

MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness
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Vol. 2 ♦ Num. 1

January 2011

David S. Black

Issue content:

38 new studies provided in this issue, including:

16 Intervention and Application studies

9 Review and Meta-analysis studies

6 Etiology and Associations studies

7 Theory and Processes studies

0 Method and Measures studies

Intervention and Application

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. Bergmark, A. (2010). Mindfulness training: Specific intervention or psychological panacea? *Addiction*, 105(10), 1708-9. [\[link\]](#)

2. de Zoysa, P. (2010). The practice of mindfulness based behaviour therapy in Sri Lanka. *Sri Lanka Journal of Psychiatry*, 1(2), 67-69. [\[link\]](#)

3. Esmer, G., Blum, J., Rulf, J., & Pier, J. (2010). Mindfulness-Based stress reduction

for failed back surgery syndrome: A randomized controlled trial. *Journal of the American Osteopathic Association*, 110(11), 646-52. [\[link\]](#)

4. Gross, C. R., Kreitzer, M. J., Thomas, W., Reilly-Spong, M., et al. (2010). Mindfulness-Based stress reduction for solid organ transplant recipients: A randomized controlled trial. *Alternative Therapies in Health and Medicine*, 16(5), 30-8. [\[link\]](#)

5. Kristeller, J. & Wolever, R. (2011). Mindfulness-Based eating awareness training for treating binge eating disorder: The conceptual foundation. *Eating Disorders*, 19(1), 49-61. [\[link\]](#)

6. Leite, J. R., Ornellas, F. L., de Amemiya, T. M., Dias, A. A., et al. (2010). Effect of progressive self-focus meditation on attention, anxiety, and depression scores. *Perceptual and Motor Skills*, 110(3), 840-8. [\[link\]](#)

7. Matousek, R. H., Pruessner, J. C., & Dobkin, P. L. (2010). Changes in the cortisol awakening response (CAR) following participation in mindfulness-based stress reduction in women who completed treatment for breast cancer. *Complementary Therapies in Clinical Practice*. [\[link\]](#)

8. May, J., Andrade, J., Batey, H., Berry, L. M., & Kavanagh, D. J. (2010). Impact of attentional instructions on intrusive thoughts about snack foods. *Appetite*, 55(2), 279-87. [\[link\]](#)

9. Miller, S. (2010). How mindfulness based stress reduction can reduce anxiety after alcohol abstinence. *Nursing Times*, 106(31), 22. [\[link\]](#)

10. Nakamura, Y., Lipschitz, D. L., Landward, R., Kuhn, R., & West, G. (2010). Two sessions of sleep-focused mind-body bridging improve self-reported symptoms of sleep and PTSD in veterans: A pilot randomized controlled trial. *Journal of Psychosomatic Research*. [\[link\]](#)

11. Oken, B. S., Fonareva, I., Haas, M., Wahbeh, H., et al. (2010). Pilot controlled trial of mindfulness meditation and education for dementia caregivers. *Journal of Alternative and Complementary Medicine*, 16(10), 1031-8. [\[link\]](#)

12. Ong, J. & Sholtes, D. (2010). A mindfulness-based approach to the treatment of insomnia. *Journal of Clinical Psychology*, 66(11), 1175-84. [\[link\]](#)

13. Rogojanski, J., Vettese, L., & Antony, M. (2010). Coping with cigarette cravings: Comparison of suppression versus mindfulness-based strategies. *Mindfulness*, 1-13. [\[link\]](#)

14. Schmidt, S., Grossman, P., Schwarzer, B., Jena, S., et al. (2010). Treating fibromyalgia with mindfulness-based stress reduction: Results from a 3-armed randomized controlled trial. *Pain*. [\[link\]](#)

15. Segal, Z. V., Bieling, P., Young, T., MacQueen, G., et al. (2010). Antidepressant monotherapy vs sequential pharmacotherapy and mindfulness-based cognitive therapy, or placebo, for relapse prophylaxis in recurrent depression. *Archives of General Psychiatry*, 67(12), 1256-64. [\[link\]](#)

16. Stanton, M. & Mullen, R. (2010). Hybrid vigour: Integration of mindfulness-based cognitive therapy (MBCT) into the therapeutic community. *Therapeutic Communities*, 31(1), 3-16. [\[link\]](#)

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 mindfulness and related areas. Key articles identified in this area include:

1. Chiesa, A., Calati, R., & Serretti, A. (2010). Does mindfulness training improve cognitive abilities? A systematic review of neuropsychological findings. *Clinical Psychology Review*. [\[link\]](#)

2. Douglass, L. (2011). Thinking through the body: The conceptualization of yoga as therapy for individuals with eating disorders. *Eating Disorders*, 19(1), 83-96. [\[link\]](#)

3. Eisendrath, S., Chartier, M., & McLane, M. (2010). Adapting mindfulness-based cognitive therapy for treatment-resistant depression. *Cognitive and Behavioral Practice*. [\[link\]](#)

4. Field, T. (2010). Yoga clinical research review. *Complementary Therapies in Clinical Practice*, 17(1), 1-8. [\[link\]](#)

5. Guarneri, E., Horrigan, B. J., & Pechura, C. M. (2010). The efficacy and cost effectiveness of integrative medicine: A review of the medical and corporate literature. *Explore*, 6(5), 308-12. [\[link\]](#)

6. Hayes, L., Bach, P. A., & Boyd, C. P. (2010). Psychological treatment for adolescent depression: Perspectives on the past, present, and future. *Behaviour Change*, 27(1), 1-18. [\[link\]](#)

7. Nyklíček, I., van Son, J., & Pouter, F. (2010). Two recently published meta-analyses on the effectiveness of mindfulness-based interventions: What should the reader make of it? *Journal of Psychosomatic Research*, 69(6), 613-5. [\[link\]](#)

8. Sibinga, E. & Kemper, K. J. (2010). Complementary, holistic, and integrative medicine: Meditation practices for pediatric health. *Pediatrics in Review*, 31(12), 91-103. [\[link\]](#)

9. Wanden-Berghe, R. G., Sanz-Valero, J., & Wanden-Berghe, C. (2011). The application of mindfulness to eating disorders treatment: A systematic review. *Eating Disorders*, 19(1), 34-48. [\[link\]](#)

Etiology and Associations

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. Engström, M., Pihlsgård, J., Lundberg, P., & Söderfeldt, B. (2010). Functional magnetic resonance imaging of hippocampal activation during silent mantra meditation. *Journal of Alternative and Complementary Medicine*, 16(12), 1253-8. [\[link\]](#)

2. Grant, J. A., Courtemanche, J., & Rainville, P. (2011). A non-elaborative mental stance and decoupling of executive and pain-related cortices predicts low pain sensitivity in zen meditators. *Pain*, 152(1), 150-6. [\[link\]](#)

3. Lattimore, P. & Malinowski, N. F. (2010). A cross-sectional investigation of trait disinhibition and its association with mindfulness and impulsivity. *Appetite*. [\[link\]](#)

4. Roberts, K. C. & Danoff-Burg, S. (2010). Mindfulness and health behaviors: Is paying attention good for you? *Journal of American College Health*, 59(3), 165-173. [\[link\]](#)

5. Sauer, S., Walach, H., & Kohls, N. (2010). Gray's behavioural inhibition system as a

mediator of mindfulness towards well-being. *Personality and Individual Differences*. [\[link\]](#)

6. Sharpe, L., Nicholson Perry, K., Rogers, P., Dear, B. F., et al. (2010). A comparison of the effect of attention training and relaxation on responses to pain. *Pain*, 150(3), 469-76. [\[link\]](#)

Theory and Processes

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. Diclemente, C. C. (2010). Mindfulness-Specific or generic mechanisms of action. *Addiction*, 105(10), 1707-1708. [\[link\]](#)

2. Khong, B. S. L. (2011). Mindfulness: A way of cultivating deep respect for emotions. *Mindfulness*, 1-6. [\[link\]](#)

3. Knabb, J. J. (2010). Centering prayer as an alternative to mindfulness-based cognitive therapy for depression relapse prevention. *Journal of Religion and Health*. [\[link\]](#)

4. Mirdal, G. M. (2010). Mevlana Jalāl-ad-dīn Rumi and mindfulness. *Journal of Religion and Health*. [\[link\]](#)

5. Raffone, A., Tagini, A., & Srinivasan, N. (2010). Mindfulness and the cognitive neuroscience of attention and awareness. *Zygon*, 45(3), 627-646. [\[link\]](#)

6. Shahar, B., Britton, W. B., Sbarra, D. A., Figueredo, A. J., & Bootzin, R. R. (2010). Mechanisms of change in mindfulness-based cognitive therapy for depression: Preliminary evidence from a randomized controlled trial. *International Journal of Cognitive Therapy*, 3(4), 402-18. [\[link\]](#)

7. Woods-Giscombé, C. L. & Black, A. R. (2010). Mind-Body interventions to reduce risk for health disparities related to stress and strength among African American women: The potential of mindfulness-based stress reduction, loving-kindness, and the NTU therapeutic framework. *Complementary Health Practice Review*, 15(3), 115-31. [[link](#)]

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. Studies are needed in this area

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Intervention and Application

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. Albers, S. (2011). Using mindful eating to treat food restriction: A case study. *Eating Disorders*, 19(1), 97-107. [\[link\]](#)

2. Alfonso, J. P., Caracuel, A., Delgado-Pastor, L. C., & Verdejo-García, A. (2011). Combined goal management training and mindfulness meditation improve executive functions and decision-making performance in abstinent polysubstance abusers. *Drug and Alcohol Dependence*. [\[link\]](#)

3. Baslet, G. & Hill, J. (2011). Case report: Brief mindfulness-based psychotherapeutic intervention during inpatient hospitalization in a patient with conversion and dissociation. *Clinical Case Studies*. [\[link\]](#)

4. Boudette, R. (2011). Integrating mindfulness into the therapy hour. *Eating Disorders*, 19(1), 108-115. [\[link\]](#)

5. Chilvers, J., Thomas, C., & Stanbury, A. (2011). The impact of a ward-based mindfulness programme on recorded aggression in a medium secure facility for women with learning disabilities. *Journal of Learning Disabilities and Offending Behaviour*, 2(1), 27-41. [\[link\]](#)

6. Courbasson, C., Nishikawa, Y., & Shapira, L. (2011). Mindfulness-Action based cognitive behavioral therapy for concurrent binge eating disorder and substance use disorders. *Eating Disorders*, 19(1), 17-33. [\[link\]](#)

7. Hepworth, N. (2011). A mindful eating group as an adjunct to individual treatment for eating disorders: A pilot study. *Eating Disorders*, 19(1), 6-16. [\[link\]](#)

8. Hirvikoski, T., Waaler, E., Alfredsson, J., et al. (2011). Reduced ADHD symptoms in adults with ADHD after structured skills training group: Results from a randomized controlled trial. *Behaviour Research and Therapy*. [\[link\]](#)

9. Singh, N. N., Lancioni, G. E., Manikam, R., et al. (2011). A mindfulness-based strategy for self-management of aggressive behavior

in adolescents with autism. *Research in Autism Spectrum Disorders*. [\[link\]](#)

10. Sorensen, P., Birket-Smith, M., Wattar, U., Buemann, I., & Salkovskis, P. (2011). A randomized clinical trial of cognitive behavioural therapy versus short-term psychodynamic psychotherapy versus no intervention for patients with hypochondriasis. *Psychological Medicine*, 41(2), 431-41. [\[link\]](#)

11. Thomley, B. S., Ray, S. H., Cha, S. S., & Bauer, B. A. (2011). Effects of a brief, comprehensive, yoga-based program on quality of life and biometric measures in an employee population: A pilot study. *Explore*, 7(1), 27-29. [\[link\]](#)

12. Vollestad, J. (2011). Mindfulness-Based stress reduction for patients with anxiety disorders: Evaluation in a randomized controlled trial. *Behaviour Research and Therapy*. [\[link\]](#)

13. Zeller, J. M. & Lamb, K. (2011). Mindfulness meditation to improve care quality and quality of life in long-term care settings. *Geriatric Nursing*. [\[link\]](#)

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 mindfulness and related areas. Key articles identified in this area include:

1. Chiesa, A. & Serretti, A. (2011). Mindfulness-Based interventions for chronic pain: A systematic review of the evidence. *Journal of Alternative and Complementary Medicine*, 17(1), 83-93. [\[link\]](#)

2. Dhanani, N. M., Caruso, T. J., & Carinci, A. J. (2011). Complementary and alternative medicine for pain: An evidence-based

review. *Current Pain and Headache Reports*, 15(1), 39-46. [\[link\]](#)

3. Hayes, S. C., Villatte, M., Levin, M., & Hildebrandt, M. (2011). Open, aware, and active: Contextual approaches in behavioral and cognitive therapy. *Clinical Psychology*, 7. [\[link\]](#)

4. Kangas, M. & McDonald, S. (2011). Is it time to act? The potential of acceptance and commitment therapy for psychological problems following acquired brain injury. *Neuropsychological Rehabilitation*. [\[link\]](#)

5. Manocha, R. (2011). Meditation, mindfulness and mind-emptiness. *Acta Neuropsychiatrica*, 23(1), 46-47. [\[link\]](#)

6. Veehof, M. M., Oskam, M. J., Schreurs, K. M. G., & Bohlmeijer, E. T. (2011). Acceptance-Based interventions for the treatment of chronic pain: A systematic review and meta-analysis. *Pain*. [\[link\]](#)

7. Young, L. A. (2011). Mindfulness meditation: A primer for rheumatologists. *Rheumatic Disease Clinics of North America*, 37(1), 63-75. [\[link\]](#)

Etiology and Associations

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. Büssing, A., Edelhäuser, F., Weisskircher, A., Fouladbakhsh, J. M., & Heusser, P. (2011). Inner correspondence and peacefulness with practices among participants in eurythmy therapy and yoga: A validation study. *Evidence-Based Complementary and Alternative Medicine*, Article ID 329023, 1-9. [\[link\]](#)

2. Chapman, B. P., van Wingen, E., Seplaki, C. L., et al. (2011). Openness and conscientiousness predict 34-week patterns of interleukin-6 in older persons. *Brain, Behavior, and Immunity*. [\[link\]](#)

3. Choi, K. E., Musial, F., Amthor, N., et al. (2011). Isolated and combined effects of electroacupuncture and meditation in reducing experimentally induced ischemic pain: A pilot study. *Evidence-Based Complementary and Alternative Medicine*, Article ID 950795, 1-9. [\[link\]](#)

4. Franco Justo, C., de la Fuente Arias, M., & Salvador Granados, M. (2011). [Impact of a training program in full consciousness (mindfulness) in the measure of growth and personal self-realization]. *Psicothema*, 23(1), 58-65. [\[link\]](#)

5. Harrington, R. & Loffredo, D. A. (2011). Insight, rumination, and self-reflection as predictors of well-being. *The Journal of Psychology: Interdisciplinary and Applied*, 145(1), 39-57. [\[link\]](#)

6. Maurel, S., Rodero, B., Lopez-del-Hoyo, Y., et al. (2011). Correlational analysis and predictive validity of psychological constructs related with pain in fibromyalgia. *BMC Musculoskeletal Disorders*, 12(4), 1-7. [\[link\]](#)

7. Nugent, P., Moss, D., Barnes, R., & Wilks, J. (2011). Clear (ing) space: Mindfulness-Based reflective practice. *Reflective Practice*, 12(1), 1-13. [\[link\]](#)

8. Stanley, E. A., Schaldach, J. M., Kiyonaga, A., & Jha, A. P. (2011). Mindfulness-Based mind fitness training: A case study of a high-stress predeployment military cohort. *Cognitive and Behavioral Practice*. [\[link\]](#)

9. Vilardaga, R., Luoma, J. B., Hayes, S. C., et al. (2011). Burnout among the addiction counseling workforce: The differential roles of mindfulness and values-based processes and work-site factors. *Journal of Substance Abuse Treatment*. [\[link\]](#)

Theory and Processes

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. Childs, D. (2011). Mindfulness and clinical psychology. *Psychology and Psychotherapy*. [\[link\]](#)

2. DeSole, L. (2011). Special issue: Eating disorders and mindfulness. *Eating Disorders*, 19(1), 1-5. [\[link\]](#)

3. Glasner-Edwards, S. (2011). Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change. *Drug and Alcohol Review*, 30(1), 112. [\[link\]](#)

4. Kerr, C. E., Josyula, K., & Littenberg, R. (2011). Developing an observing attitude: An analysis of meditation diaries in an MBSR clinical trial. *Clinical Psychology & Psychotherapy*, 18(1), 80-93. [\[link\]](#)

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. Baer, R. A., Samuel, D. B., & Lykins, E. L. B. (2011). Differential item functioning on the five facet mindfulness questionnaire is minimal in demographically matched meditators and nonmeditators. *Assessment*. [\[link\]](#)

2. Höfling, V., Moosbrugger, H., Schermelleh-Engel, K., & Heidenreich, T. (2011). Mindfulness or mindlessness? *European Journal of Psychological Assessment*, 27(1), 59-64. [\[link\]](#)

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3 Method & Measures studies

New on MRM...

