman, B. (2010). Alternative medical interventions used in the treatment and management of myalgic encephalomyelitis/chronic fatigue syndrome and fibromyalgia. *The Journal of Alternative and Complementary Medicine*, 16(3), 235-249. [\[link\]](#)
8. Schnur, J. B. & Montgomery, G. H. (2010). A systematic review of therapeutic alliance, group cohesion, empathy, and goal consensus/collaboration in psychotherapeutic interventions in cancer: Uncommon factors? *Clinical Psychology Review*, 30(2), 238-247. [\[link\]](#)
9. Smithson, J., Paterson, C., Britten, N., Evans, M., & Lewith, G. (2010). Cancer patients' experiences of using complementary therapies: Polarization and integration. *Journal of Health Services Research & Policy*, 15(s2), 54. [\[link\]](#)
10. Song, Y., Lindquist, R., & Choi, E. J. (2010). Critical review of the effects of mindfulness-based stress reduction (MBSR) on stress and health-related quality of life (QOL). *Journal of Korean Academy of Adult Nursing*, 22(2), 121-129. [\[link\]](#)

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### **Etiology and Associations**

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*Etiology and Associations* references studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs.

1. Barnes, S. M. & Lynn, S. J. (2010). Mindfulness skills and depressive symptoms: A longitudinal study. *Imagination, Cognition and Personality*, 30(1), 77-91. [\[link\]](#)
2. Hölzel, B. K., Carmody, J., Vangel, M., et al. (2010). Mindfulness practice leads to increases in regional brain gray matter

density. *Psychiatry Research: Neuroimaging*. [\[link\]](#)

3. Howell, A. J., Digdon, N. L., & Buro, K. (2010). Mindfulness predicts sleep-related self-regulation and well-being. *Personality and Individual Differences*, 48(4), 419-424. [\[link\]](#)
4. Ives-Deliperi, V. L., Solms, M., & Meintjes, E. M. (2010). The neural substrates of mindfulness: An fMRI investigation. *Social Neuroscience*. [\[link\]](#)
5. Marks, A. D. G., Sobanski, D. J., & Hine, D. W. (2010). Do dispositional rumination and/or mindfulness moderate the relationship between life hassles and psychological dysfunction in adolescents? *Australian and New Zealand Journal of Psychiatry*, 44(9), 831-838. [\[link\]](#)
6. McCracken, L. M. & Velleman, S. C. (2010). Psychological flexibility in adults with chronic pain: A study of acceptance, mindfulness, and values-based action in primary care. *Pain*, 148(1), 141-147. [\[link\]](#)
7. Rasmussen, M. K. & Pidgeon, A. M. (2010). The direct and indirect benefits of dispositional mindfulness on self-esteem and social anxiety. *Anxiety, Stress & Coping*. [\[link\]](#)
8. Saavedra, M. C., Chapman, K. E., & Rogge, R. D. (2010). Clarifying links between attachment and relationship quality: Hostile conflict and mindfulness as moderators. *Journal of Family Psychology*, 24(4), 380-390. [\[link\]](#)

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### **Theory and Processes**

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

1. Hyland, T. (2010). Mindfulness, adult learning and therapeutic education: Integrating the cognitive and affective domains of learning. *International Journal of Lifelong Education*, 29(5), 517-532. [\[link\]](#)

2. McIntyre-Mills, J. (2010). Wellbeing, mindfulness and the global commons. *Journal of Consciousness Studies*, 17(7-8), 47. [\[link\]](#)

3. Seiden, D. Y. & Lam, K. (2010). From Moses and monotheism to Buddha and behaviorism: Cognitive behavior therapy's transpersonal crisis. *Journal of Transpersonal Psychology*, 42(1), 89. [\[link\]](#)

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### Method and Measures

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*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research.

1. Aggs, C. & Bambling, M. (2010). Teaching mindfulness to psychotherapists in clinical practice: The mindful therapy programme. *Counselling and Psychotherapy Research*. [\[link\]](#)

2. Baum, C., Kuyken, W., Bohus, M., et al. (2010). The psychometric properties of the kentucky inventory of mindfulness skills in clinical populations. *Assessment*, 17(2), 220. [\[link\]](#)

3. Lee, W. K., Cho, Y. R., & Kim, S. H. (2010). The study of reliability and validity of the Korean version of the Toronto Mindfulness Scale. *Journal of the Korean Neuropsychiatric Association*, 49(2), 226-234. [\[link\]](#)

4. Walker, E. R., Obolensky, N., Dini, S., & Thompson, N. J. (2010). Formative and process evaluations of a cognitive-behavioral therapy and mindfulness intervention for people with epilepsy and depression. *Epilepsy & Behavior*. [\[link\]](#)

