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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.

Burg, J. M. & Michalak, J. (2011). **The healthy quality of mindful breathing: Associations with rumination and depression.** *Cognitive Therapy and Research*, 35(2), 179-85. [\[link\]](#)

Conn, V. S. (2011). **The power of being present: The value of mindfulness interventions in improving health and wellbeing.** *Western Journal of Nursing Research*, 33(8), 993-95. [\[link\]](#)

Daubenmier, J., Lin, J., Blackburn, E., Hecht, F. M., et al. (2011). **Changes in stress, eating, and metabolic factors are related to changes in telomerase activity in a randomized mindfulness intervention pilot study.** *Psychoneuroendocrinology*. [\[link\]](#)

Feng, L., Cao, Y., Zhang, Y., Wee, S. T., et al. (2011). **Psychological therapy with Chinese patients.** *Asia-Pacific Psychiatry*, 3(4), 167-72. [\[link\]](#)

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

Garland, E. L., Gaylord, S. A., Palsson, O., Faurot, K., et al. (2011). **Therapeutic mechanisms of a mindfulness-based treatment for IBS: Effects on visceral sensitivity, catastrophizing, and affective processing of pain sensations.** *Journal of Behavioral Medicine*. [\[link\]](#)

Gregoski, M. J., Barnes, V. A., Tingen, M. S., et al. (2011). **Differential impact of stress reduction programs upon ambulatory blood pressure among African American adolescents: Influences of endothelin-1 gene and chronic stress exposure.** *International Journal of Hypertension*. [\[link\]](#)

Hinton, D. E., Pich, V., Hofmann, S. G., & Otto, M. W. (2011). **Acceptance and mindfulness techniques as applied to refugee and ethnic minority populations with PTSD: Examples from culturally adapted CBT.** *Cognitive and Behavioral Practice*. [\[link\]](#)

Kearney, D. J., McDermott, K., Malte, C., Martinez, M., et al. (2012). **Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample.** *Journal of Clinical Psychology*, 68(1), 101-16. [\[link\]](#)

Kemeny, M. E., Foltz, C., Cavanagh, J. F., Cullen, M., et al. (2011). **Contemplative/emotion training reduces negative emotional behavior and promotes prosocial responses.** *Emotion*. [\[link\]](#)

Lau, N. & Hue, M. (2011). **Preliminary outcomes of a mindfulness-based programme for Hong Kong adolescents in schools: Well-Being, stress and depressive symptoms.** *International Journal of Children's Spirituality*, 16(4), 315-30. [\[link\]](#)

Lengacher, C. A., Kip, K. E., Post-White, J., Fitzgerald, S., et al. (2011). **Lymphocyte recovery after breast cancer treatment and mindfulness-based stress reduction (MBSR) therapy.** *Biological Research for Nursing*. [\[link\]](#)

McCracken, L. M., Boichat, C., & Eccleston, C. (2011). **Training for general practitioners in opioid prescribing for chronic pain based on practice guidelines: A randomized pilot and feasibility trial.** *The Journal of Pain*. [\[link\]](#)

Price, C. J., Wells, E. A., Donovan, D. M., & Rue, T. (2011). **Mindful awareness in body-oriented therapy as an adjunct to women's substance use disorder treatment: A pilot feasibility study.** *Journal of Substance Abuse Treatment*. [\[link\]](#)

Intervention & Application continued...

Robins, C. J., Keng, S. L., Ekblad, A. G., & Brantley, J. G. (2012). **Effects of mindfulness-based stress reduction on emotional experience and expression: A randomized controlled trial.** *Journal of Clinical Psychology*, 68(1), 117-31. [\[link\]](#)

Ronel, N., Frid, N., & Timor, U. (2011). **The practice of positive criminology: A Vipassana course in prison.** *International Journal of Offender Therapy and Comparative Criminology*. [\[link\]](#)