5 NIH Research Trials

Intervention & Application

Intervention & Application cites 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. Cloutier, S. E. (2011). Mindful breathing in the classroom to increase academic scores. *Teaching Innovation Projects*, 1(1), 1-4. [[link](#)]
2. Evans, S., Cousins, L., Tsao, J. C. I., et al. (2011). A randomized controlled trial examining Iyengar yoga for young adults with rheumatoid arthritis: A study protocol. *Trials*, 12, 19. [[link](#)]
3. Franklin, M. E., Best, S. H., Wilson, M. A., et al. (2011). Habit reversal training and acceptance and commitment therapy for Tourette syndrome: A pilot project. *Journal of Developmental and Physical Disabilities*, 23(1), 49-60. [[link](#)]
4. Kilpatrick, L. A., Suyenobu, B. Y., Smith, S. R., et al. (2011). Impact of mindfulness-based stress reduction training on intrinsic brain connectivity. *Neuroimage*. [[link](#)]
5. Kristjansdottir, O. B., Fors, E. A., Eide, E., et al. (2011). Written online situational feedback via mobile phone to support self-management of chronic widespread pain: A usability study of a web-based intervention. *BMC Musculoskeletal Disorders*, 12(1), 51. [[link](#)]
6. McCracken, L. M. & Gutierrez-Martinez, O. (2011). Processes of change in psychological flexibility in an interdisciplinary group-based treatment for chronic pain based on acceptance and commitment therapy. *Behaviour Research and Therapy*. [[link](#)]
7. Salyers, M. P., Hudson, C., Morse, G., et al. (2011). BREATHE: A pilot study of a one-day retreat to reduce burnout among mental health professionals. *Psychiatric Services*, 62(2), 214-7. [[link](#)]
8. Singh, N. N., Lancioni, G. E., Singh, A. D. A., et al. (2011a). Adolescents with Asperger syndrome can use a mindfulness-based strategy to control their aggressive behavior. *Research in Autism Spectrum Disorders*. [[link](#)]
9. Singh, N. N., Lancioni, G. E., Winton, A. S. W., et al. (2011b). Effects of a mindfulness-based smoking cessation program for an adult with mild intellectual disability. *Research in Developmental Disabilities*. [[link](#)]
10. van Son, J., Nyklicek, I., Pop, V. J. M., & Pouwer, F. (2011). Testing the effectiveness of a mindfulness-based intervention to reduce emotional distress in outpatients with diabetes (Diamind): Design of a randomized controlled trial. *BMC Public Health*, 11(1), 131. [[link](#)]
11. Young, S. N. (2011). Biologic effects of mindfulness meditation: Growing insights into neurobiologic aspects of the prevention of depression. *Journal of Psychiatry & Neuroscience*, 36(2), 75-7. [[link](#)]
12. Yu, X., Fumoto, M., Nakatani, Y., et al. (2011). Activation of the anterior prefrontal cortex and serotonergic system is associated with improvements in mood and EEG changes induced by Zen meditation practice in novices. *International Journal of Psychophysiology*. [[link](#)]

Etiology & Associations

Etiology & Associations cites 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. Balakrishnan, V., Kannan, V., Lakshmiy Ammal, S., et al. (2011). Impact of integrated amrita meditation technique on adrenaline and cortisol levels in healthy volunteers. *Evidence-Based Complementary and Alternative Medicine*, 2011, (Art# 379645). [\[link\]](#)
2. Chukumnerd, P., Hatthakit, U., & Chuaprapaisilp, A. (2011). The experience of persons with allergic respiratory symptoms: Practicing yoga as a self-healing modality. *Holistic Nursing Practice*, 25(2), 63-70. [\[link\]](#)
3. Dale, C. & Moore, D. (2011). Breaking the cycle. *Journal of Learning Disabilities and Offending Behaviour*, 2(1), 2-3. [\[link\]](#)
4. Kee, Y. H. & Liu, Y. T. (2011). Effects of dispositional mindfulness on the self-controlled learning of a novel motor task. *Learning and Individual Differences*. [\[link\]](#)
5. Kiken, L. G. & Shook, N. J. (2011). Looking up: Mindfulness increases positive judgments and reduces negativity bias. *Social Psychological and Personality Science*. [\[link\]](#)
6. Lustyk, M. K. B., Gerrish, W. G., Douglas, H., et al. (2011). Relationships among premenstrual symptom reports, menstrual attitudes, and mindfulness. *Mindfulness*, 2(1), 37-48. [\[link\]](#)
7. Michalak, J., Teismann, T., Heidenreich, T., et al. (2011). Buffering low self-esteem: The effect of mindful acceptance on the relationship between self-esteem and depression. *Personality and Individual Differences*, 50(5), 751-54. [\[link\]](#)
8. Raes, F. (2011). The effect of self-compassion on the development of depression symptoms in a non-clinical sample. *Mindfulness*, 2(1), 33-36. [\[link\]](#)
9. Sibbritt, D., Adams, J., & van der Riet, P. (2011). The prevalence and characteristics of young and mid-age women who use yoga and meditation: Results of a nationally representative survey of 19,209 Australian women. *Complementary Therapies in Medicine*. [\[link\]](#)
10. Wang, D. J. J., Rao, H., Korczykowski, M., et al. (2011). Cerebral blood flow changes associated with different meditation practices and perceived depth of meditation. *Psychiatry Research: Neuroimaging*, 191(1), 60-67. [\[link\]](#)
11. Williams, J. (2011). Psychological flexibility, insomnia and chronic pain; a study of acceptance, mindfulness and values-based action. *The Plymouth Student Scientist*, 4(1), 276-92. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites studies that combine and synthesize mindfulness and related research studies either statistically or theoretically. Key articles identified in this area include:

1. Bond, M. (2011). The real powers of meditation. *The New Scientist*, 209(2794), 32-35. [\[link\]](#)
2. Matchim, Y., Armer, J. M., & Stewart, B. R. (2011). Mindfulness-Based stress reduction among breast cancer survivors: A literature review and discussion. *Oncology Nursing Forum*, 38(2), e61-71. [\[link\]](#)

Review & Meta-analysis continued...

3. Niazi, A. K. & Niazi, S. K. (2011). Mindfulness-Based stress reduction: A non-pharmacological approach for chronic illnesses. *North Am J Med Sci*, 3(1), 20-23. [\[link\]](#)
4. Schmidt, C. K., Raque-Bogdan, T. L., Piontkowski, S., & Schaefer, K. L. (2011). Putting the positive in health psychology: A content analysis of three journals. *Journal of Health Psychology*. [\[link\]](#)
5. Stubenrauch, J. M. (2011). Meditation as good as medication? *The American Journal of Nursing*, 111(3), 16. [\[link\]](#)

Theory & Processes

Theory & Processes cites studies that examine the theoretical mechanisms of 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. Garland, E., Boettiger, C. A., & Howard, M. O. (2011). Targeting cognitive-affective risk mechanisms in stress-precipitated alcohol dependence: An integrated, biopsychosocial model of automaticity, allostasis, and addiction. *Medical Hypotheses*. [\[link\]](#)
2. Garland, E. L., Gaylord, S. A., & Fredrickson, B. L. (2011). Positive reappraisal mediates the stress-reductive effects of mindfulness: An upward spiral process. *Mindfulness*, 2(1), 59-67. [\[link\]](#)
3. Josefsson, T., Larsman, P., Broberg, A. G., & Lundh, L. G. (2011). Self-Reported mindfulness mediates the relation between meditation experience and psychological well-being. *Mindfulness*, 2(1), 49-58. [\[link\]](#)

4. Mikulas, W. L. (2011). Mindfulness: Significant common confusions. *Mindfulness*, 2(1), 1-7. [\[link\]](#)
5. Reid, D. (2011). Mindfulness and flow in occupational engagement: Presence in doing. *Canadian Journal of Occupational Therapy*, 78(1), 50-56. [\[link\]](#)
6. Slagter, H. A., Davidson, R. J., & Lutz, A. (2011). Mental training as a tool in the neuroscientific study of brain and cognitive plasticity. *Frontiers in Human Neuroscience*, 5(17). [\[link\]](#)
7. Vujanovic, A. A., Bonn-Miller, M. O., & Marlatt, G. A. (2011). Posttraumatic stress and alcohol use coping motives among a trauma-exposed community sample: The mediating role of non-judgmental acceptance. *Addictive Behaviors*. [\[link\]](#)

Method & Measures

Method & Measures cites studies that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research. Key articles identified in this area include:

1. Brown, K. W., West, A. M., Loverich, T. M., & Biegel, G. M. (2011). Assessing adolescent mindfulness: Validation of an adapted mindful attention awareness scale in adolescent normative and psychiatric populations. *Psychological Assessment*. [\[link\]](#)
2. Evans, S., Cousins, L., Tsao, J. C. I., et al. (2011). Protocol for a randomized controlled study of Iyengar yoga for youth with irritable bowel syndrome. *Trials*, 12, 15. [\[link\]](#)

Method & Measures continued...

3. U.S. Department of Health & Human Services. (2011). *Exploring the science of alternative and complementary medicine*. National Center for Complementary and Alternative Medicine Third Strategic Plan 2011-2015, NIH Publication No. 11-7643. [\[link\]](#)

NIH Research Trials

Newly funded (Jan-Feb 2011) National Institutes of Health (NIH) grants include:

1. University of Wisconsin, Madison. Study two on the effectiveness of mindfulness training for smokers (MTS2). NIDA, Trial # NCT01299909. [\[link\]](#)
2. Universität Duisburg-Essen. Mindfulness-based Stress Reduction in Cancer Treatment (SASO). Trial # NCT01303822. [\[link\]](#)
3. University of Utah. The HEALS Project - Health Education and Active Living for Surviving Seniors. NCI, Trial # NCT01305044. [\[link\]](#)
4. Pacific University. Transcultural Mindfulness Assessment: A Mixed Methods Analysis. NCCAM, Trial # NCT01299064. [\[link\]](#)
5. University of Washington. Mindful Awareness in Body-Oriented Therapy for Women's Substance Abuse Treatment. NIDA, Trial # NCT01280916. [\[link\]](#)

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1 new NIH
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Intervention & Application

Intervention & Application cites 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., Natsume, T., Kukihara, H., Shibata, H., & Ito, S. (2011). Efficacy of mindfulness-based meditation therapy on the sense of coherence and mental health of nurses. *Health, 3*(2), 108-22. [\[link\]](#)
2. Bailie, C., Kuyken, W., & Sonnenberg, S. (2011). The experiences of parents in mindfulness-based cognitive therapy. *Clinical Child Psychology and Psychiatry*. [\[link\]](#)
3. Carmody, J. F., Crawford, S., Salmoirago-Blotcher, E., et al. (2011). Mindfulness training for coping with hot flashes: Results of a randomized trial. *Menopause*. [\[link\]](#)
4. Chawla, N. (2011). A multiple-behavior lifestyle intervention for cancer patients and their families delivered in a community-based oncological and hematologic treatment clinic. *Journal of Family Psychotherapy, 22*(1), 74-81. [\[link\]](#)
5. Coholic, D. A. (2011). Exploring the feasibility and benefits of arts-based mindfulness-based practices with young people in need: Aiming to improve aspects of self-awareness and resilience. *Child and Youth Care Forum*. [\[link\]](#)
6. Epstein-Lubow, G., McBee, L., Darling, E., Arme, M., & Miller, I. (2011). A pilot investigation of mindfulness-based stress reduction for caregivers of frail elderly. *Mindfulness*. [\[link\]](#)

7. Franco, C., Mañas, I., Cangas, A. J., & Gallego, J. (2011). Exploring the effects of a mindfulness program for students of secondary school. *International Journal of Knowledge Society Research, 2*(1), 14-28. [\[link\]](#)

8. Godfrin, K. A. & Van Heeringen, C. (2011). Corrigendum to "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, 49*(2), 144. [\[link\]](#)

9. Gross, C. R., Kreitzer, M. J., Reilly-Spong, M., et al. (2011). Mindfulness-Based stress reduction versus pharmacotherapy for chronic primary insomnia: A randomized controlled clinical trial. *Explore, 7*(2), 76-87. [\[link\]](#)

10. Hawtin, H. & Sullivan, C. (2011). Experiences of mindfulness training in living with rheumatic disease: An interpretative phenomenological analysis. *The British Journal of Occupational Therapy, 74*(3), 137-142. [\[link\]](#)

11. Hedman, E., Andersson, G., Andersson, E., et al. (2011). Internet-Based cognitive-behavioural therapy for severe health anxiety: Randomised controlled trial. *The British Journal of Psychiatry, 198*(3), 230-6. [\[link\]](#)

12. Johnson, D. P., Penn, D. L., Fredrickson, B. L., et al. (2011). A pilot study of loving-kindness meditation for the negative symptoms of schizophrenia. *Schizophrenia Research*. [\[link\]](#)

13. de Lisle, S. M., Dowling, N. A., & Allen, J. S. (2011). Mindfulness-Based cognitive therapy for problem gambling. *Clinical Case Studies*. [\[link\]](#)



Intervention & Application continued...