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Vol. 1 ♦ Num. 10

November 2010

David S. Black

## Issue content:

**32** new studies provided in this issue, including:

**14** Intervention and Application studies

**6** Review and Meta-analysis studies

**6** Etiology and Associations studies

**5** Theory and Processes studies

**1** Method and Measures study

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Barsky, A. J., Ahern, D. K., Orav, E. J., et al. (2010). A randomized trial of three psychosocial treatments for the symptoms of rheumatoid arthritis. *Seminars in Arthritis and Rheumatism*. [\[link\]](#)

2. Carson, J. W., Carson, K. M., Jones, K. D., et al. (2010). A pilot randomized controlled trial of the yoga of awareness program in the management of fibromyalgia. *Pain*, 151(2), 530-539. [\[link\]](#)

3. Delaney, C., Barrere, C., & Helming, M. (2010). The influence of a spirituality-based intervention on quality of life, depression, and anxiety in community-dwelling adults with cardiovascular disease: A pilot study. *Journal of Holistic Nursing*. [\[link\]](#)

4. Fledderus, M., Bohlmeijer, E. T., Smit, F., & Westerhof, G. J. (2010). Mental health promotion as a new goal in public mental health care: A randomized controlled trial of an intervention enhancing psychological flexibility. *American Journal of Public Health*. [\[link\]](#)

5. Hufford, D. J., Fritts, M. J., & Rhodes, J. E. (2010). Spiritual fitness. *Military Medicine*, 175(s1), 73-87. [\[link\]](#)

6. Huston, D. (2010). Waking up to ourselves: The use of mindfulness meditation and emotional intelligence in the teaching of communications. *New Directions for Community Colleges*, 2010(151), 39-50. [\[link\]](#)

7. Hyland, T. (2010). Mindfulness, adult learning and therapeutic education: Integrating the cognitive and affective domains of learning. *International Journal of Lifelong Education*, 29(5), 517-532. [\[link\]](#)

8. Langer, I., Cangas, A. J., & Gallego, J. (2010). Mindfulness-Based intervention on distressing hallucination-like experiences in a nonclinical sample. *Behaviour Change*, 27(3), 176-183. [\[link\]](#)

9. Manicavasgar, V., Parker, G., & Perich, T. (2010). Mindfulness-Based cognitive therapy

vs cognitive behaviour therapy as a treatment for non-melancholic depression. *Journal of Affective Disorders*. [\[link\]](#)

10. Martín-Asuero, A. & García-Banda, G. (2010). The mindfulness-based stress reduction program (MBSR) reduces stress-related psychological distress in healthcare professionals. *Spanish Journal of Psychology*, 13(2), 897-905. [\[link\]](#)

11. Matchim, Y., Armer, J. M., & Stewart, B. R. (2010). Effects of mindfulness-based stress reduction (MBSR) on health among breast cancer survivors. *Western Journal of Nursing Research*. [\[link\]](#)

12. Paulik, G., Simcocks, A., Weiss, L., & Albert, S. (2010). Benefits of a 12-week mindfulness group program for mental health consumers in an outpatient setting. *Mindfulness*. [\[link\]](#)

13. van Spijker, B. A. J., van Straten, A., & Kerkhof, A. J. F. M. (2010). The effectiveness of a web-based self-help intervention to reduce suicidal thoughts: A randomized controlled trial. *Trials*, 11(1), 25. [\[link\]](#)

14. Vowles, K. E. & McCracken, L. M. (2010). Comparing the role of psychological flexibility and traditional pain management coping strategies in chronic pain treatment outcomes. *Behaviour Research and Therapy*, 48(2), 141-146. [\[link\]](#)

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### Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas. Key articles identified in this area include:

1. Althof, S. E. (2010). What's new in sex therapy (CME). *The Journal of Sexual Medicine*, 7(1), 5-13. [\[link\]](#)

2. Hussain, D. & Bhushan, B. (2010). Psychology of meditation and health: Present status and future directions. *International Journal of Psychology and Psychological Therapy*, 10(3), 439-451. [\[link\]](#)

3. Kang, Y. (2010). Mind-Body approach in the area of preventive medicine: Focusing on relaxation and meditation for stress management. *Journal of Preventive Medicine and Public Health*, 43(5), 445-450. [\[link\]](#)

4. Potter, P., Deshields, T., Divanbeigi, J., et al. (2010). Compassion fatigue and burnout. *Clinical Journal of Oncology Nursing*, 14(5), 56-62. [\[link\]](#)