Shawyer, F., Farhall, J., Mackinnon, A., Trauer, T., et al. (2011). **A randomised controlled trial of acceptance-based cognitive behavioural therapy for command hallucinations in psychotic disorders.** *Behaviour Research and Therapy*. [\[link\]](#)

Stange, J. P., Eisner, L. R., Hölzel, B. K., Peckham, A. D., et al. (2011). **Mindfulness-Based cognitive therapy for bipolar disorder: Effects on cognitive functioning.** *Journal of Psychiatric Practice*, 17(6), 410-19. [\[link\]](#)

Tadlock-Marlo, R. L. (2011). **Making minds matter: Infusing mindfulness into school counseling.** *Journal of Creativity in Mental Health*, 6(3), 220-33. [\[link\]](#)

Vernooij, F. (2011). **Mindfulness and science, a fruitful interaction** [German]. *Psychologie & Gezondheid*. [\[link\]](#)

Westbrook, C., Creswell, J. D., Tabibnia, G., Julson, E., et al. (2011). **Mindful attention reduces neural and self-reported cue-induced craving in smokers.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

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.

D Bowlin, S. L. & Baer, R. A. (2011). **Relationships between mindfulness, self-control, and psychological functioning.** *Personality and Individual Differences*, 52(3), 411-15. [\[link\]](#)

Cassin, S. E. & Rector, N. A. (2011). **Mindfulness and the attenuation of post-event processing in social phobia: An experimental investigation.** *Cognitive Behaviour Therapy*, 40(4), 267-78. [\[link\]](#)

Garland, E. L. (2011). **Trait mindfulness predicts attentional and autonomic regulation of alcohol cue-reactivity.** *Journal of Psychophysiology*, 25(4), 180-89. [\[link\]](#)

Gilbert, P., McEwan, K., Gibbons, L., Chotai, S., et al. (2011). **Fears of compassion and happiness in relation to alexithymia, mindfulness, and self-criticism.** *Psychology and Psychotherapy: Theory, Research and Practice*. [\[link\]](#)

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

Murphy, C. & MacKillop, J. (2011). **Living in the here and now: Interrelationships between impulsivity, mindfulness, and alcohol misuse.** *Psychopharmacology*. [\[link\]](#)

O'Toole, S., Diddy, E., & Kent, M. (2011). **Mindfulness and emotional well-being in women with borderline personality disorder.** *Mindfulness*. [\[link\]](#)

Prazak, M., Critelli, J., Martin, L., Miranda, V., et al. (2011). **Mindfulness and its role in physical and psychological health.** *Applied Psychology: Health and Well-Being*. [\[link\]](#)

Review & Meta-analysis

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

Edwards, E. (2012). **The role of complementary, alternative, and integrative medicine in personalized health care.** *Neuropsychopharmacology Reviews*, 37(1), 293-95. [\[link\]](#)



Review & Meta-analysis continued...

de Lisle, S. M., Dowling, N. A., & Allen, J. S. (2011). **Mindfulness and problem gambling: A review of the literature.** *Journal of Gambling Studies*. [\[link\]](#)

Nyklíček, I., Schoormans, D., & Zijlstra, W. P. (2011). **Authors' reply to response to "mindfulness and psychological well-being: Are they related to type of meditation technique practiced?"**. *The Journal of Alternative and Complementary Medicine*. [\[link\]](#)

Rees, B. (2011). **Overview of outcome data of potential meditation training for soldier resilience.** *Military Medicine*, 176(11), 1232-42. [\[link\]](#)

Schwartz, S. A. (2011). **Meditation - the controlled psychophysical self-regulation process that works.** *Explore*, 7(6), 348-53. [\[link\]](#)

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.