14. Monshat, K., Vella-Brodrick, D., Burns, J., & Herrman, H. (2011). Mental health promotion in the internet age: A consultation with Australian young people to inform the design of an online mindfulness training programme. *Health Promotion International*. [\[link\]](#)

15. Myint, K., Choy, K. L., Su, T. T., & Lam, S. K. (2011). The effect of short-term practice of mindfulness meditation in alleviating stress in university students. *Biomedical Research*, 22(2), 165-171. [\[link\]](#)

16. Naber, C. M., Water-Schmeder, O., Bohrer, P. S., et al. (2011). Interdisciplinary treatment for vestibular dysfunction. *Otolaryngology: Head and Neck Surgery*. [\[link\]](#)

17. Salsman, N. L. (2011). Adapting dialectical behavior therapy to help suicidal adolescents. *Current Psychiatry*, 10(3), 18-33. [\[link\]](#)

18. Schaub, R. (2011). Clinical meditation teacher: A new role for health professionals. *Journal of Evidence-Based Complementary & Alternative Medicine*, 16(2), 145-48. [\[link\]](#)

19. Scheick, D. M. (2011). Developing self-aware mindfulness to manage countertransference in the nurse-client relationship: An evaluation and developmental study. *Journal of Professional Nursing*, 27(2), 114-123. [\[link\]](#)

20. Vachon, M., Fillion, L., Achille, M., Duval, S., & Leung, D. (2011). An awakening experience: An interpretative phenomenological analysis of the effects of a meaning-centered intervention shared among palliative care nurses. *Qualitative Research in Psychology*, 8(1), 66-80. [\[link\]](#)

21. Vujanovic, A. A., Niles, B., Pietrefesa, A., Schmertz, S. K., & Potter, C. M. (2011). Mindfulness in the treatment of posttraumatic stress disorder among military veterans. *Professional Psychology: Research and Practice*, 42(1), 24-31. [\[link\]](#)

22. White, L. S. (2011). Reducing stress in school-age girls through mindful yoga. *Journal of Pediatric Health Care*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites 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. Gackenbach, J. & Bown, J. (2011). Mindfulness and video game play: A preliminary inquiry. *Mindfulness*. [\[link\]](#)

2. Geng, L., Zhang, L., & Zhang, D. (2011). Improving spatial abilities through mindfulness: Effects on the mental rotation task. *Consciousness and Cognition*. [\[link\]](#)

3. Hong, P. Y., Lishner, D. A., Han, K. H., & Huss, E. A. (2011). The positive impact of mindful eating on expectations of food liking. *Mindfulness*. [\[link\]](#)

4. Kashdan, T. B., Afram, A., Brown, K. W., Birnbeck, M., & Drvoshanov, M. (2011). Curiosity enhances the role of mindfulness in reducing defensive responses to existential threat. *Personality and Individual Differences*, 50(8), 1227-32. [\[link\]](#)

5. Lakey, C. E., Berry, D. R., & Sellers, E. W. (2011). Manipulating attention via mindfulness induction improves p300-based brain-computer interface performance. *Journal of Neural Engineering*, 8(2). [\[link\]](#)

6. McCarthy, J. J. (2011). Exploring the relationship between goal achievement orientation and mindfulness in collegiate athletics. *Journal of Clinical Sport Psychology*, 5(1), 44-57. [\[link\]](#)

Etiology & Associations continued...

7. Mosewich, A. D., Kowalski, K. C., Sabiston, C. M., Sedgwick, W. A., & Tracy, J. L. (2011). Self-Compassion: A potential resource for young women athletes. *Journal of Sport & Exercise Psychology*, 33(1), 103-123. [\[link\]](#)
8. Neff, K. D. (2011). Self-Compassion, self-esteem, and well-being. *Social and Personality Psychology Compass*, 5(1), 1-12. [\[link\]](#)
9. Troyer, J. A. (2011). Level of consciousness: Reframing our understanding of individual differences in learning. *Procedia-Social and Behavioral Sciences*, 12, 290-299. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites studies that combine and synthesize mindfulness and related research studies either statistically or theoretically. Key articles identified in this area include:

1. Beckerman, N. L. & Sarracco, M. (2011). Enhancing emotionally focused couple therapy through the practice of mindfulness: A case analysis. *Journal of Family Psychotherapy*, 22(1), 1-15. [\[link\]](#)
2. Brown, L. A., Gaudiano, B. A., & Miller, I. W. (2011). Investigating the similarities and differences between practitioners of second- and third-wave cognitive-behavioral therapies. *Behavior Modification*, 35(2), 187-200. [\[link\]](#)
3. Hayes, S. C. (2011). Acceptance, mindfulness, and values: New directions in behavior therapy and cognitive behavior therapy. *Annual Review of Clinical Psychology*, 7(1), 141-68. [\[link\]](#)
4. Kang, Y. S. (2011). Stress management and mind-body medicine: Focusing on relaxation and meditation. *Journal of the Korean Medical Association*, 54(3), 284-293. [\[link\]](#)

5. Lawson, K. (2011). Demystifying mindfulness. *Minnesota Medicine*, 94(1), 37-9. [\[link\]](#)

6. Lillard, A. (2011). Mindfulness practices in education: Montessori's approach. *Mindfulness*. [\[link\]](#)

7. Lin, K. Y., Hu, Y. T., Chang, K. J., Lin, H. F., & Tsao, J. Y. (2011). Effects of yoga on psychological health, quality of life, and physical health of patients with cancer: A meta-analysis. *Evidence-Based Complementary and Alternative Medicine*. [\[link\]](#)

8. Mograbi, G. C. (2011). Meditation and the brain: Attention, control and emotion. *Mens Sana Monographs*, 9(1), 276-83. [\[link\]](#)

9. Schroevers, M., Snippe, E., Bas, I., Tovote, A., & Fler, J. (2011). Mindfulness training in perspective. *Psychologie & Gezondheid*, (1), 32-38. [\[link\]](#)

10. Treanor, M. (2011). The potential impact of mindfulness on exposure and extinction learning in anxiety disorders. *Clinical Psychology Review*. [\[link\]](#)

Theory & Processes

Theory & Processes cites studies that examine the theoretical mechanisms of 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. Alberts, H. J. E. M. & Thewissen, R. (2011). The effect of a brief mindfulness intervention on memory for positively and negatively valenced stimuli. *Mindfulness*. [\[link\]](#)

Theory & Processes continued...

2. Halifax, J. (2011). The precious necessity of compassion. *Journal of Pain and Symptom Management*, 41(1), 146-53. [[link](#)]
3. Hilsberg, K. R. (2011). Lessons in living. *Mindfulness*. [[link](#)]
4. McCollum, E. E. (2011). Could EFT have saved the Buddha's marriage? A reflection on Beckerman and Sarracco. *Journal of Family Psychotherapy*, 22(1), 16-21. [[link](#)]
5. Rasmussen, M. & Pidgeon, A. (2011). The direct and indirect benefits of dispositional mindfulness on self-esteem and social anxiety. *Anxiety, Stress and Coping*, 24(2), 227-33. [[link](#)]
6. Schutte, N. S. & Malouff, J. M. (2011). Emotional intelligence mediates the relationship between mindfulness and subjective well-being. *Personality and Individual Differences*, 50(7), 1116-19. [[link](#)]
7. Shapiro, S. L., Brown, K. W., Thoresen, C., & Plante, T. G. (2011). The moderation of mindfulness-based stress reduction effects by trait mindfulness: Results from a randomized controlled trial. *Journal of Clinical Psychology*, 67(3), 267-77. [[link](#)]

Method & Measures

Method & Measures cites studies that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research. Key articles identified in this area include:

1. Deng, Y. Q., Liu, X. H., Rodriguez, M. A., & Xia, C. Y. (2011). The five facet mindfulness questionnaire: Psychometric properties of the Chinese version. *Mindfulness*. [[link](#)]

2. Hudlicka, E. (2011). Virtual coach for mindfulness meditation training. *AI and Health Communication*, 17-24. [[link](#)]
3. Malinski, V. M. & Todaro-Franceschi, V. (2011). Exploring co-meditation as a means of reducing anxiety and facilitating relaxation in a nursing school setting. *Journal of Holistic Nursing*. [[link](#)]
4. Steingard, D. S. & Dufresne, R. L. (2011). Intentional intelligence and the intentional intelligence quotient (IIQ): Construct development and scale validation integrating mindfulness, self-agency, and positive thought flow. *Journal of Management, Spirituality & Religion*, 8(1), 3-22. [[link](#)]
5. Tharaldsen, K. B. & Bru, E. (2011). Validation of the mindful coping scale. *Emotional and Behavioural Difficulties*, 16(1), 87-103. [[link](#)]

NIH Research Trial

Newly funded (March 2011) National Institutes of Health grants include:

1. Massachusetts General Hospital. Could Meditation Modulate the Neurobiology of Learning Not to Fear? Trial # NCT01320969. [[link](#)]

David S. Black, M.P.H., Ph.D.

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Intervention & Application

Intervention & Application cites 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. Bieling, P. J. (2011). Is it medication versus mindfulness in prevention of depression relapse? *Neuropsychiatry*, 1(2), 97-99. [\[link\]](#)
2. Boyle, M. P. (2011). Mindfulness training in stuttering therapy: A tutorial for speech-language pathologists. *Journal of Fluency Disorders*. [\[link\]](#)
3. Chadwick, P., Kaur, H., Swelam, M., Ross, S., & Ellett, L. (2011). Experience of mindfulness in people with bipolar disorder: A qualitative study. *Psychotherapy Research*. [\[link\]](#)
4. Fawcett, J. (2011). Multitasking vs. mindfulness (editorial). *Psychiatric Annals*, 41(4), 206. [\[link\]](#)
5. Kemper, K. J., Bulla, S., Krueger, D., Ott, M. J., et al. (2011). Nurses' experiences, expectations, and preferences for mind-body practices to reduce stress. *BMC Complementary and Alternative Medicine*, 11(1), 26. [\[link\]](#)
6. Kerr, C. E., Jones, S. R., Wan, Q., Pritchett, D. L., et al. (2011). Effects of mindfulness meditation training on anticipatory alpha modulation in primary somatosensory cortex. *Brain Research Bulletin*. [\[link\]](#)
7. Krech Thomas, H. (2011). Student responses to contemplative practice in a communication course. *Communication Teacher*, 25(2), 115-26. [\[link\]](#)
8. Luoma, J. B. & Boulanger, J. (2011). Mindfulness in the treatment of suicidal individuals. *Cognitive and Behavioral Practice*. [\[link\]](#)
9. Raja-Khan, N., Stener-Victorin, E., Wu, X. K., & Legro, R. (2011). The physiological basis of complementary and alternative medicine for polycystic ovary syndrome. *American Journal of Physiology, Endocrinology and Metabolism*. [\[link\]](#)
10. Verplanken, B. & Tangelder, Y. (2011). No body is perfect: The significance of habitual negative thinking about appearance for body dissatisfaction, eating disorder propensity, self-esteem and snacking. *Psychology & Health*. [\[link\]](#)
11. Warnecke, E., Quinn, S., Ogden, K., Towle, N., & Nelson, M. R. (2011). A randomised controlled trial of the effects of mindfulness practice on medical student stress levels. *Medical Education*, 45(4), 381-88. [\[link\]](#)
12. Zangi, H. A., Hauge, M. I., Steen, E., Finset, A., & Hagen, K. B. (2011). I am not only a disease, I am so much more. Patients with rheumatic diseases experiences of an emotion-focused group intervention. *Patient Education and Counseling*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites 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. Bernstein, A., Tanay, G., & Vujanovic, A. A. (2011). Concurrent relations between mindful attention and awareness and psychopathology among trauma-exposed adults: Preliminary evidence of transdiagnostic resilience. *Journal of Cognitive Psychotherapy*, 25(2), 99-113. [\[link\]](#)
2. Dakwar, E., Mariani, J. P., & Levin, F. R. (2011). Mindfulness impairments in individuals seeking treatment for substance use disorders. *The American Journal of Drug and Alcohol Abuse*, 37(3), 165-9. [\[link\]](#)
3. Iskender, M. (2011). The influence of self-compassion on academic procrastination and dysfunctional attitudes. *Educational Research and Reviews*, 6(2), 230-34. [\[link\]](#)
4. Kirk, U., Downar, J., & Montague, P. (2011). Interoception drives increased rational decision-making in meditators playing the ultimatum game. *Frontiers in Neuroscience*, 5(49). [\[link\]](#)
5. Lavalley, C. F., Koren, S. A., & Persinger, M. A. (2011). A quantitative electroencephalographic study of meditation and binaural beat entrainment. *Journal of Alternative and Complementary Medicine*, 17(4), 351-5. [\[link\]](#)
6. Luberto, C. M., McLeish, A. C., Zvolensky, M. J., & Baer, R. A. (2011). Mindfulness skills and anxiety-related cognitive processes among young adult daily smokers: A pilot test. *Mindfulness*. [\[link\]](#)

7. May, C. J., Burgard, M., Mena, M., Abbasi, I., et al. (2011). Short-Term training in loving-kindness meditation produces a state, but not a trait, alteration of attention. *Mindfulness*. [\[link\]](#)

8. Oberle, E., Schonert-Reichl, K. A., Lawlor, M. S., & Thomson, K. C. (2011). Mindfulness and inhibitory control in early adolescence. *The Journal of Early Adolescence*. [\[link\]](#)

9. van den Hout, M. A., Engelhard, I. M., Beetsma, D., Slofstra, C., et al. (2011). EMDR and mindfulness. Eye movements and attentional breathing tax working memory and reduce vividness and emotionality of aversive ideation. *Journal of Behavior Therapy and Experimental Psychiatry*. [\[link\]](#)

10. Zeidan, F., Martucci, K. T., Kraft, R. A., Gordon, N. S., et al. (2011). Brain mechanisms supporting the modulation of pain by mindfulness meditation. *The Journal of Neuroscience*, 31(14), 5540-8. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites studies that combine and synthesize mindfulness and related research studies either statistically or theoretically. Key articles identified in this area include:

1. Albrecht, N. J. (2011). Does meditation play an integral role in achieving high-level wellness as defined by Travis and Ryan (2004)? *Journal of Complementary and Integrative Medicine*, 8(1), Article 15. [\[link\]](#)
2. Antony, M. M. (2011). Recent advances in the treatment of anxiety disorders. *Canadian Psychology*, 52(1), 1-9. [\[link\]](#)

Review & Meta-analysis continued...