5. Rodrigues, V. (2010). On consciousness-modifying (transpersonal) psychotherapy. *Journal of Transpersonal Research*, 2, 44. [\[link\]](#)

6. Wilson, K. H. (2010). Medicine's missing dimension. *Transactions of the American Clinical and Climatological Association*, 121, 309. [\[link\]](#)

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### Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Ciarrochi, J., Kashdan, T. B., Leeson, P., et al. (2010). On being aware and accepting: A one-year longitudinal study into adolescent well-being. *Journal of Adolescence*. [\[link\]](#)

2. Costa, J. & Pinto-Gouveia, J. (2010). Acceptance of pain, self-compassion and psychopathology: Using the chronic pain acceptance questionnaire to identify patients' subgroups. *Clinical Psychology & Psychotherapy*. [\[link\]](#)

3. Crane, C., Jandric, D., Barnhofer, T., & Williams, M. G. (2010). Dispositional mindfulness, meditation, and conditional goal setting. *Mindfulness*. [\[link\]](#)
4. Gilbert, D. & Waltz, J. (2010). Mindfulness and health behaviors. *Mindfulness*. [\[link\]](#)
5. Liou, C. H., Hsieh, C. W., Hsieh, C. H., et al. (2010). Detection of nighttime melatonin level in Chinese original quiet sitting. *Journal of the Formosan Medical Association*, 109(10), 694-701. [\[link\]](#)
6. Masuda, A., Wendell, J. W., Chou, Y. Y., & Feinstein, A. B. (2010). Relationships among self-concealment, mindfulness and negative psychological outcomes in Asian American and European American college students. *International Journal for the Advancement of Counselling*, 32, 165. [\[link\]](#)

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### Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Dobkin, P. L. & Zhao, Q. (2010). Increased mindfulness-the active component of the mindfulness-based stress reduction program? *Complementary Therapies in Clinical Practice*. [\[link\]](#)
2. Higginson, S., Mansell, W., & Wood, A. M. (2010). An integrative mechanistic account of psychological distress, therapeutic change and recovery: The perceptual control theory approach. *Clinical Psychology Review*. [\[link\]](#)
3. Khalsa, D. S. (2010). Mindfulness effects on caregiver stress: Should we expect more?

*Journal of Alternative and Complementary Medicine*, 16(10), 1025-1026. [\[link\]](#)

4. Tagini, A. & Raffone, A. (2010). The 'I' and the 'me' in self-referential awareness: A neurocognitive hypothesis. *Cognitive Processing*, 11(1), 9-20. [\[link\]](#)

5. Wadlinger, H. A. & Isaacowitz, D. M. (2010). Fixing our focus: Training attention to regulate emotion. *Personality and Social Psychology Review*. [\[link\]](#)

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### Method and Measures

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*Method and Measures* references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research. Key articles identified in this area include:

1. Kuyken, W., Byford, S., Byng, R., et al. (2010). Study protocol for a randomized controlled trial comparing mindfulness-based cognitive therapy with maintenance anti-depressant treatment in the prevention of depressive relapse/recurrence: The PREVENT trial. *Trials*, 11, 99. [\[link\]](#)

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David S. Black

## Issue content:

**27** new studies provided in this issue, including:

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**5** Review and Meta-analysis studies

**5** Etiology and Associations studies

**5** Theory and Processes studies

**0** Method and Measures study

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## Intervention and Application

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The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Bohlmeijer, E. T., Fledderus, M., Rokx, T., & Pieterse, M. E. (2010). Efficacy of an early intervention based on acceptance and commitment therapy for adults with depressive symptomatology: Evaluation in a randomized controlled trial. *Behaviour Research and Therapy*. [\[link\]](#)

2. Cohn, M. A. & Fredrickson, B. L. (2010). In search of durable positive psychology interventions: Predictors and consequences of long-term positive behavior change. The

*Journal of Positive Psychology*, 5(5), 355-366. [\[link\]](#)

3. Dalen, J., Smith, B. W., Shelley, B. M., et al. (2010). Pilot study: Mindful eating and living (MEAL): Weight, eating behavior, and psychological outcomes associated with a mindfulness-based intervention for people with obesity. *Complementary Therapies in Medicine*, 18, 260-64. [\[link\]](#)

4. Dannahy, L., Hayward, M., Strauss, C., et al. (2010). Group person-based cognitive therapy for distressing voices: Pilot data from nine groups. *Journal of Behavior Therapy and Experimental Psychiatry*, 42, 111-16. [\[link\]](#)

5. Heeren, A. & Philippot, P. (2010). Changes in ruminative thinking mediate the clinical benefits of mindfulness: Preliminary findings. *Mindfulness*. [\[link\]](#)