Bowen, S. & Kurz, A. S. (2011). **Between-session practice and therapeutic alliance as predictors of mindfulness after mindfulness-based relapse prevention.** *Journal of Clinical Psychology*. [\[link\]](#)

Brewer, J. A., Worhunsky, P. D., Gray, J. R., Tang, Y. Y., et al. (2011). **Meditation experience is associated with differences in default mode network activity and connectivity.** *PNAS*, 108(50), 20254-59. [\[link\]](#)

Cacciatore, J. & Flint, M. (2012). **ATTEND: Toward a mindfulness-based bereavement care model.** *Death Studies*, 36(1), 61-82. [\[link\]](#)

DelMonte, M. M. (2011). **Mindfulness and awareness: Constructivist, psychodynamic and eastern perspectives.** *International Journal of Mental Health and Addiction*. [\[link\]](#)

Gard, T., Hölzel, B. K., Sack, A. T., Hempel, H., et al. (2011). **Pain attenuation through mindfulness is associated with decreased cognitive control and increased sensory processing in the brain.** *Cerebral Cortex*. [\[link\]](#)

Hill, C. L. & Updegraff, J. A. (2011). **Mindfulness and its relationship to emotional regulation.** *Emotion*. [\[link\]](#)

Weitz, M. V., Fisher, K., & Lachman, V. D. (2012). **The journey of women with breast cancer who engage in mindfulness-based stress reduction: A qualitative exploration.** *Holistic Nursing Practice*, 26(1), 22-29. [\[link\]](#)

Method & Measures

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

Grossman, P. (2011). **Defining mindfulness by how poorly I think I pay attention during everyday awareness and other intractable problems for psychology's (re)invention of mindfulness.** *Psychological Assessment*, 23(4), 1034-40. [\[link\]](#)

Hinterberger, T., Kamei, T., & Walach, H. (2011). **Psychophysiological classification and staging of mental states during meditative practice** [German]. *Biomedizinische Technik*. [\[link\]](#)

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

Niles, B. L., Klunk-Gillis, J., Ryngala, D. J., Silberbogen, A. K., et al. (2011). **Comparing mindfulness and psychoeducation treatments for combat-related PTSD using a telehealth approach.** *Psychological Trauma: Theory, Research, Practice, and Policy*. [\[link\]](#)

Method & Measures continued...

Sauer, S., Walach, H., Offenbacher, M., Lynch, S., et al. (2011). **Measuring mindfulness: A rasch analysis of the Freiburg Mindfulness Inventory.** *Religions*, 2(4), 693-706. [\[link\]](#)

Wong, S., Mak, W., Cheung, E., Ling, C., et al. (2011). **A randomized, controlled clinical trial: The effect of mindfulness-based cognitive therapy on generalized anxiety disorder among Chinese community patients: Protocol for a randomized trial.** *BMC Psychiatry*, 11(1), 187. [\[link\]](#)

Clinical Trials

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

Radboud University (Speckens, A., van der Drift, M. & Prins, J., PIs). **Mindfulness for lung cancer patients.** Trial# NCT01494883. [\[link\]](#)

Rush University Medical Center (Keshavarzian, A., PI). **Biological and psychological factors as predictors and indicators of mindfulness-based stress reduction (MBSR).** Trial# NCT01491997. [\[link\]](#)

York University (Cepeda, N. & Gordon, A., PIs). **The effects of mindfulness-based stress reduction on attention and pain-related symptoms in chronic pain patients.** Trial# NCT01487473. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

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

One of the most highly touted benefits of mindfulness practice is that it can reduce people's emotional reactivity. But what does that mean, exactly, and how can we quantify it

scientifically? This month, three different studies address this aspect of mindfulness. A concern with measuring the effects of mindfulness practices is that studies rely largely on self-reported outcomes. **Kemeny et al.** (*Emotion*) point out a liability: by their very nature, self-reported changes in mental and emotional processes require some *awareness* of the change. The authors suggest that by including task-based and behavioral measures, researchers can more reliably detect shifts in these processes. They used such measures in their current study of female schoolteachers. Participants underwent a 42-hour intensive training in meditation and emotion regulation over 8 weeks. Compared with wait-listed controls, the trained teachers reported increased positive emotional outlook and reduced negative components like rumination, depression, and anxiety. In addition, they gained proficiency in behavioral tasks such as recognizing emotion in others' faces. The authors advocate for further study of contemplative practice tools using established psychological models that describe mental and affective processes.