3. Baron, C. & Cayer, M. (2011). Fostering post-conventional consciousness in leaders: Why and how? *Journal of Management Development*, 30(4), 344-65. [\[link\]](#)
4. Brensilver, M. (2011). Letter to the editor: Response to "A systematic review of neurobiological and clinical features of mindfulness meditations." *Psychological Medicine*, 41(3), 666-68. [\[link\]](#)
5. Chiesa, A. & Malinowski, P. (2011). Mindfulness-Based approaches: Are they all the same? *Journal of Clinical Psychology*, 67(4), 402-24. [\[link\]](#)
6. Chiesa, A., Brambilla, P., & Serretti, A. (2011). Neuro-Imaging of mindfulness meditations: Implications for clinical practice (Letter to the Editor). *Epidemiology and Psychiatric Sciences*. [\[link\]](#)
7. Shapiro, S. L., Brown, K. W., & Astin, J. A. (2011). Toward the integration of meditation into higher education: A review of research evidence. *Teachers College Record*, 113(3), 493-528. [\[link\]](#)

Theory & Processes

Theory & Processes cites studies that examine the theoretical mechanisms of 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. Grabovac, A. D., Lau, M. A., & Willett, B. R. (2011). Mechanisms of mindfulness: A Buddhist psychological model. *Mindfulness*. [\[link\]](#)

2. Greeson, J. M., Webber, D. M., Smoski, M. J., Brantley, J. G., et al. (2011). Changes in spirituality partly explain health-related quality of life outcomes after mindfulness-based stress reduction. *Journal of Behavioral Medicine*. [\[link\]](#)
3. Mehling, W. E., Wrubel, J., Daubenmier, J., Price, C. J., et al. (2011). Body awareness: A phenomenological inquiry into the common ground of mind-body therapies. *Philosophy, Ethics, and Humanities in Medicine*, 6, 6. [\[link\]](#)
4. White, P. R. (2011). A phenomenological self-inquiry into ecological consciousness. *Ecopsychology*, 3(1), 41-50. [\[link\]](#)

Method & Measures

Method & Measures cites studies that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research. Key articles identified in this area include:

1. Bluth, K. & Wahler, R. G. (2001). Does effort matter in mindful parenting? *Mindfulness*. [\[link\]](#)
2. Greco, L. A., Baer, R. A., & Smith, G. T. (2011). Assessing mindfulness in children and adolescents: Development and validation of the child and adolescent mindfulness measure (CAMM). *Psychological Assessment*. [\[link\]](#)
3. Sears, S. R., Kraus, S., Carlough, K., & Treat, E. (2011). Perceived benefits and doubts of participants in a weekly meditation study. *Mindfulness*. [\[link\]](#)



NIH Research Trials

Newly funded (month of April 2011) National Institutes of Health (NIH) grants related to mindfulness include:

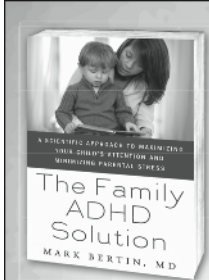
1. Duke University, J. Greeson, PI. Stress reduction training to improve sleep quality, stress physiology & cardiovascular disease (CVD) risk markers. Trial # NCT01343810. [\[link\]](#)
2. University of Calgary, T. Campbell, PI. A Comparison of MBSR and CBT for the Treatment of Insomnia in Cancer (I-CAN SLEEP). Trial # NCT01335776. [\[link\]](#)
3. Talaria, Inc, K. Carpenter, PI. Online Cognitive Behavioral Therapy (CBT) workbook (WW). Trial # NCT01337843. [\[link\]](#)

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1. Andersson, E., Ljotsson, B., Smit, F., Paxling, B., et al. (2011). Cost-Effectiveness of internet-based cognitive behavior therapy for irritable bowel syndrome: Results from a randomized controlled trial. *BMC Public Health*, 11, 215. [\[link\]](#)
2. Cutshall, S. M., Wentworth, L. J., Wahner-Roedler, D. L., Vincent, A., et al. (2011). Evaluation of a biofeedback-assisted meditation program as a stress management tool for hospital nurses: A pilot study. *Explore*, 7(2), 110-12. [\[link\]](#)
3. Esch, J. C. (2011). Stress management and balance for the orthopaedic surgeon: Mindfulness. *Instructional Course Lectures*, 60, 627-31. [\[link\]](#)
4. Garlick, M., Wall, K., Corwin, D., & Koopman, C. (2011). Psycho-Spiritual integrative therapy for women with primary breast cancer. *Journal of Clinical Psychology in Medical Settings*, 18(1), 78-90. [\[link\]](#)
5. Hyland, T. (2011). Mindfulness, therapy and vocational values: Exploring the moral and aesthetic dimensions of vocational education and training. *Journal of Vocational Education & Training*, 63(2), 129-141. [\[link\]](#)
6. Jacobsen, P., Morris, E., Johns, L., & Hodkinson, K. (2011). Mindfulness groups for psychosis; key issues for implementation on an inpatient unit. *Behavioural and Cognitive Psychotherapy*, 39(3), 349-53. [\[link\]](#)
7. Levine, B., Schweizer, T. A., O'Connor, C., Turner, G., Gillingham, S., et al. (2011). Rehabilitation of executive functioning in patients with frontal lobe brain damage with goal management training. *Frontiers in Human Neuroscience*, 5(9). [\[link\]](#)
8. Luethcke, C. A., McDaniel, L., & Becker, C. B. (2011). A comparison of mindfulness, nonjudgmental, and cognitive dissonance-based approaches to mirror exposure. *Body Image*. [\[link\]](#)
9. Maki, P. M. (2011). New data on mindfulness-based stress reduction for hot flashes: How do alternative therapies compare with selective serotonin reuptake inhibitors? (editorial) *Menopause*, 18(6), 596-98. [\[link\]](#)
10. Michalak, J., Trojne, N. F., & Heidenreich, T. (2011). The effects of mindfulness based cognitive therapy on depressive gait patterns. *Journal of Cognitive and Behavioral Psychotherapies*, 11(1), 13-27. [\[link\]](#)
11. Plexico, L. W. & Sandage, M. J. (2011). A mindful approach to stuttering intervention. *Perspectives on Fluency and Fluency Disorders*, 21(2), 43-49. [\[link\]](#)

Intervention & Application continued...

12. Van der Oord, S., Bögels, S. M., & Peijnenburg, D. (2011). The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents. *Journal of Child and Family Studies*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Articles identified in this area include:

1. Beaumont, S. L. (2011). Identity styles and wisdom during emerging adulthood: Relationships with mindfulness and savoring. *Identity*, 11(2), 155-180. [\[link\]](#)

2. Black, D. S., Semple, R. J., Pokhrel, P., & Grenard, J. L. (2011). Component processes of executive function—mindfulness, self-control, and working memory—and their relationships with mental and behavioral health. *Mindfulness*. [\[link\]](#)

3. Esch, T. & Stefano, G. B. (2011). The neurobiological link between compassion and love. *Medical Science Monitor*, 17(3), 65-75. [\[link\]](#)

4. Howell, A. J., Dopko, R. L., Passmore, H. A., & Buro, K. (2011). Nature connectedness: Associations with well-being and mindfulness. *Personality and Individual Differences*, 51(2), 166-71. [\[link\]](#)

5. Lavalley, C. F., Hunter, M. D., & Persinger, M. A. (2011). Intracerebral source generators characterizing concentrative meditation. *Cognitive Processing*, 12(2), 141-50. [\[link\]](#)

6. LePera, N. (2011). The relationships between boredom proneness, mindfulness, anxiety, depression, and substance use. *The New School Psychology Bulletin*, 8(2), 15-25. [\[link\]](#)

7. Sahdra, B. K., MacLean, K. A., Ferrer, E., Shaver, P. R., et al. (2011). Enhanced response inhibition during intensive meditation training predicts improvements in self-reported adaptive socioemotional functioning. *Emotion*, 11(2), 299-312. [\[link\]](#)

8. Salmoirago-Blotcher, E., Crawford, S., Carmody, J., Rosenthal, L., & Ockene, I. (2011). Characteristics of dispositional mindfulness in patients with severe cardiac disease. *Journal of Evidence-Based Complementary & Alternative Medicine*. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites studies that combine and synthesize mindfulness and related research studies either statistically or theoretically. Articles identified in this area include:

1. Coyne, L. W., McHugh, L., & Martinez, E. R. (2011). Acceptance and commitment therapy (ACT): Advances and applications with children, adolescents, and families. *Child and Adolescent Psychiatric Clinics of North America*, 20(2), 379-399. [\[link\]](#)

2. Cullen, M. (2011). Mindfulness-Based interventions: An emerging phenomenon. *Mindfulness*. [\[link\]](#)



Review & Meta-analysis continued...

3. Fjorback, L. O., Arendt, M., Ornbøl, E., Fink, P., & Walach, H. (2011). Mindfulness-Based stress reduction and mindfulness-based cognitive therapy - a systematic review of randomized controlled trials. *Acta Psychiatrica Scandinavica*. [\[link\]](#)
4. Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*. [\[link\]](#)
5. McClafferty, H. (2011). Complementary, holistic, and integrative medicine: Mind-Body medicine. *Pediatrics in Review*, 32(5), 201-3. [\[link\]](#)
6. McCracken, L. M. & Thompson, M. (2011). Psychological advances in chronic pain: A concise selective review of research from 2010. *Current Opinion in Supportive and Palliative Care*, 5(2), 122-26. [\[link\]](#)
7. Piet, J. & Hougaard, E. (2011). The effect of mindfulness-based cognitive therapy for prevention of relapse in recurrent major depressive disorder: A systematic review and meta-analysis. *Clinical Psychology Review*. [\[link\]](#)
8. Wang, D. & Feinstein, A. (2011). Managing pain in older adults: The benefits of yoga postures, meditation and mindfulness. *Topics in Geriatric Rehabilitation*, 27(2), 104-9. [\[link\]](#)

Theory & Processes

Theory & Processes cites studies that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Articles identified in this area include:

1. Hanan, A., King, M. J., & Lewis, I. M. (2011). Understanding speeding in school zones in Malaysia and Australia using an extended theory of planned behaviour: The potential role of mindfulness. *Journal of the Australasian College of Road Safety*, 22(2), 56-62. [\[link\]](#)
2. Oliver, J. E., McLachlan, K., Jose, P. E., & Peters, E. (2011). Predicting changes in delusional ideation: The role of mindfulness and negative schemas. *Psychology and Psychotherapy: Theory, Research and Practice*. [\[link\]](#)

Method & Measures

Method & Measures cites studies that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research. Articles identified in this area include:

1. Bohlmeijer, E., ten Klooster, P. M., Fledderus, M., Veehof, M., & Baer, R. (2011). Psychometric properties of the Five-Facet Mindfulness Questionnaire in depressed adults and development of a short form. *Assessment*. [\[link\]](#)
2. Höfling, V., Ströhle, G., Michalak, J., & Heidenreich, T. (2011). A short version of the kentucky inventory of mindfulness skills. *Journal of Clinical Psychology*, 67(6), 639-45. [\[link\]](#)
3. Marc, I., Zeidan, F., & Johnson, S. K. (2011). How long should you be trained in meditation to get benefits? *Focus on Alternative and Complementary Therapies*, 16(2), 155-56. [\[link\]](#)



Method & Measures continued...

4. McCracken, L. M. & Gauntlett-Gilbert, J. (2011). Role of psychological flexibility in parents of adolescents with chronic pain: Development of a measure and preliminary correlation analyses. *Pain*, 152(4), 780-5. [\[link\]](#)

5. Offenbacher, M., Sauer, S., Hieblinger, R., Hufford, D. J., Walach, H., & Kohls, N. (2011). Spirituality and the international classification of functioning, disability and health: Content comparison of questionnaires measuring mindfulness based on the international classification of functioning. *Disability and Rehabilitation*. [\[link\]](#)

6. Sauer, S., Lynch, S., Walach, H., & Kohls, N. (2011). Dialectics of mindfulness: Implications for western medicine. *Philosophy, Ethics, and Humanities in Medicine*, 6(1), 10. [\[link\]](#)

7. Whitebird, R. R., Kreitzer, M. J., Lewis, B. A., Hanson, L. R., Crain, A. L., Enstad, C. J., et al. (2011). Recruiting and retaining family caregivers to a randomized controlled trial on mindfulness-based stress reduction. *Contemporary Clinical Trials*. [\[link\]](#)

NIH Research Trials

Newly funded (month of May 2011) National Institutes of Health (NIH) grants related to mindfulness include:

1. Massachusetts General Hospital, G.N. Pachas, PI. Effect of behavioral training on physiological responses to smoking cues, affect and cortisol. Trial # NCT01362101. [\[link\]](#)

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3 New NIH Research Trials

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Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations:

1. Breiddal, S. M. (2011). Palliative care: A place for caregivers to thrive. *Illness, Crisis, & Loss*, 19(2), 111-124. [\[link\]](#)
2. Bush, M. (2011). Mindfulness in higher education. *Contemporary Buddhism*, 12(1), 183-197. [\[link\]](#)
3. Chambers, S. K., Foley, E., Galt, E., et al. (2011). Mindfulness groups for men with advanced prostate cancer: A pilot study to assess feasibility and effectiveness and the role of peer support. *Supportive Care in Cancer*. [\[link\]](#)
4. Garland, S. N., Carlson, L. E., Antle, M. C., et al. (2011). I-CAN SLEEP: Rationale and design of a non-inferiority RCT of mindfulness-based stress reduction and cognitive behavioral therapy for the treatment of insomnia in cancer survivors. *Contemporary Clinical Trials*. [\[link\]](#)
5. Gaylord, S. A., Palsson, O. S., Garland, E. L., et al. (2011). Mindfulness training reduces the severity of irritable bowel syndrome in women: Results of a randomized controlled trial. *The American Journal of Gastroenterology*. [\[link\]](#)

6. Gayner, B., Esplen, M. J., DeRoche, P., et al. (2011). A randomized controlled trial of mindfulness-based stress reduction to manage affective symptoms and improve quality of life in gay men living with HIV. *Journal of Behavioral Medicine*. [\[link\]](#)

7. Goh, E. C. L. (2011). Integrating mindfulness and reflection in the teaching and learning of listening skills for undergraduate social work students in Singapore. *Social Work Education*. [\[link\]](#)

8. Jennings, P. A., Snowberg, K. E., Coccia, M. A., & Greenberg, M. T. (2011). Improving classroom learning environments by cultivating awareness and resilience in education (CARE): Results of two pilot studies. *Journal of Classroom Interaction*, 46(1), 37-48. [\[link\]](#)

9. Kaviani, H., Javaheri, F., & Hatami, N. (2011). Mindfulness-Based cognitive therapy (MBCT) reduces depression and anxiety induced by real stressful setting in non-clinical population. *International Journal of Psychology and Psychological Therapy*, 11(2), 285-96. [\[link\]](#)

10. Kearney, D. J., McDermott, K., Martinez, M., & Simpson, T. (2011). Association of mindfulness-based stress reduction with bowel symptoms, quality of life and gastrointestinal symptom-specific anxiety. *Gastroenterology*. [\[link\]](#)

11. Kleen, M. & Reitsma, B. (2011). Appliance of heart rate variability biofeedback in acceptance and commitment therapy: A pilot study. *Journal of Neurotherapy*, 15(2), 170-181. [\[link\]](#)

Intervention & Application continued...

12. Quintana, M. & Rincón Fernández, M. E. (2011). Efficacy of mindfulness training for fibromyalgia patients [spanish]. *Clínica Y Salud*, 22(1), 51-67. [\[link\]](#)

13. Santorelli, S. F. (2011). Enjoy your death': Leadership lessons forged in the crucible of organizational death and rebirth infused with mindfulness and mastery. *Contemporary Buddhism*, 12(1), 199-217. [\[link\]](#)

14. Szanton, S., Wenzel, J., Connolly, A., & Piferi, R. (2011). Examining mindfulness-based stress reduction: Perceptions from minority older adults residing in a low-income housing facility. *BMC Complementary and Alternative Medicine*, 11(1), 44. [\[link\]](#)

15. Thompson, R. W., Kaufman, K. A., De Petrillo, L. A., et al. (2011). One year follow-up of mindful sport performance enhancement (MSPE) with archers, golfers, and runners. *Journal of Clinical Sport Psychology*, 5(2), 99-116. [\[link\]](#)

3. Hooper, N., Davies, N., Davies, L., & McHugh, L. (2011). Comparing thought suppression and mindfulness as coping techniques for spider fear. *Consciousness and Cognition*. [\[link\]](#)

4. Lavender, J. M., Gratz, K. L., & Tull, M. T. (2011). Exploring the relationship between facets of mindfulness and eating pathology in women. *Cognitive Behaviour Therapy*. [\[link\]](#)

5. Salzberg, S. (2011). Mindfulness and loving-kindness. *Contemporary Buddhism*, 12(1), 177-182. [\[link\]](#)

6. Sobolewski, A., Holt, E., Kublik, E., & Wróbel, A. (2011). Impact of meditation on emotional processing-a visual ERP study. *Neuroscience Research*. [\[link\]](#)

7. Taylor, V., Grant, J., Daneault, V., et al. (2011). Impact of mindfulness on the neural responses to emotional pictures in experienced and beginner meditators. *Neuroimage*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial and other constructs:

1. Feldman, C. & Kuyken, W. (2011). Compassion in the landscape of suffering. *Contemporary Buddhism*, 12(1), 143-155. [\[link\]](#)

2. Grinnell, S., Greene, G., Melanson, K., et al. (2011). Anthropometric and behavioral measures related to mindfulness in college students. *Journal of American College Health*, 59(6), 539-545. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness research and/or theory either statistically or substantively:

1. Barrachina, M., Teresa, M., Perestelo Pérez, L., et al. (2011). Effectiveness of mindfulness based treatments for anxiety and depressive disorders: A systematic review [spanish]. *Revista De Psicopatología Y Psicología Clínica*, 16(1), 1-16. [\[link\]](#)



Review & Meta-analysis continued...