6. Lengacher, C. A., Johnson-Mallard, V., Barta, M., et al. (2010). Feasibility of a mindfulness-based stress reduction program for early-stage breast cancer survivors. *Journal of Holistic Nursing*. [\[link\]](#)

7. Ljótsson, B., Hedman, E., Lindfors, P., et al. (2010). Long-Term follow up of internet-delivered exposure and mindfulness based treatment for irritable bowel syndrome. *Behaviour Research and Therapy*. [\[link\]](#)

8. Mendelson, T., Greenberg, M. T., Dariotis, J. K., et al. (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth.



*Journal of Abnormal Child Psychology*, 38, 985-94. [\[link\]](#)

9. Schmidt, S., Simshauser, K., Aickin, M., et al. (2010). Mindfulness-Based stress reduction is an effective intervention for patients suffering from migraine--results from a controlled trial. *European Journal of Integrative Medicine*, 2(4), 196. [\[link\]](#)

10. Uebelacker, L. A., Tremont, G., Epstein-Lubow, G., et al. (2010). Open trial of Vinyasa yoga for persistently depressed individuals: Evidence of feasibility and acceptability. *Behavior Modification*, 34(3), 247-64. [\[link\]](#)

11. Yeh, G. Y., Kaptchuk, T. J., & Shmerling, R. H. (2010). Prescribing tai chi for fibromyalgia - are we there yet? *The New England Journal of Medicine*, 363(8), 783-784. [\[link\]](#)

12. Young, L. A. & Baime, M. J. (2010). Mindfulness-Based stress reduction: Effect on emotional distress in older adults. *Complementary Health Practice Review*, 15(2), 59-64. [\[link\]](#)

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### Review and Meta-analysis

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The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas. Key articles identified in this area include:

1. Bohlmeijer, E., Prenger, R., Taal, E., & Cuijpers, P. (2010). Meta-Analysis on the effectiveness of mindfulness-based stress reduction therapy on mental health of adults with a chronic disease: What should the reader not make of it? *Journal of Psychosomatic Research*, 69(6), 614. [\[link\]](#)

2. Emani, S. & Binkley, P. F. (2010). Mind-Body medicine in chronic heart failure. *Circulation: Heart Failure*, 3(6), 715. [\[link\]](#)

3. Gans, J. J. (2010). Mindfulness-Based tinnitus therapy is an approach with ancient roots. *The Hearing Journal*, 63(11), 52-56. [\[link\]](#)

4. Keefe, F. J. & Somers, T. J. (2010). Psychological approaches to understanding and treating arthritis pain. *Nature Reviews Rheumatology*, 6(4), 210-216. [\[link\]](#)

5. Wang, C., Bannuru, R., Ramel, J., et al. (2010). Research article Tai Chi on psychological well-being: Systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 10, 23. [\[link\]](#)

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### Etiology and Associations

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*Etiology and Associations* references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Hollis-Walker, L. & Colosimo, K. (2010). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50, 222-27. [\[link\]](#)

2. Jacobs, T. L., Epel, E. S., Lin, J., et al. (2010). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology*. [\[link\]](#)

3. Jang, J. H., Jung, W. H., Kang, D. H., et al. (2010). Increased default mode network connectivity associated with meditation. *Neuroscience Letters*. [\[link\]](#)

4. Parent, J., Garai, E., Forehand, R., et al. (2010). Parent mindfulness and child outcome: The roles of parent depressive symptoms and parenting. *Mindfulness*. [\[link\]](#)

5. Posadzki, P. (2010). The psychology of qi gong: A qualitative study. *Complementary Health Practice Review*, 15(2), 84-97. [\[link\]](#)

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### Theory and Processes

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*Theory and Processes* references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Black, D. S. (2010). Incorporating mindfulness within established theories of health behavior. *Complementary Health Practice Review*, 15(2), 108. [\[link\]](#)

2. Coffey, K. A., Hartman, M., & Fredrickson, B. L. (2010). Deconstructing mindfulness and constructing mental health: Understanding mindfulness and its mechanisms of action. *Mindfulness*. [\[link\]](#)

3. Kuntsevich, V., Bushell, W. C., & Theise, N. D. (2010). Mechanisms of yogic practices in health, aging, and disease. *Mount Sinai Journal of Medicine*, 77(5), 559-69. [\[link\]](#)

4. Mikulas, W. L. (2010). Mindfulness: Significant common confusions. *Mindfulness*. [\[link\]](#)

5. Phelan, J. P. (2010). First moment. *Mindfulness*. [\[link\]](#)

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### Method and Measures

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1. No publications in this area.

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