Hill and Updegraff (*Emotion*) support this integration as well, and take a rather "constructivist" view of mindfulness's effects on emotion—a concept they review quite eloquently and succinctly. They offer that the next step in mindfulness research should go beyond identifying general improvements like reductions in anxiety and look at the individual components of emotional dysregulation. For example, the researchers monitored shifting emotional states—what they call emotion lability—in college students. Participants self-reported on 21 emotional states multiple times throughout the day for a week using a handheld electronic device. As the authors predicted, reduced emotion lability—both negative and positive—was linked to greater self-reported mindfulness, suggesting a stabilizing effect of mindfulness. They were able to further determine that this relationship was mediated by improved differentiation of emotions.

Finally, **Robins et al.** (*J Clin Psych*) take a more detailed look at the emotional effects of the time-tested mindfulness-based stress reduction (MBSR). After an 8-week session, participants reported greater increases than wait-listed controls in mindfulness and self-compassion, while reports of absent-mindedness and



Highlights continued...

emotional difficulties declined more with training. Interestingly, participants also reported they were less fearful or worried *about* experiencing their emotions, and they reported less suppression (as well as expression) of anger. Also important: the effects the researchers measured appeared to last. Kemeny et al. found that most outcomes remained elevated in a five-month-post-training assessment, and the benefits that Robins et al. saw held up after two months. Indeed, parsing out the specific effects of mindfulness practices—using models from psychology and other fields—may help researchers and clinicians optimize their application.

David S. Black, MPH, PhD

Editor, Mindfulness Research Monthly

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

Alberts, H. J., Thewissen, R., & Raes, L. (2012). **Dealing with problematic eating behaviour. The effects of a mindfulness-based intervention on eating behaviour, food cravings, dichotomous thinking and body image concern.** *Appetite*. [\[link\]](#)

Baker, J., Costa, D., & Nygaard, I. (2012). **Mindfulness-Based stress reduction for treatment of urinary urge incontinence: A pilot study.** *Female Pelvic Medicine & Reconstructive Surgery*, 18(1), 44-49. [\[link\]](#)

Brotto, L. A., Seal, B. N., & Rellini, A. (2012). **Pilot study of a brief cognitive behavioral versus mindfulness-based intervention for women with sexual distress and a history of childhood sexual abuse.** *Journal of Sex & Marital Therapy*, 38(1), 1-27. [\[link\]](#)

Felder, J. N., Dimidjian, S., & Segal, Z. (2012). **Collaboration in mindfulness-based cognitive therapy.** *Journal of Clinical Psychology*, 68(2), 179-186. [\[link\]](#)

Katzman, M. A., Vermani, M., Gerbarg, P. L., Brown, R. P., et al. (2012). **A multicomponent yoga-based, breath intervention program as an adjunctive treatment in patients suffering from generalized anxiety disorder with or without comorbidities.** *International Journal of Yoga*, 5(1), 57-65. [\[link\]](#)

Martin, M. & Doswell, S. (2012). **Mindfulness and older people: A small study.** *The British Journal of Occupational Therapy*, 75(1), 36-41. [\[link\]](#)

Melendez, M., Cortés, D. E., & Amaro, H. (2012). **Acceptability and cultural fit of spiritual self-schema therapy for Puerto Rican women with addiction disorders: Qualitative findings.** *Women & Therapy*, 35(1-2), 106-119. [\[link\]](#)

Shawyer, F., Meadows, G. N., Judd, F., Martin, P. R., et al. (2012). **The DARE study of relapse prevention in depression: Design for a phase 1/2 translational randomised controlled trial involving mindfulness-based cognitive therapy and supported self-monitoring.** *BMC Psychiatry*. [\[link\]](#)

Timmerman, G. M. & Brown, A. (2012). **The effect of a mindful restaurant eating intervention on weight management in women.** *Journal of Nutrition Education and Behavior*, 44(1), 22-28. [\[link\]](#)

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.