2. Davis, D. M. & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy*, 48(2), 198-208. [\[link\]](#)
3. Kabat-Zinn, J. (2011). Some reflections on the origins of MBSR, skillful means, and the trouble with maps. *Contemporary Buddhism*, 12(1), 281-306. [\[link\]](#)
4. Lu, Y. U. & Wei-rui, X. (2011). Mindfulness therapies: A new kind of psychotherapy [Chinese]. *Theory Research*. [\[link\]](#)
5. Zelazo, P. D. & Lyons, K. E. (2011). Mindfulness training in childhood. *Human Development*, 54(2), 61-65. [\[link\]](#)

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is cultivated and how it functions in relation to human health, behavior, cognition, and emotion:

1. Batchelor, M. (2011). Meditation and mindfulness. *Contemporary Buddhism*, 12(1), 157-164. [\[link\]](#)
2. Bazzano, M. (2011). The Buddha as a fully functioning person: Toward a person-centered perspective on mindfulness. *Person-Centered & Experiential Psychotherapies*, 10(2), 116-128. [\[link\]](#)
3. Bodhi, B. (2011). What does mindfulness really mean? A canonical perspective. *Contemporary Buddhism*, 12(1), 19-39. [\[link\]](#)
4. Dreyfus, G. (2011). Is mindfulness present-centred and non-judgmental? A discussion of the cognitive dimensions of mindfulness. *Contemporary Buddhism*, 12(1), 41-54. [\[link\]](#)

5. Dunne, J. (2011). Toward an understanding of non-dual mindfulness. *Contemporary Buddhism*, 12(1), 71-88. [\[link\]](#)
6. Fennell, M. & Segal, Z. (2011). Mindfulness-Based cognitive therapy: Culture clash or creative fusion? *Contemporary Buddhism*, 12(1), 125-142. [\[link\]](#)
7. Tanay, G., Lotan, G., & Bernstein, A. (2011). Salutary proximal processes and distal mood and anxiety vulnerability outcomes of mindfulness training: A pilot preventive intervention. *Behavior Therapy*. [\[link\]](#)
8. Teasdale, J. D. & Chaskalson, M. (2011a). How does mindfulness transform suffering? I: The nature and origins of dukkha. *Contemporary Buddhism*, 12(1), 89-102. [\[link\]](#)
9. Teasdale, J. D. & Chaskalson, M. (2011b). How does mindfulness transform suffering? II: The transformation of dukkha. *Contemporary Buddhism*, 12(1), 103-124. [\[link\]](#)
10. van den Hurk, P., Wiggins, T., Giommi, F., et al. (2011). On the relationship between the practice of mindfulness meditation and personality - An exploratory analysis of the mediating role of mindfulness skills. *Mindfulness*. [\[link\]](#)
11. Williams, J. M. G. & Kabat-Zinn, J. (2011). Mindfulness: Diverse perspectives on its meaning, origins, and multiple applications at the intersection of science and dharma. *Contemporary Buddhism*, 12(1), 1-18. [\[link\]](#)

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research:

1. Altschuler, A., Rosenbaum, E., Gordon, P., et al. (2011). Audio recordings of mindfulness-based stress reduction training to improve cancer patients' mood and quality of life - a pilot feasibility study. *Supportive Care in Cancer*. [\[link\]](#)
2. Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism*, 12(1), 241-261. [\[link\]](#)
3. de Bruin, E., Zijlstra, B., van de Weijer-Bergsma, E., & Bogels, S. M. (2011). The mindful attention awareness scale for adolescents (MAAS-A): Psychometric properties in a Dutch sample. *Mindfulness*. [\[link\]](#)
4. Gethin, R. (2011). On some definitions of mindfulness. *Contemporary Buddhism*, 12(1), 263-279. [\[link\]](#)
5. Grossman, P. & Van Dam, N. T. (2011). Mindfulness, by any other name: Trials and tribulations of sati in western psychology and science. *Contemporary Buddhism*, 12(1), 219-239. [\[link\]](#)
6. Heeren, A., Douilliez, C., Peschard, V., et al. (2011). Cross-Cultural validity of the five facets mindfulness questionnaire: Adaptation and validation in a French-speaking sample. *European Review of Applied Psychology*. [\[link\]](#)

7. Maex, E. (2011). The Buddhist roots of mindfulness training: A practitioners view. *Contemporary Buddhism*, 12(1), 165-175. [\[link\]](#)

8. Olendzki, A. (2011). The construction of mindfulness. *Contemporary Buddhism*, 12(1), 55-70. [\[link\]](#)

NIH Research Trials

Newly funded (month of June 2011)
National Institutes of Health (NIH) grants related to mindfulness include:

1. George Mason University, J.P. Tangney, PI. Evaluation of re-entry values and mindfulness program (REVAMP) with jail inmates. Trial # NCT01378923. [\[link\]](#)
2. Oregon Health and Science University, B. Oken, PI. Mindfulness meditation in chronic stress. Trial # NCT01386060. [\[link\]](#)
3. Mayo Clinic, A. Sood, PI. Effect of self-regulation with mindfulness training on body mass index and cardiovascular risk markers in obese adults. Trial # NCT01375504. [\[link\]](#)

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Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations:

1. Brewer, J. A., Mallik, S., Babuscio, T. A., et al. (2011). Mindfulness training for smoking cessation: Results from a randomized controlled trial. *Drug and Alcohol Dependence*. [\[link\]](#)
2. Burnett, R. (2011). Mindfulness in schools: Learning lessons from the adults, secular and buddhist. *Buddhist Studies Review*, 28(1), 79-120. [\[link\]](#)
3. Geschwind, N., Peeters, F., Drukker, M., et al. (2011). Mindfulness training increases momentary positive emotions and reward experience in adults vulnerable to depression: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*. [\[link\]](#)
4. Kass, S., VanWormer, L., Mikulas, W., et al. (2011). Effects of mindfulness training on simulated driving: Preliminary results. *Mindfulness*. [\[link\]](#)
5. Manocha, R., Black, D., Sarris, J., & Stough, C. (2011). A randomized, controlled trial of meditation for work stress, anxiety and depressed mood in full-time workers. *Evidence-Based Complementary and Alternative Medicine*. [\[link\]](#)
6. Mañas, I. M., Justo, C. F., & Martínez, E. J. (2011). Reducing levels of teacher stress and the days of sick leave in secondary school teachers through a mindfulness training programme. *Clínica Y Salud [Spanish]*, 22(2), 121-137. [\[link\]](#)
7. Rimes, K. A. & Wingrove, J. (2011). Pilot study of mindfulness-based cognitive therapy for trainee clinical psychologists. *Behavioural and Cognitive Psychotherapy*, 39(2), 235-41. [\[link\]](#)
8. Russell, J. (2011). Mindfulness: A tool for parents and children with Asperger's syndrome. *Mindfulness*. [\[link\]](#)
9. Simpson, J. & Mapel, T. (2011). An investigation into the health benefits of mindfulness-based stress reduction (MBSR) for people living with a range of chronic physical illnesses in new zealand. *Journal of the New Zealand Medical Association*, 124(1338). [\[link\]](#)
10. Singh, N. N., Lancioni, G. E., Singh, A. N., et al. (2011a). A mindfulness-based health wellness program for individuals with prader-willi syndrome. *Journal of Mental Health Research in Intellectual Disabilities*, 4(2), 90-106. [\[link\]](#)
11. Singh, N. N., Lancioni, G. E., Winton, A. S., et al. (2011b). Peer with intellectual disabilities as a mindfulness-based anger and aggression management therapist. *Research in Developmental Disabilities*. [\[link\]](#)

Intervention & Application continued...

12. Stew, G. (2011). Mindfulness training for occupational therapy students. *British Journal of Occupational Therapy*, 74(6), 269-276. [\[link\]](#)

13. Warber, S. L., Ingerman, S., Moura, V. L., et al. (2011). Healing the heart: A randomized pilot study of a spiritual retreat for depression in acute coronary syndrome patients. *Explore*, 7(4), 222-233. [\[link\]](#)

14. Wong, S. Y., Chan, F. W., Wong, R. L., et al. (2011). Comparing the effectiveness of mindfulness-based stress reduction and multidisciplinary intervention programs for chronic pain: A randomized comparative trial. *Clinical Journal of Pain*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs:

1. Choi, K. E., Rampp, T., Saha, F. J., et al. (2011). Pain modulation by meditation and electroacupuncture in experimental submaximum effort tourniquet technique (SETT). *Explore*, 7(4), 239-45. [\[link\]](#)

2. Crane, C., Jandric, D., Barnhofer, T., & Williams, J. (2011). Erratum to: Dispositional mindfulness, meditation, and conditional goal setting. *Mindfulness*, 2, 142. [\[link\]](#)

3. Curtis, K., Osadchuk, A., & Katz, J. (2011). An eight-week yoga intervention is associated with improvements in pain, psychological functioning and mindfulness, and changes in cortisol levels in women with fibromyalgia. *Journal of Pain Research*, 4, 189-201. [\[link\]](#)

4. Dijkstra, P. & Barelds, D. P. H. (2011). Examining a model of dispositional mindfulness, body comparison, and body satisfaction. *Body Image*. [\[link\]](#)

5. Frewen, P. A., Dozois, D. J., Neufeld, R. W., & Lanius, R. A. (2011). Disturbances of emotional awareness and expression in posttraumatic stress disorder: Meta-Mood, emotion regulation, mindfulness, and interference of emotional expressiveness. *Psychological Trauma: Theory, Research, Practice, and Policy*. [\[link\]](#)

6. Luders, E., Clark, K., Narr, K. L., & Toga, A. W. (2011). Enhanced brain connectivity in long-term meditation practitioners. *Neuroimage*, 15(57), 1308-16. [\[link\]](#)

7. Nesvold, A., Fagerland, M. W., Davanger, S., et al. (2011). Increased heart rate variability during nondirective meditation. *European Journal of Cardiovascular Prevention & Rehabilitation*. [\[link\]](#)

8. Owens, G. P., Walter, K. H., Chard, K. M., & Davis, P. A. (2011). Changes in mindfulness skills and treatment response among veterans in residential PTSD treatment. *Psychological Trauma: Theory, Research, Practice, and Policy*. [\[link\]](#)

9. Perich, T., Manicavasagar, V., Mitchell, P. B., & Ball, J. R. (2011). Mindfulness, response styles and dysfunctional attitudes in bipolar disorder. *Journal of Affective Disorders*. [\[link\]](#)

10. Schoormans, D. & Nyklíček, I. (2011). Mindfulness and psychologic well-being: Are they related to type of meditation technique practiced? *Journal of Alternative and Complementary Medicine*, 17(7), 629-34. [\[link\]](#)



Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically:

1. Hildebrand, L. E. & Anderson, R. C. (2011). Hypnosis and relaxation in the context of plastic surgery nursing. *Plastic Surgical Nursing*, 31(1), 5-8. [\[link\]](#)
2. Sarris, J., Camfield, D., & Berk, M. (2011). Complementary medicine, self-help, and lifestyle interventions for obsessive-compulsive disorder (OCD) and the OCD spectrum: A systematic review. *Journal of Affective Disorders*. [\[link\]](#)
3. Shennan, C., Payne, S., & Fenlon, D. (2011). What is the evidence for the use of mindfulness-based interventions in cancer care? A review. *Psycho-Oncology*, 20(7), 681-97. [\[link\]](#)
4. Skanavi, S., Laqueille, X., & Aubin, H. J. (2011). Mindfulness based interventions for addictive disorders: A review. *L'encéphale* [French]. [\[link\]](#)

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion:

1. Grabovac, A. D., Lau, M. A., & Willett, B. R. (2011). Erratum to: Mechanisms of mindfulness: A Buddhist psychological model. *Mindfulness*. [\[link\]](#)

2. Rapgay, L., Bystritsky, A., Dafer, R. E., & Spearman, M. (2011). New strategies for combining mindfulness with integrative cognitive behavioral therapy for the treatment of generalized anxiety disorder. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 29(2), 92. [\[link\]](#)

3. Tharaldsen, K. B., Bru, E., & Wilhelmsen, I. (2011). Mindful coping and mental health among adolescents. *International Journal of Mental Health Promotion*, 13(2), 21-31. [\[link\]](#)

4. Wolsko, C. (2011). Transcribing and transcending the ego: Reflections on the phenomenology of chronic social comparison. *Journal of Humanistic Psychology*. [\[link\]](#)

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research:

1. Chang, J. H., Lin, Y. C., & Huang, C. L. (2011). Psychometric properties of the Chinese translation of mindful attention awareness scale (CMAAS). *Psychological Testing* [Chinese], 235-260. [\[link\]](#)

2. Glück, T. & Maercker, A. (2011). A randomised controlled pilot study of a brief, web-based mindfulness training. *International Journal of Integrated Care*. [\[link\]](#)

3. Hupfeld, J. & Ruffieux, N. (2011). Validation of a German version of the self-compassion scale (SCS-D). *Zeitschrift Für Klinische Psychologie Und Psychotherapie* [German], 40(2), 115-123. [\[link\]](#)

4. Lilja, J. L., Frodi-Lundgren, A., Hanse, J. J., et al. (2011). Five facets mindfulness questionnaire-reliability and factor structure: A Swedish version. *Cognitive Behaviour Therapy*. [\[link\]](#)

5. Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the self-compassion scale. *Clinical Psychology & Psychotherapy*, 18(3), 250-55. [\[link\]](#)

6. Veehof, M. M., ten Klooster, P. M., Taal, E., et al. (2011). Psychometric properties of the Dutch five-facet mindfulness questionnaire (FFMQ) in patients with fibromyalgia. *Clinical Rheumatology*. [\[link\]](#)

NIH Research Trials

Newly funded (July 2011) National Institutes of Health (NIH) grants related to mindfulness include:

1. University of Pittsburgh, N. Morone, PI. Aging Successfully With Pain. Trial # NCT01405716. [\[link\]](#)

2. Massachusetts General Hospital. J.C. Huffman. Development of a Positive Psychology Intervention to Reduce Suicide Risk (HOPE). Trial # NCT01398891. [\[link\]](#)

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Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations.

Asare, F. & Simrén, M. (2011). **Mindfulness-based stress reduction in patients with irritable bowel syndrome** [letter to the editor]. *Alimentary Pharmacology & Therapeutics*, 34(5), 578-79. [\[link\]](#)

Cole, B. S., Hopkins, C. M., Spiegel, J., et al. (2011). **A randomised clinical trial of the effects of spiritually focused meditation for people with metastatic melanoma.** *Mental Health, Religion & Culture*. [\[link\]](#)

Collard, D. P. (2011). **Dr. Patrizia collard in conversation with Henry Whitfield.** *Counselling Psychology Quarterly*, 24(2), 163-66. [\[link\]](#)

Kearney, D. J. & Simpson, T. (2011). **Mindfulness-Based stress reduction in patients with irritable bowel syndrome: Authors' reply.** *Alimentary Pharmacology & Therapeutics*, 34(5), 579-80. [\[link\]](#)

Ljotsson, B., Hedman, E., Andersson, E., et al. (2011). **Internet-delivered exposure-based treatment vs. stress management for irritable bowel syndrome: A randomized trial.** *American Journal of Gastroenterology*, 106(8), 1481-91. [\[link\]](#)

McGarrigle, T. & Walsh, C. A. (2011). **Mindfulness, self-care, and wellness in social work: Effects of contemplative training.** *Journal of Religion & Spirituality in Social Work*, 30(3), 212-33. [\[link\]](#)

Nickerson, A. & Hinton, D. E. (2011). **Anger regulation in traumatized Cambodian refugees: The perspectives of Buddhist monks.** *Culture, Medicine and Psychiatry*, 35(3), 396-416. [\[link\]](#)

Srivastava, M., Gupta, A., Talukdar, U., Kalra, B. P., & Lahan, V. (2011). **Effect of parental training in managing the behavioral problems of early childhood.** *Indian Journal of Pediatrics*, 78(8), 973-8. [\[link\]](#)

Whitehead, A. (2011). **Mindfulness in early childhood education: A position paper.** *Early Education*, 49, 21-24. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biological and psychosocial constructs.