Brown, K. W., Goodman, R. J., & Inzlicht, M. (2012). **Dispositional mindfulness and the attenuation of neural responses to emotional stimuli.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

Choi, Y., Karremans, J. C., & Barendregt, H. (2012). **The happy face of mindfulness: Mindfulness meditation is associated with perceptions of happiness as rated by outside observers.** *The Journal of Positive Psychology*, 7(1), 30-35. [\[link\]](#)

Etiology & Associations continued...

Galla, B., Hale, T., Shrestha, A., Loo, S., & Smalley, S. (2012). **The disciplined mind: Associations between the Kentucky inventory of mindfulness skills and attention control.** *Mindfulness*. [\[link\]](#)

Goodall, K., Trejnowska, A., & Darling, S. (2012). **The relationship between dispositional mindfulness, attachment security and emotion regulation.** *Personality and Individual Differences*. [\[link\]](#)

LaJeunesse, S. & Rodríguez, D. A. (2012). **Mindfulness, time affluence, and journey-based affect: Exploring relationships.** *Traffic Psychology and Behaviour*, 15(2), 196-205. [\[link\]](#)

Lavender, J. M., Gratz, K. L., & Anderson, D. A. (2012). **Mindfulness, body image, and drive for muscularity in men.** *Body Image*. [\[link\]](#)

McHugh, L., Procter, J., Herzog, M., Schock, A. K., & Reed, P. (2012). **The effect of mindfulness on extinction and behavioral resurgence.** *Learning & Behavior*. [\[link\]](#)

Rotegard, A. K., Fagermoen, M. S., & Ruland, C. M. (2012). **Cancer patients' experiences of their personal strengths through illness and recovery.** *Cancer Nursing*, 35(1), e8-17. [\[link\]](#)

Trousselard, M., Steiler, D., Claverie, D., & Canini, F. (2012). **Relationship between mindfulness and psychological adjustment in soldiers according to their confrontation with repeated deployments and stressors.** *Psychology*, 3(1), 100-115. [\[link\]](#)

Review & Meta-analysis

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

Barraca Mairal, J. (2012). **Mental control from a third-wave behavior therapy perspective.** *International Journal of Clinical and Health Psychology*, 12(1), 109-121. [\[link\]](#)

Bauer-Wu, S. & Decker, G. M. (2012).

Integrative oncology imperative for nurses. *Seminars in Oncology Nursing*, 28(1), 2-9. [\[link\]](#)

Bowen, S. (2012). **A compassionate approach to the treatment of addictive behaviors: The contributions of Alan Marlatt to the field of mindfulness-based interventions.** *Addiction Research & Theory*. [\[link\]](#)

Fjorback, L. O. & Walach, H. (2012). **Meditation based therapies: A systematic review and some critical observations.** *Religions*, 3(1), 1-18. [\[link\]](#)

Garnoussi, N. (2012). **Mindfulness or meditation for healing and personal development: Psycho-Spiritual bricolage in mental medicine [French].** *Sociologie*, 3(3), 259-275. [\[link\]](#)

Robins, J. L., Elswick, R. K., & McCain, N. L. (2012). **The story of the evolution of a unique tai chi form: Origins, philosophy, and research.** *Journal of Holistic Nursing*. [\[link\]](#)

Zhang, L., Layne, C., Lowder, T., & Liu, J. (2012). **A review focused on the psychological effectiveness of tai chi on different populations.** *Evidence-Based Complementary and Alternative Medicine*. [\[link\]](#)

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.

Cassidy, E. L., Atherton, R. J., Robertson, N., Walsh, D. A., & Gillett, R. (2012). **Mindfulness, functioning and catastrophizing after multidisciplinary pain management for chronic low back pain.** *Pain*. [\[link\]](#)



Theory & Processes continued...