Aherne, C., Moran, A. P., & Lonsdale, C. (2011). **The effect of mindfulness training on athletes' flow: An initial investigation.** *The Sport Psychologist*, 25, 177-89. [\[link\]](#)

Etiology & Associations continued...

Erskine, J. A., Ussher, M., Cropley, M., et al. (2011). **Effect of thought suppression on desire to smoke and tobacco withdrawal symptoms.** *Psychopharmacology*. [\[link\]](#)

Feldman, G., Greeson, J., Renna, M., & Robbins-Monteith, K. (2011). **Mindfulness predicts less texting while driving among young adults: Examining attention- and emotion-regulation motives as potential mediators.** *Personality and Individual Differences*. [\[link\]](#)

Fledderus, M., Bohlmeijer, E. T., Pieterse, M. E., & Schreurs, K. M. (2011). **Acceptance and commitment therapy as guided self-help for psychological distress and positive mental health: A randomized controlled trial.** *Psychological Medicine*. [\[link\]](#)

Jung, Y. H., Kang, D. H., Byun, M. S., et al. (2011). **Influence of brain-derived neurotrophic factor and catechol o-methyl transferase polymorphisms on effects of meditation on plasma catecholamines and stress.** *Stress*. [\[link\]](#)

Peters, J., Erisman, S., Upton, B., Baer, R., & Roemer, L. (2011). **A preliminary investigation of the relationships between dispositional mindfulness and impulsivity.** *Mindfulness*. [\[link\]](#)

Raque-Bogdan, T. L., Ericson, S. K., Jackson, J., Martin, H. M., & Bryan, N. A. (2011). **Attachment and mental and physical health: self-compassion and mattering as mediators.** *Journal of Counseling Psychology*, 58(2), 272-8. [\[link\]](#)

Simor, P., Köteles, F., Sándor, P., et al. (2011). **Mindfulness and dream quality: The inverse relationship between mindfulness and negative dream affect.** *Scandinavian Journal of Psychology*, 52(4), 369-75. [\[link\]](#)

Wahbeh, H., Lu, M., & Oken, B. (2011). **Mindful awareness and non-judging in relation to posttraumatic stress disorder symptoms.** *Mindfulness*. [\[link\]](#)

Whetstone, L. M. K., Kolasa, K. M., Dunn, C., et al. (2011). **Effects of a behavior-based weight management program delivered through a state cooperative extension and local public health department network, North Carolina, 2008-2009.** *Preventing Chronic Disease*, 8(4), 1-9. [\[link\]](#)

Zabelina, D. L., Robinson, M. D., Ostafin, B. D., & Council, J. R. (2011). **Manipulating mindfulness benefits creative elaboration at high levels of neuroticism.** *Empirical Studies of the Arts*, 29(2), 243-55. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically.

Bankar, R. & Gehlot, S. (2011). **Vipassana meditation – A scientific overview.** *The Indian Journal of Research*, 5(4), 15-19. [\[link\]](#)

Brook, D. W. (2011). **Group therapy with patients suffering from medical illnesses.** *International Journal of Group Psychotherapy*, 61(3), 463-8. [\[link\]](#)



Review & Meta-analysis continued...

Kerns, R. D., Sellinger, J., & Goodin, B. R. (2011). **Psychological treatment of chronic pain.** *Annual Review of Clinical Psychology, 7*, 411-34. [\[link\]](#)

Margolin, I., Pierce, J., & Aislinn Wiley, M. S. (2011). **Wellness through a creative lens: Meditation and visualization.** *Journal of Religion & Spirituality in Social Work, 30*(3), 234-52. [\[link\]](#)

Musial, F., Büssing, A., Heusser, P., Choi, K. E., & Ostermann, T. (2011). **Mindfulness-Based stress reduction for integrative cancer care-a summary of evidence.** *Research in Complementary Medicine, 18*(4). [\[link\]](#)

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

Gerdes, K. E., Segal, E. A., Jackson, K. F., & Mullins, J. L. (2011). **Teaching empathy: A framework rooted in social cognitive neuroscience and social justice.** *Journal of Social Work Education, 47*(1), 109-31. [\[link\]](#)

Jones, K. C., Welton, S. R., Oliver, T. C., & Thorburn, J. W. (2011). **Mindfulness, spousal attachment, and marital satisfaction: A mediated model.** *The Family Journal.* [\[link\]](#)

Meibert, P., Michalak, J., & Heidenreich, T. (2011). **Mindfulness-Based stress reduction (MBSR)** [German]. *Psychotherapie, Psychosomatik, Medizinische Psychologie, 61*(7), 328-32. [\[link\]](#)

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research.

Black, D. S., Sussman, S., Johnson, C. A., & Milam, J. (2011). **Psychometric assessment of the mindful attention awareness scale (MAAS) among Chinese adolescents.** *Assessment.* [\[link\]](#)

Gillard, A., Roark, M. F., Nyaga, L. R. K., & Bialeschki, M. D. (2011). **Measuring mindfulness in summer camp staff.** *Journal of Experiential Education, 34*(1), 87-95. [\[link\]](#)

Juarascio, A., Forman, E., Timko, C. A., Butryn, M., & Goodwin, C. (2011). **The development and validation of the food craving acceptance and action questionnaire (FAAQ).** *Eating Behaviors, 12*(3), 182-7. [\[link\]](#)

Lange, B. (2011). **Cocreating a communicative space to develop a mindfulness meditation manual for women in recovery from substance abuse disorders.** *Advances in Nursing Science, 34*(3), e1-13. [\[link\]](#)

van Vugt, M. K. & Jha, A. P. (2011). **Investigating the impact of mindfulness meditation training on working memory: A mathematical modeling approach.** *Cognitive, Affective & Behavioral Neuroscience, 11*(3), 344-53. [\[link\]](#)

NIH Research Trials

Newly funded (month of August 2011) National Institutes of Health (NIH) grants related to mindfulness include:

Cardiff and Vale University Health Board, J. Berrill, PI. **A trial of multi-convergent therapy for functional abdominal symptoms and psychological stress in inflammatory bowel disease.** Trial # NCT01426568. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

Every month, the editor will select studies from MRM to be highlighted by our science writer, Stephani Sutherland. *Highlights* will summarize these studies' findings, providing a snapshot of the latest work in the field.

Ljotsson et al. (*Am J Gastroenterol*) have held up their internet-delivered cognitive behavioral treatment (ICBT)—which includes mindfulness training—for irritable bowel syndrome (IBS) against a similar stress-reduction treatment. The authors aimed to show that ICBT confers specific benefits beyond simply the expectation of improvement from a credible treatment. They suggest that ICBT's exposure exercises, specially tailored for IBS, might explain its effectiveness.

Meditation practices' effects on the body-mind have neuronal, biochemical, and even genetic roots. For example, meditative stress reduction results in lower plasma levels of the neurotransmitters epinephrine (E) and norepinephrine (NE). Catechol *O*-methyl transferase (COMT) enzymatically halts the transmitters' messages; its activity affects neuronal signaling in multiple brain areas. Similarly, meditation may increase neuroplasticity, which relies on growth factors like brain-derived neurotrophic factor (BDNF). **Jung et al.** (*Stress*) found that some meditation outcomes vary with polymorphisms in the genes for BDNF and COMT, suggesting that people might respond differently to meditative practices depending on subtle genetic differences in these proteins.

Musial et al. (*Res in Complem Med*) compiled a comprehensive summary from investigations of mindfulness-based stress reduction (MBSR) in cancer care. Although they found evidence that MBSR can improve mood and quality of life, the authors urged investigators to continue conducting well controlled, longer, and more detailed inquiries in the field.

Jones et al. (*Family J*) extended previous studies of trait mindfulness and marital satisfaction to consider a potential underlying factor: spousal attachment. The authors described this property as the level of security experienced as a result of feeling close to and dependent on one's partner. The finding may have implications for couples' therapists or others using mindfulness to strengthen the marital bond.

The demonstrated benefits of mindfulness could arise from improvements in non-affective cognitive control operations like attention and working memory. **van Vugt and Jha** (*Cogn Affect Behav Affect Neuro*) used a mathematical-modeling approach to sort out what factors underlie the effects of mindfulness training (MT) on performance of a working-memory task. After an intensive month-long MT retreat, participants showed significant improvements in reaction time compared to control subjects who did not undergo MT. MT apparently improved information quality without affecting non-decisional factors.

The Mindful Attention Awareness Scale (MAAS) is perhaps the most widely used measure of mindfulness as a trait, but it has been primarily applied to a homogenous population of Caucasian adults. **Black et al.** (*Assessment*) used stringent psychometric assessment methods to evaluate MAAS delivered to Chinese high-school adolescents. Both the 15-item scale and a brief 6-item version of MAAS appeared to hold up as a measure of mindfulness in this culturally distinct population.

David S. Black, MPH, PhD

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Published by:



Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations.

Bränström, R., Kvillemo, P., & Moskowitz, J. T. (2011). **A randomized study of the effects of mindfulness training on psychological well-being and symptoms of stress in patients treated for cancer at 6-month follow-up.** *International Journal of Behavioral Medicine.* [\[link\]](#)

Crane-Okada, R., Kiger, H., Anderson, N. L., et al. (2011). **Mindful movement program for older breast cancer survivors: A pilot study.** *Cancer Nursing.* [\[link\]](#)

de Dios, M. A., Herman, D. S., Britton, W. B., et al. (2011). **Motivational and mindfulness intervention for young adult female marijuana users.** *Journal of Substance Abuse Treatment.* [\[link\]](#)

Duncan, L. G., Moskowitz, J. T., Neilands, T. B., et al. (2011). **Mindfulness-Based stress reduction for HIV treatment side effects: A randomized wait-list controlled trial.** *Journal of Pain and Symptom Management.* [\[link\]](#)

Dutton, M. A., Bermudez, D., Matas, A., Majid, H., & Myers, N. L. (2011). **Mindfulness-Based stress reduction for low-income, predominantly African American women with PTSD and a history of intimate partner violence.** *Cognitive and Behavioral Practice.* [\[link\]](#)

Henderson, V. P., Clemow, L., Massion, A. O., et al. (2011). **The effects of mindfulness-based stress reduction on psychosocial outcomes and quality of life in early-stage breast cancer patients: A randomized trial.** *Breast Cancer Research and Treatment.* [\[link\]](#)

Jensen, C. G., Vangkilde, S., Frokjaer, V., & Hasselbalch, S. G. (2011). **Mindfulness training affects attention - or is it attentional effort?** *Journal of Experimental Psychology.* [\[link\]](#)

Langer, A. I., Cangas, A. J., Salcedo, E., & Fuentes, B. (2011). **Applying mindfulness therapy in a group of psychotic individuals: A controlled study.** *Behavioural and Cognitive Psychotherapy.* [\[link\]](#)

Napoli, M. & Bonifas, R. (2011). **From theory toward empathic self-care: Creating a mindful classroom for social work students.** *Social Work Education, 30*(6), 635-49. [\[link\]](#)

Papies, E. K., Barsalou, L. W., & Custers, R. (2011). **Mindful attention prevents mindless impulses.** *Social Psychological and Personality Science.* [\[link\]](#)

van de Weijer-Bergsma, E., Formsma, A. R., de Bruin, E. I., & Bögels, S. M. (2011). **The effectiveness of mindfulness training on behavioral problems and attentional functioning in adolescents with ADHD.** *Journal of Child and Family Studies.* [\[link\]](#)

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biological and psychosocial constructs.

Berkovich-Ohana, A., Glicksohn, J., & Goldstein, A. (2011). **Mindfulness-Induced changes in gamma band activity-implications for the default mode network, self-reference and attention.** *Clinical Neurophysiology.* [\[link\]](#)

Bluth, K. & Wahler, R. (2011). **Parenting preschoolers: Can mindfulness help?** *Mindfulness.* [\[link\]](#)

Etiology & Associations continued...

Catalino, L. I. & Fredrickson, B. L. (2011). A **Tuesday in the life of a flourisher: The role of positive emotional reactivity in optimal mental health.** *Emotion*, 11(4), 938-50. [\[link\]](#)

Garland, E. L., Boettiger, C. A., Gaylord, S., Chanon, V. W., & Howard, M. O. (2011). **Mindfulness is inversely associated with alcohol attentional bias among recovering alcohol-dependent adults.** *Cognitive Therapy and Research*. [\[link\]](#)

Keune, P. M., Bostanov, V., Hautzinger, M., & Kotchoubey, B. (2011). **Mindfulness-Based cognitive therapy (MBCT), cognitive style, and the temporal dynamics of frontal EEG alpha asymmetry in recurrently depressed patients.** *Biological Psychology*. [\[link\]](#)

Olson, M. M., Robinson, W. D., Geske, J. A., & Springer, P. R. (2011). **Mind-Body therapy: Attitudes, beliefs and practices of graduate faculty and students from accredited marriage and family therapy programs in the US and Canada.** *Explore*, 7(5), 320-325. [\[link\]](#)

Peters, J. R., Erisman, S. M., Upton, B. T., Baer, R. A., & Roemer, L. (2011). **A preliminary investigation of the relationships between dispositional mindfulness and impulsivity.** *Mindfulness*. [\[link\]](#)

Radin, D. I., Vieten, C., Michel, L., & Delorme, A. (2011). **Electrocortical activity prior to unpredictable stimuli in meditators and nonmeditators.** *Explore*, 7(5), 286-299. [\[link\]](#)

Sauer, S., Walach, H., Schmidt, S., et al. (2011). **Implicit and explicit emotional behavior and mindfulness.** *Consciousness and Cognition*. [\[link\]](#)

Williams, A. D. & Grisham, J. R. (2011). **Impulsivity, emotion regulation, and mindful attentional focus in compulsive buying.** *Cognitive Therapy and Research*. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically.

Escuriex, B. & Labbé, E. (2011). **Health care providers' mindfulness and treatment outcomes: A critical review of the research literature.** *Mindfulness*. [\[link\]](#)

Hall, G. C. N., Hong, J. J., Zane, N. W. S., & Meyer, O. L. (2011). **Culturally competent treatments for Asian Americans: The relevance of mindfulness and acceptance-based psychotherapies.** *Clinical Psychology: Science and Practice*, 18(3), 215-231. [\[link\]](#)

Thompson, R. W., Arnkoff, D. B., & Glass, C. R. (2011). **Conceptualizing mindfulness and acceptance as components of psychological resilience to trauma.** *Trauma, Violence, & Abuse*, 12(4), 220-235. [\[link\]](#)

Vøllestad, J., Nielsen, M. B., & Nielsen, G. H. (2011). **Mindfulness- and acceptance-based interventions for anxiety disorders: A systematic review and meta-analysis.** *British Journal of Clinical Psychology*. [\[link\]](#)

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

Ashcroft, K., Barrow, F., Lee, R., & MacKinnon, K. (2011). **Mindfulness groups for early psychosis: A qualitative study.** *Psychology and Psychotherapy: Theory, Research and Practice*. [\[link\]](#)



Theory & Processes continued...

Langdon, S., Jones, F., Hutton, J., & Holtum, S. (2011). **A grounded-theory study of mindfulness practice following mindfulness-based cognitive therapy.** *Mindfulness*. [\[link\]](#)

Masuda, A., Price, M., & Latzman, R. D. (2011). **Mindfulness moderates the relationship between disordered eating cognitions and disordered eating behaviors in a non-clinical college sample.** *Journal of Psychopathology and Behavioral Assessment*. [\[link\]](#)

Salomons, T. V. & Kucyi, A. (2011). **Does meditation reduce pain through a unique neural mechanism?** *The Journal of Neuroscience*, 31(36), 12705-7. [\[link\]](#)

van den Hurk, P., Wiggins, T., Giommi, F., et al. (2011). **On the relationship between the practice of mindfulness meditation and personality: An exploratory analysis of the mediating role of mindfulness skills.** *Mindfulness*, 2(3), 194-200. [\[link\]](#)

Vettese, L. C., Dyer, C. E., Li, W. L., & Wekerle, C. (2011). **Does self-compassion mitigate the association between childhood maltreatment and later emotion regulation difficulties? A preliminary investigation.** *International Journal of Mental Health and Addiction*. [\[link\]](#)

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research.

Crane, R. S., Kuyken, W., Williams, J. M. G., et al. (2011). **Competence in teaching mindfulness-based courses: Concepts, development and assessment.** *Mindfulness*. [\[link\]](#)

Deng, Y. Q., Li, S., Tang, Y. Y., et al. (2011). **Psychometric properties of the Chinese translation of the mindful attention awareness scale (MAAS).** *Mindfulness*. [\[link\]](#)

Frewen, P., Lundberg, E., MacKinley, J., & Wrath, A. (2011). **Assessment of response to mindfulness meditation: Meditation breath attention scores in association with subjective measures of state and trait mindfulness and difficulty letting go of depressive cognition.** *Mindfulness*. [\[link\]](#)

Ozyesil, Z., Arslan, C., Kesici, S., & Deniz, M. E. (2011). **Adaptation of the mindful attention awareness scale into Turkish [Turkish].** *Education and Science*, 36(160), 224-35. [\[link\]](#)

Clinical Trials

Clinical Trials cites studies related to mindfulness that have been newly registered or recently updated (Sept 2011) at ClinicalTrials.gov.

Duke University (Suarez, E., PI). **Mindfulness-based personalized health planning for reducing risk factors of heart disease and diabetes (Awareness).** Trial# NCT01430221. [\[link\]](#)

Massachusetts General Hospital (Fava, M. & Nyer, M., PI). **Adaptation of dialectical behavior therapy skills-groups for individuals with suicidal ideation and depression.** Trial# NCT01441258. [\[link\]](#)

University of South Carolina & Department of Defense (Herbert, J., PI). **Eating, activity, and stress education (EASE).** Trial# NCT01434004. [\[link\]](#)

University of Utah (Nakamura, Y., PI). **Behavioral Treatment for Substance Abuse.** Trial# NCT01438346. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

Every month, the editor will select studies from MRM to be highlighted by our science writer, Stephani Sutherland. *Highlights* will summarize these studies' findings, providing a snapshot of some of the latest work in the field.

Vøllestad et al. (*Br J Clin Psychol*) reviewed 19 studies that used mindfulness- and acceptance-based interventions (MABI) for the treatment of anxiety disorders. Meta-analysis revealed robust benefits for anxiety-related symptoms with MABI interventions. Most studies used interventions based purely on a mindfulness approach, such as mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT), but others included additional components. The analysis hinted that these multi-component treatments—and individual vs. group therapy—might provide additional benefits, but the effects were not significant. While many studies were uncontrolled, the review authors point out that the available work provides a solid foundation for further exploration of mindfulness treatments specifically for anxiety.

Berkovich-Ohana et al. (*Clin Neurophysiol*) pursued the neurophysiological underpinnings of the benefits of mindfulness meditation (MM). They made electro-encephalographic (EEG) measurements of regional brain activity called the Default Mode Network (DMN), thought to represent self-referential processing. The DMN involves structures at the front of the brain including the prefrontal cortex and the cingulate cortex. One of the authors' aims was to determine whether changes in DMN activity could be detected in the gamma band of EEG activity. They determined that it could, and that meditators indeed showed lower frontal gamma activity, indicative of reduced DMN activity and perhaps reflecting a reduced self-referential narrative. Interestingly, the level of MM expertise did not affect this result, suggesting that neuroplasticity in brain networks may occur early in MM training.

Major depressive disorder (MDD) has a dynamic nature, with depressive episodes that often remit and then recur. Multiple studies have now confirmed that mindfulness-based cognitive therapy (MBCT) can help prevent relapse in people in remission from MDD. But how does this therapy adjust the brain to keep it on track?

Keune et al. (*Biol Psychol*) have addressed this question using electroencephalography (EEG) to track patterns of the brain's alpha-wave activity. Right-hemisphere anterior cortical activation is thought to represent a more withdrawal-oriented disposition, while left-side activity is thought to indicate an approach-oriented stance. Asymmetry with enhanced right-side activity has been associated with MDD, and it appears to worsen over time, perhaps indicating vulnerability to a new episode. In the current study, the authors asked whether MBCT might stabilize this pattern in remitted MDD patients, perhaps explaining MBCT's protective effects. Eight weeks of MBCT decreased trait rumination and residual depressive symptoms, and increased trait mindfulness, as expected. Alpha-wave asymmetry patterns, however, appeared similar between those who received MBCT and wait-listed control subjects. Further, asymmetry did not correlate with mindfulness or rumination. While alpha-wave asymmetry may yet provide insights to MDD, the protective effects of MBCT appear not to arise from its stabilization.

Women with breast cancer benefitted from an eight-week course of mindfulness-based stress reduction (MBSR) compared to control treatments of a nutrition education program (NEP) or usual care (UC), **Henderson et al. (*Breast Cancer Res Treat*)** report. In addition to quality of life, the study looked at reports of meaningfulness, anxiety, and emotional control. The benefits declined over the two-year follow-up period, but, importantly, women experienced similar effects regardless of their initial expectations for treatment.

David S. Black, MPH, PhD

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Intervention & Application

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Barnhofer, T., Duggan, D. S., & Griffith, J. W. (2011). **Dispositional mindfulness moderates the relation between neuroticism and depressive symptoms.** *Personality and Individual Differences, 51*(8), 958-62. [\[link\]](#)

Britton, W. B., Shahr, B., Szepsenwol, O., & Jacobs, W. J. (2011). **Mindfulness-Based cognitive therapy improves emotional reactivity to social stress: Results from a randomized controlled trial.** *Behavior Therapy. [link]*

Daubenmier, J., Kristeller, J., Hecht, F. M., et al. (2011). **Mindfulness intervention for stress eating to reduce cortisol and abdominal fat among overweight and obese women: An exploratory randomized controlled study.** *Journal of Obesity, 2011*, Article ID 651936. [\[link\]](#)

Geary, C. & Rosenthal, S. L. (2011). **Sustained impact of MBSR on stress, well-being, and daily spiritual experiences for 1 year in academic health care employees.** *Journal of Alternative and Complementary Medicine, 17*(10), 939-44. [\[link\]](#)

Gex-Fabry, M., Jermann, F., Kosel, M., et al. (2011). **Salivary cortisol profiles in patients remitted from recurrent depression: One-year follow-up of a mindfulness-based cognitive therapy trial.** *Journal of Psychiatric Research. [link]*

Hill, J. M., Vernig, P. M., Lee, J. K., Brown, C., & Orsillo, S. M. (2011). **The development of a brief acceptance and mindfulness-based program aimed at reducing sexual revictimization among college women with a history of childhood sexual abuse.** *Journal of Clinical Psychology, 67*(9), 969-80. [\[link\]](#)

Ljotsson, B., Andersson, G., Andersson, E., et al. (2011). **Acceptability, effectiveness, and cost-effectiveness of internet-based exposure treatment for irritable bowel syndrome in a clinical sample: A randomized controlled trial.** *BMC Gastroenterology, 11*(1), 110. [\[link\]](#)

Manzaneque, J. M., Vera, F. M., Ramos, N. S., et al. (2011). **Psychobiological modulation in anxious and depressed patients after a mindfulness meditation programme: A pilot study.** *Stress and Health, 27*(3), 216-22. [\[link\]](#)

Peterson, B. D. & Eifert, G. H. (2011). **Using acceptance and commitment therapy to treat infertility stress.** *Cognitive and Behavioral Practice, 18*(4), 577-87. [\[link\]](#)

Rimes, K. A. & Wingrove, J. (2011). **Mindfulness-Based cognitive therapy for people with chronic fatigue syndrome still experiencing excessive fatigue after cognitive behaviour therapy: A pilot randomized study.** *Clinical Psychology & Psychotherapy. [link]*

Sobczak, L. T. & West, L. M. (2011). **Clinical considerations in using mindfulness-and acceptance-based approaches with diverse populations: Addressing challenges in service delivery in diverse community settings.** *Cognitive and Behavioral Practice. [link]*

Intervention & Application continued...

Vago, D. R. & Nakamura, Y. (2011). **Selective attentional bias towards pain-related threat in fibromyalgia: Preliminary evidence for effects of mindfulness meditation training.** *Cognitive Therapy and Research*. [\[link\]](#)

Wupperman, P., Marlatt, G. A., Cunningham, A., et al. (2011). **Mindfulness and modification therapy for behavioral dysregulation: Results from a pilot study targeting alcohol use and aggression in women.** *Journal of Clinical Psychology*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biological and psychosocial constructs.

Diaz, F. M. (2011). **Mindfulness, attention, and flow during music listening: An empirical investigation.** *Psychology of Music*. [\[link\]](#)

Fisak, B. & von Lehe, A. (2011). **The relation between the five facets of mindfulness and worry in a non-clinical sample.** *Mindfulness*. [\[link\]](#)

Masuda, A. & Tully, E. C. (2011). **The role of mindfulness and psychological flexibility in somatization, depression, anxiety, and general psychological distress in a nonclinical college sample.** *Journal of Evidence-Based Complementary & Alternative Medicine*. [\[link\]](#)

Moyer, C. A., Donnelly, M. P., Anderson, J. C., et al. (2011). **Frontal electroencephalographic asymmetry associated with positive emotion is produced by very brief meditation training.** *Psychological Science*, 22(10), 1277-79. [\[link\]](#)

Smith, B. W., Ortiz, J. A., Steffen, L. E., et al. (2011). **Mindfulness is associated with fewer PTSD symptoms, depressive symptoms, physical symptoms, and alcohol problems in urban firefighters.** *Journal of Consulting and Clinical Psychology*, 79(5), 613-17. [\[link\]](#)

Sperduti, M., Martinelli, P., & Piolino, P. (2011). **A neurocognitive model of meditation based on activation likelihood estimation (ALE) meta-analysis.** *Consciousness and Cognition*. [\[link\]](#)

Wayment, H. A., Wiist, B., Sullivan, B. M., & Warren, M. A. (2011). **Doing and being: Mindfulness, health, and quiet ego characteristics among Buddhist practitioners.** *Journal of Happiness Studies*, 12(4), 575-89. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically.

Diamond, A. & Lee, K. (2011). **Interventions shown to aid executive function development in children 4 to 12 years old.** *Science*, 333(6045), 959-64. [\[link\]](#)

Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). **Loving-kindness and compassion meditation: Potential for psychological interventions.** *Clinical Psychology Review*, 31(7), 1126-32. [\[link\]](#)

Klainin-Yobas, P., Cho, M. A. A., & Creedy, D. (2011). **Efficacy of mindfulness-based interventions on depressive symptoms among people with mental disorders: A meta-analysis.** *International Journal of Nursing Studies*. [\[link\]](#)



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Marchand, W. R. (2011). **Self-Referential thinking, suicide, and function of the cortical midline structures and striatum in mood disorders: Possible implications for treatment studies of mindfulness-based interventions for bipolar depression.**

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Provencher, M. D., Hawke, L. D., & Thienot, E. (2011). **Psychotherapies for comorbid anxiety in bipolar spectrum disorders.** *Journal of Affective Disorders, 133*(3), 371-80. [\[link\]](#)

Smallwood, J., Mrazek, M. D., & Schooler, J. W. (2011). **Medicine for the wandering mind: Mind wandering in medical practice.** *Medical Education, 45*(11), 1072-80. [\[link\]](#)

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

Black, D. S., Sussman, S., Johnson, C. A., & Milam, J. (2011). **Testing the indirect effect of trait mindfulness on adolescent cigarette smoking through negative affect and perceived stress mediators.** *Journal of Substance Use. [link]*

Caldwell, K., Emery, L., Harrison, M., & Greeson, J. (2011). **Changes in mindfulness, well-being, and sleep quality in college students through taijiquan courses: A cohort control study.** *Journal of Alternative and Complementary Medicine, 17*(10), 931-8. [\[link\]](#)

Carruthers, C. & Hood, C. D. (2011). **Mindfulness and well-being: Implications for TR practice.** *Therapeutic Recreation Journal, 45*(3). [\[link\]](#)

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Smith, D. W. (2011). **Nibbanic (or pure) consciousness and beyond.** *Philosophia, 39*(3), 475-91. [\[link\]](#)

Snyder, R., Shapiro, S., & Treleaven, D. (2011). **Attachment theory and mindfulness.** *Journal of Child and Family Studies. [link]*

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research.

Catak, P. (2011). **The Turkish version of mindful attention awareness scale: Preliminary findings.** *Mindfulness. [link]*

Dobkin, P. L., Irving, J. A., & Amar, S. (2011). **For whom may participation in a mindfulness-based stress reduction program be contraindicated?** *Mindfulness. [link]*

Erismann, S. & Roemer, L. (2011). **A preliminary investigation of the process of mindfulness.** *Mindfulness. [link]*

Clinical Trials

Clinical Trials cites studies related to mindfulness that have been newly registered or recently updated (Oct 2011) at ClinicalTrials.gov.

Region Skane (Sundquist, J., PI). **Mindfulness as a method of improving mental health, cognitive results and decreasing stress in high school students.** Trial# NCT01457222. [\[link\]](#)

University of Mexico (Burge, M., PI). **Efficacy Study of Mindfulness-Based Exercise for Posttraumatic Stress Disorder (PTSD).** Trial# NCT01462045. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

Every month, the editor will select studies from MRM to be highlighted by our science writer, Stephani Sutherland. *Highlights* will summarize these studies' findings, providing a snapshot of some of the latest work in the field.

Diamond and Lee (Science) present a review of studies that examine activities aimed at improving children's executive function (EF). EF contributes to qualities the authors identified as central to success: creativity, flexibility, self-control, and discipline. Indeed, EF proficiency predicts later academic achievement, so improving EF in young children seems a viable strategy for success in school. The interventions aimed at EF enhancement ranged from computer and live games to aerobic exercise, martial arts, and mindfulness practices. Mindfulness practices in children have borne fruit in improving EF. In one study, children aged 7 to 9 were trained in a three-part practice: a sitting meditation, increasing sensory awareness, and a body scan. Like many interventions aimed at EF, the greatest improvements induced by mindfulness practice were seen in children who started off with the worst EFs. Another study examined yoga training that included a mindfulness component of relaxation with sensory awareness. Pre-teen girls performed better on EFs—particularly on the most demanding EF tasks—after the yoga training. The review also considers several school curricula programs that address EF such as the *Montessori* method of education, which incorporates mindfulness practice into activities like walking meditation.