Phang, C. K. & Oei, T. P. S. (2012). **From mindfulness to meta-mindfulness: Further integration of meta-mindfulness concept and strategies into cognitive-behavioral therapy.** *Mindfulness*. [\[link\]](#)

Smyth, L. F. (2012). **Escalation and mindfulness.** *Negotiation Journal*, 28(1), 45-72. [\[link\]](#)

Stanley, S. (2012). **Intimate distances: William James' introspection, Buddhist mindfulness, and experiential inquiry.** *New Ideas in Psychology*, 30(2), 201-211. [\[link\]](#)

Method & Measures

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

Christopher, M., Neuser, N., Michael, P., & Baitmangalkar, A. (2012). **Exploring the psychometric properties of the five-facet mindfulness questionnaire.** *Mindfulness*. [\[link\]](#)

Sauer, S., Lemke, J., Wittmann, M., Kohls, N., et al. (2012). **How long is now for mindfulness meditators?** *Personality and Individual Differences*. [\[link\]](#)

Clinical Trials

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

Florida State University (E. Garland, PI). **Mindfulness-oriented recovery enhancement for chronic pain patients receiving opioid therapy.** Trial# NCT01505101. [\[link\]](#)

McMaster University (PI not given). **A pilot study evaluating a multidisciplinary chronic pain group therapy in a primary care setting (LEAP).** Trial# NCT01517256. [\[link\]](#)

University of Wisconsin, Madison (E.M. Seppala, PI). **Complementary and alternative interventions for veterans with posttraumatic stress disorder.** Trial# NCT01512303. [\[link\]](#)

Highlights

by Stephani Sutherland, PhD

Every month, select studies from the issue will be highlighted. *Highlights* will summarize these studies' findings, providing a snapshot of some of the latest themes in the field.

Shifting Perceptions

How long does “now” last? Longer for meditators, perhaps, according to **Sauer et al. (Person Indiv Diff)**. Decades of psychology research suggests that we humans divide our experience of time into discrete blocks of a few seconds, each of which we intuitively call “now.” One established tool for examining the temporal experience of *nowness* measures stabilization time of a bi-stable image. Basically, a familiar image called the Necker cube can appear to the viewer in either of two orientations. How often subjects notice the switch in perception supposedly marks the “present moment” duration. Because mindfulness and meditation are rooted in awareness of the present moment, the authors examined whether long-time meditation practice would affect the length of the present-moment epoch. Experienced daily meditators and people who had never meditated displayed similar switch times. But interestingly, when researchers instructed subjects to hold one perspective for as long as possible, meditators did so for significantly longer periods than non-meditators. Self-reported mindfulness in both groups corresponded to longer epochs in both experimental conditions. One might argue whether the switching can really be used as a measure of the experience of now, but it certainly captures the activity of attention circuits that may well be affected by mindfulness and meditation practices.

LaJeunesse & Rodríguez (Transport Res) also investigated people's experience of time this month. How we get to work—by bike or bus, on foot or driving a car—has a big impact on our day. Many people consider using more...

...sustainable and active transportation, but reportedly worry that those modes won't provide the enjoyment, convenience, and speed that their car does. But in the current study, drivers reported more stress than those who used other modes of transportation. The authors assessed subjects' dispositional mindfulness and time affluence—whether one feels harried or in control of their time. Other questions measured people's affective experience of their commute. People who biked or walked to work reported the most positive experiences, while walkers and bus riders seemed to be best in command of their time. Mindfulness directly and indirectly influenced people's experience of their commute and their time management. The study suggests that by tuning in, we can actually relax and enjoy that trip to the office, and that getting out of the car might be the best start.

So when those mindful commuters get to work, do their co-workers notice a certain glow? **Choi et al. (J Pos Psych)** report that people do perceive a difference in the apparent happiness of meditators. Observers viewed 15-second video clips from interviews with novice meditators before and after a nine-day meditation retreat and rated their appearance as significantly happier after the retreat. In a second arm of the study, highly experienced meditators were rated as happier looking than non-meditators. The jury may still be out on whether meditation really makes people happier, but at least it looks that way to others. As the authors point out, even that can have social and professional benefits.