As practitioners increasingly use mindfulness-based behavioral treatments, **Sobczak and West (Cog Behav Practice)** remind us to consider diverse populations and the challenges that might arise. Working mainly in the northeastern and southern U.S., they recount their own experiences with underserved and marginalized people to make some clinical recommendations. Some specific challenges for these patients include facing challenges and pursuing values in the midst of adversity, and accepting mindfulness itself as a treatment.

Despite an explosion of literature on mindfulness practices, few reports have attempted to tell us *how* mindfulness works to change the human experience. Now **Hölzel et al. (Perspectives Psych Sci)** have constructed a neuroscientific, theoretical framework for mindfulness based on an extensive survey of the literature. The authors characterized the observed effects of mindfulness into five main categories: attention regulation, body awareness, two separate elements of emotion regulation, and shifted perspective of self. Aside from self-reports and behavioral assessment tools, evidence for underlying neural correlates of these effects comes in the form of neuroimaging. Physical brain changes seen with magnetic resonance imaging (MRI) are usually reported as brain volume. Changes might occur in an individual over time—say before and after practice—or researchers might compare groups of subjects, perhaps meditators to non-meditators. Interpretation of this type of data rests on the idea that structural change reflects neuroplasticity following experience-driven activity. The term simply refers to neurons' ability to make—and unmake—synaptic connections, the tiny gaps across which neurons communicate with one another. Functional MRI can be used to “see” neurons' activity by measuring metabolic oxygen demand. As neural communication activity increases, so does regional demand. For each of their five identified mindfulness components, Hölzel and colleagues found consensus in the literature about the brain regions and processes thought to underlie them. They present a rather tidy summation of their findings in the aptly named Table 2: Components Proposed to Describe the Mechanisms Through Which Mindfulness Works.

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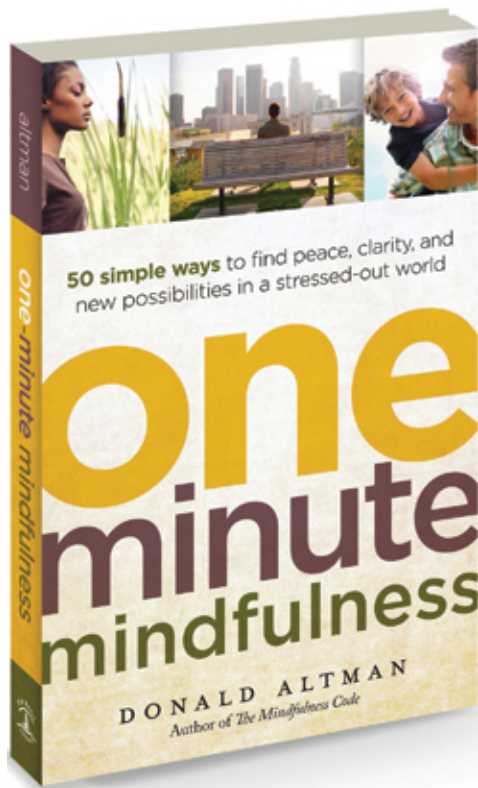


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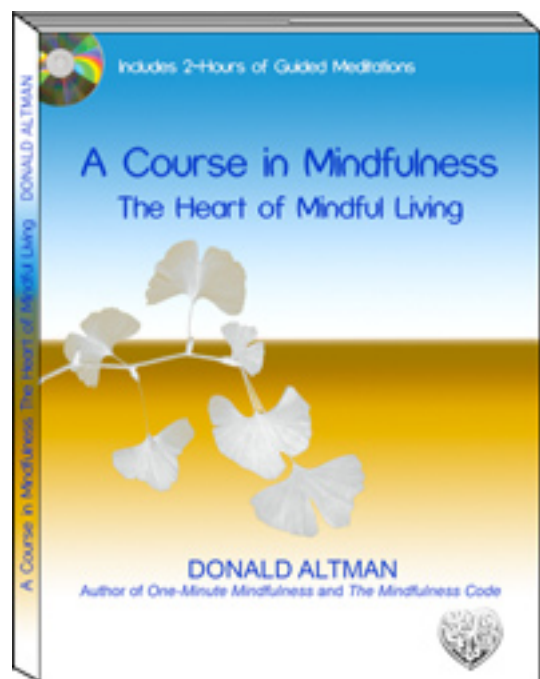


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Donald Altman, M.A., LPC, is a psychotherapist, former Buddhist monk, and Vice-President of The Center for Mindful Eating. An award-winning writer, he is author of *The Mindfulness Code*, *Meal By Meal*, *Living Kindness*, and *Art of the Inner Meal*. He is an adjunct professor at *Lewis and Clark Graduate School of Counseling* and at *Portland State University's* Interpersonal Neurobiology program.

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Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations.

Cassileth, B. R. (2011). **Integrative oncology in the United States: Memorial Sloan-Kettering Cancer Center programme as prototype.** *Psycho-Oncologie*, 5(3), 152-56. [\[link\]](#)

Cigolla, F. & Brown, D. (2011). **A way of being: Bringing mindfulness into individual therapy.** *Psychotherapy Research*, 21(6), 709-21. [\[link\]](#)

Coholic, D., Eys, M., & Lougheed, S. (2011). **Investigating the effectiveness of an arts-based and mindfulness-based group program for the improvement of resilience in children in need.** *Journal of Child and Family Studies*. [\[link\]](#)

De Raedt, R., Baert, S., Demeyer, I., Goeleven, E., et al. (2011). **Changes in attentional processing of emotional information following mindfulness-based cognitive therapy in people with a history of depression: Towards an open attention for all emotional experiences.** *Cognitive Therapy and Research*. [\[link\]](#)

de Zoysa, P. (2011). **The use of Buddhist mindfulness meditation in psychotherapy: A report from Sri Lanka.** *Transcultural Psychiatry*. [\[link\]](#)

Elabd, S. (2011). **Mindful meditation for chronic pain sufferers may have positive effect.** *Topics in Pain Management*, 27(4), 9. [\[link\]](#)

Frisvold, M. H., Lindquist, R., & McAlpine, C. P. (2011). **Living life in the balance at midlife: Lessons learned from mindfulness.** *Western Journal of Nursing Research*. [\[link\]](#)

Hayes, L., Boyd, C. P., & Sewell, J. (2011). **Acceptance and commitment therapy for the treatment of adolescent depression: A pilot study in a psychiatric outpatient setting.** *Mindfulness*, 2(2), 86-94. [\[link\]](#)

Hébert, J. R., Hurley, T. G., Harmon, B. E., Heiney, S., et al. (2011). **A diet, physical activity, and stress reduction intervention in men with rising prostate-specific antigen after treatment for prostate cancer.** *Cancer Epidemiology*. [\[link\]](#)

Heydenfeldt, J. A., Herkenhoff, L., & Coe, M. (2011). **Cultivating mind fitness through mindfulness training: Applied neuroscience.** *Performance Improvement*, 50(10), 21-27. [\[link\]](#)

Lerman, R., Jarski, R., Rea, H., Gellish, R., & Vicini, F. (2011). **Improving symptoms and quality of life of female cancer survivors: A randomized controlled study.** *Annals of Surgical Oncology*. [\[link\]](#)

Moskowitz, J. T., Hult, J. R., Duncan, L. G., Cohn, M. A., et al. (2011). **A positive affect intervention for people experiencing health-related stress: Development and non-randomized pilot test.** *Journal of Health Psychology*. [\[link\]](#)

Robertson, B. (2011). **The adaptation and application of mindfulness-based psychotherapeutic practices for individuals with intellectual disabilities.** *Advances in Mental Health and Intellectual Disabilities*, 5(5), 46-52. [\[link\]](#)

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Tacon, A. M. (2011). **Mindfulness: Existential, loss, and grief factors in women with breast cancer.** *Journal of Psychosocial Oncology*, 29(6), 643-56. [[link](#)]

van Aalderen, J. R., Donders, A. R. T., Gionmi, F., Spinhoven, P., et al. (2011). **The efficacy of mindfulness-based cognitive therapy in recurrent depressed patients with and without a current depressive episode: A randomized controlled trial.** *Psychological Medicine*. [[link](#)]

Williams, M. J., McManus, F., Muse, K., & Williams, J. M. G. (2011). **Mindfulness-Based cognitive therapy for severe health anxiety (hypochondriasis): An interpretative phenomenological analysis of patients' experiences.** *British Journal of Clinical Psychology*, 50(4), 379-97. [[link](#)]

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biological and psychosocial constructs.

Bryan, J., Tuckey, M., Einöther, S. J. L., Garczarek, U., et al. (2011). **Relationships between tea and other beverage consumption to work performance and mood.** *Appetite*. [[link](#)]

Manicavasagar, V., Perich, T., & Parker, G. (2011). **Cognitive predictors of change in cognitive behaviour therapy and mindfulness-based cognitive therapy for depression.** *Behavioural and Cognitive Psychotherapy*. [[link](#)]

Peressutti, C., Martín-González, J. M., & García-Manso, J. M. (2011). **Does mindfulness meditation shift the cardiac autonomic nervous system to a highly orderly operational state?** *International Journal of Cardiology*. [[link](#)]

Ren, J., Huang, Z., Luo, J., Wei, G., et al. (2011). **Meditation promotes insightful problem-solving by keeping people in a mindful and alert conscious state.** *Science China Life Sciences*, 54(10), 961-5. [[link](#)]

Weger, U. W., Hooper, N., Meier, B. P., & Hoptthrow, T. (2011). **Mindful maths: Reducing the impact of stereotype threat through a mindfulness exercise.** *Consciousness and Cognition*. [[link](#)]

Wren, A. A., Somers, T. J., Wright, M. A., Goetz, M. C., et al. (2011). **Self-Compassion in patients with persistent musculoskeletal pain: Relationship of self-compassion to adjustment to persistent pain.** *Journal of Pain and Symptom Management*. [[link](#)]

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically.

Greenberg, M. T. & Harris, A. R. (2011). **Nurturing mindfulness in children and youth: Current state of research.** *Child Development Perspectives*. [[link](#)]

Malpass, A., Carel, H., Ridd, M., Shaw, A., et al. (2011). **Transforming the perceptual situation: A meta-ethnography of qualitative work reporting patients' experiences of mindfulness-based approaches.** *Mindfulness*. [[link](#)]

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

Allen, T. D. & Kiburz, K. M. (2011). **Trait mindfulness and work-family balance among working parents: The mediating effects of vitality and sleep quality.** *Journal of Vocational Behavior*. [\[link\]](#)

Bedford, F. L. (2011). **A perception theory in mind-body medicine: Guided imagery and mindful meditation as cross-modal adaptation.** *Psychonomic Bulletin & Review*. [\[link\]](#)

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Kiken, L. G. & Shook, N. J. (2011). **Mindfulness and emotional distress: The role of negatively biased cognition.** *Personality and Individual Differences*. [\[link\]](#)

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and related interventions, and studies focusing on methodology in mindfulness research.

MacCoon, D. G., Imel, Z. E., Rosenkranz, M. A., et al. (2011). **The validation of an active control intervention for mindfulness based stress reduction (MBSR).** *Behaviour Research and Therapy*. [\[link\]](#)

Morone, N. E., Greco, C. M., Rollman, B. L., et al. (2011). **The design and methods of the aging successfully with pain study.** *Contemporary Clinical Trials*. [\[link\]](#)

Travis, F. (2011). **Mindfulness and psychologic well-being: Are they related to type of meditation technique practiced? [editorial].** *Journal of Alternative and Complementary Medicine*, 17(11), 983-84. [\[link\]](#)

Sugiura, Y., Sato, A., Ito, Y., & Murakami, H. (2011). **Development and validation of the Japanese version of the Five-Facet Mindfulness Questionnaire.** *Mindfulness*. [\[link\]](#)

Clinical Trials

Clinical Trials cites studies related to mindfulness that have been newly registered or recently updated (Nov 2011) at ClinicalTrials.gov.

Alberta Health Services (Carlson, L., PI). **The eCALM study - An online mindfulness-based stress reduction program for individuals living with cancer in Alberta.** Trial# NCT01476891. [\[link\]](#)

Duke University (Tucci, D., PI). **New therapy for patients with severe tinnitus.** Trial# NCT01480193. [\[link\]](#)

Group Health Cooperative (Cherkin, D., PI). **Comparison of CAM and conventional mind-body therapies for chronic back pain.** Trial# NCT01467843. [\[link\]](#)

Lund University (Sundquist, J., PI). **Study of mindfulness-based group treatment in patients with depression and anxiety.** Trial# NCT01476371. [\[link\]](#)

Massachusetts General Hospital (Ashih, H. & De Jong, M., PIs). **Mindfulness-based cognitive Therapy for the treatment of unipolar depression in patients with neuropathic pain.** Trial# NCT01473615. [\[link\]](#)

University of Utah (Baker, J., PI). **Mindfulness-based stress reduction techniques and yoga for treatment of urinary urge incontinence.** Trial# NCT01470560. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

Every month, the editor will select studies from MRM to be highlighted by our science writer, Stephani Sutherland. *Highlights* will summarize these studies' findings, providing a snapshot of some of the latest work in the field.

Are mindfulness practices beneficial for children? **Greenberg and Harris (*Child Dev Persp*)** address this question with a review of the current state of research involving contemplative practices in children and youth. One of the challenges facing the mindfulness community is to extend and expand upon the foundation of published studies with larger, longer, and more rigorous investigations. The review finds that practices including mindfulness meditation and yoga for young people do show promise, but the literature is itself in its infancy. Contemplative practices adapted for young people should consider their physical, cognitive, and emotional abilities, and often take the form of nature- or art-based activities, guided imagery, or age-appropriate movement like yoga. Whereas studies of contemplative practice for clinical populations of kids were numerous, studies of universal, or general, populations of children were scarce and not of high quality. The authors also point out that while many studies of yoga have shown physical and mental health benefits in children, they have been largely conducted in India, where yoga has a prominent cultural position, potentially affecting outcomes. The authors advocate for more studies of yoga within the US. While most studies used adult practices adapted for kids, some child-specific practices have been developed for use in schools with some success. People's enthusiasm for contemplative practices in children currently outweighs the evidence for its benefits, the authors conclude. They make a plea for further investigation based in current child development theory and using multiple readouts of improvement.

In a pilot study, **Hayes and colleagues (*Mindfulness*)** have brought the mindfulness-related Acceptance and Commitment Therapy (ACT) to adolescents with depression. The adolescents who received ACT showed greater improvements in depressive symptoms than did kids receiving treatment as usual (TAU). Dysphoria, negative self-evaluation, and somatic symptoms were particularly improved by ACT compared to TAU. Limited follow-up data suggest that the ACT but not TAU patients continued to improve after the study treatment ended. The authors propose that ACT might be a better long-term treatment strategy for depressed adolescents than currently used practices and advocate for a larger study.

Coholic et al. (*J Child Fam Stud*) turned their focus to children in need. Kids facing trauma, chronic maltreatment, or neglect tend to struggle with emotional state, reactivity, and remaining grounded in the moment. In addition, they lack characteristics their healthy peers enjoy: self-esteem, optimism, and resilience. This last element might hold the key to finding positive outcomes. The authors used a Holistic Arts-Based Group Program (HAP) designed to combine arts- and mindfulness-based methods to build children's resilience by improving self-awareness, emotional regulation, attention focus, and problem-solving skills. While the study notes significant design concerns, the results at least suggest that children benefitted from the HAP program, particularly in self-reports of resilience.

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