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

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Brotto, L. A., Erskine, Y., Carey, M., Ehlen, T., et al. (2012). **A brief mindfulness-based cognitive behavioral intervention improves sexual functioning versus wait-list control in women treated for gynecologic cancer.** *Gynecologic Oncology*. [link]

Ebnezar, J., Nagarathna, R., Yogitha, B., & Nagendra, H. R. (2012). **Effect of integrated yoga therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study.** *International Journal of Yoga*, 5(1), 28-36. [link]

Friese, M., Messner, C., & Schaffner, Y. (2012). **Mindfulness meditation counteracts self-control depletion.** *Consciousness and Cognition*. [link]

Hamilton, K. E., Wershler, J. L., Macrodimitris, S. D., Backs-Dermott, B. J., et al. (2012). **Exploring the effectiveness of a mixed-diagnosis group cognitive behavioral therapy intervention across diverse populations.** *Cognitive and Behavioral Practice*. [link]

Hartmann, M., Kopf, S., Kircher, C., Faude-Lang, V., et al. (2012). **Sustained effects of a mindfulness-based stress-reduction intervention in type 2 diabetic patients.** *Diabetes Care*. [link]

Mehranfar, M., Younesi, J., & Banihashem, A. (2012). **Effectiveness of mindfulness-based cognitive therapy on reduction of depression and anxiety symptoms in**

mothers of children with cancer. *Iranian Journal of Cancer Prevention*, 5(1). [link]

Melville, G. W., Chang, D., Colagiuri, B., Marshall, P. W., & Cheema, B. S. (2012). **Fifteen minutes of chair-based yoga postures or guided meditation performed in the office can elicit a relaxation response.** *Evidence-Based Complementary and Alternative Medicine*, 2012, 501986. [link]

Moss, A. S., Wintering, N., Roggenkamp, H., Khalsa, D. S., et al. (2012). **Effects of an 8-week meditation program on mood and anxiety in patients with memory loss.** *Journal of Alternative and Complementary Medicine*, 18(1), 48-53. [link]

Noggle, J. J., Steiner, N. J., Minami, T., & Khalsa, S. B. (2012). **Benefits of yoga for psychosocial well-being in a US high school curriculum: A preliminary randomized controlled trial.** *Journal of Developmental and Behavioral Pediatrics*. [link]

Palta, P., Page, G., Piferi, R. L., Gill, J. M., et al. (2012). **Evaluation of a mindfulness-based intervention program to decrease blood pressure in low-income African-American older adults.** *Journal of Urban Health*. [link]

Tekur, P., Nagarathna, R., Chametcha, S., Hankey, A., & Nagendra, H. R. (2012). **A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT.** *Complementary Therapies in Medicine*. [link]

Waller, G., Stringer, H., & Meyer, C. (2012). **What cognitive behavioral techniques do therapists report using when delivering cognitive behavioral therapy for the eating disorders?** *Journal of Consulting and Clinical Psychology*, 80(1), 171-75. [link]

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MECHANISMS

Articles examining the mechanisms and theory linking mindfulness to behavior, cognition, emotion & health

Lake, J., Helgason, C., & Sarris, J. (2012). **Integrative mental health (IMH): Paradigm, research, and clinical practice.** *Explore*, 8(1), 50-7. [link]

Lu, C. F., Smith, L. N., & Gau, C. H. (2012). **Exploring the Zen meditation experiences of patients with generalized anxiety disorder: A focus-group approach.** *Journal of Nursing Research*, 20(1), 43-52. [link]

Radestad, I. (2012). **Strengthening mindfulness.** *Sexual & Reproductive Healthcare*. [link]

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METHODS

Articles developing and testing empirical procedures to advance mindfulness psychometrics & methodology

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Ireland, M. J. (2012). **Meditative insight: Conceptual and measurement development.** *Mental Health, Religion & Culture.* [link]

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Sealy, P. A. (2012). **Autoethnography: Reflective journaling and meditation to cope with life-threatening breast cancer.** *Clinical Journal of Oncology Nursing,* 16(1), 38-41. [link]

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REVIEWS

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Barton, D. L. & Pachman, D. R. (2012). **Clinical trials in integrative therapies.** *Seminars in Oncology Nursing,* 28(1), 10-28. [link]

Langhorst, J., Klose, P., Dobos, G. J., Bernardy, K., & Häuser, W. (2012). **Efficacy and safety of meditative movement therapies in fibromyalgia syndrome: A systematic review and meta-analysis of randomized controlled trials.** *Rheumatology International.* [link]

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TRIALS

Research on mindfulness that has been newly registered or recently updated (Feb 2012) at Clinicaltrial.gov

Karolinska Institute (B. Ljótsson, P.I.). **Cognitive behavioral therapy with or without exposure therapy for irritable bowel syndrome.** Trial# NCT01529567. [link]

Linköping University (G. Andersson, P.I.). **Internet-delivered psychodynamic therapy for depression and anxiety disorders (ATLAS).** Trial# NCT01532219. [link]

University of California, Los Angeles (D.S. Black, P.I.). **Effect of mindfulness training on sleep and inflammation among older adults with sleep problems (MAPS).** Trial# NCT01534338. [link]

University of California, Los Angeles (J.D. Creswell, P.I.). **Mindfulness meditation in older adults (MIND).** Trial# NCT01532596. [link]

University of Regensburg (B. Langguth, P.I.). **Mindfulness-based therapy in chronic tinnitus.** Trial# NCT01540357. [link]

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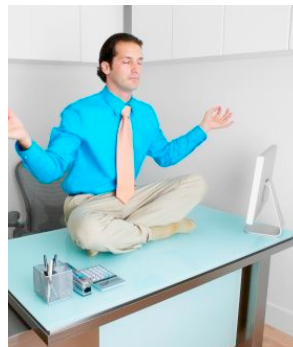


HIGHLIGHTS

Summary of select studies from the issue, providing a snapshot of some of the latest work in the field

Yoga takes center stage this month, along with mindfulness techniques, as a viable way to reduce stress. Risks associated with stress continue to pile up, including increased risk of heart disease, diabetes, cancer, mood disorders, fatigue, chronic pain, and increased inflammation. The costs of work-related stress continue to rise—not just for workers but for employers as well. In response, some companies have begun to address the issue right in the workplace. A study from **Wolever et al. (J Occ Health Psych)**, funded in part by Aetna, Inc., randomly assigned the health insurance company's employees to a twelve-week program in yoga or mindfulness, or to an assessment-only control group.

Participants in one condition learned Viniyoga, a therapeutic style of yoga that focuses primarily on the breath and on adapting the *asana* postures according to the needs and goals of the individual. In weekly one-hour sessions, employees learned a sequence of movements specifically designed for the study by American Viniyoga Institute. Those receiving the "Mindfulness at Work" training participated either in person or online in weekly hour-long sessions and a two-hour practice intensive at week 10. The mindfulness practice was developed for the workplace by eMindful, Inc., a company that also partially funded the study. Both mind-body methods significantly improved self-reported levels of stress, perceived sleep quality, and coherence ratio of heart-rate variability, a physiological indicator of autonomic nervous system balance. The findings suggest that yoga and mindfulness



practices tailored to the workplace can provide companies with a way to combat stress and improve employee health in-house, a notion with growing support.

Importantly, many of the harmful effects of stress are mediated through over-activity of the sympathetic nervous system, and specifically of the HPA axis, formed by the hypothalamus, pituitary, and adrenal glands. With ongoing stress, chronic activation of the HPA axis results in sustained physiological stress on the body and brain. Australian researchers (**Melville et al. Evid-Bsd Comp Alt Med**) took a closer look the immediate effects of yoga and mindfulness. The authors measured physiological indicators of stress in people who had received just 15 minutes of yoga, mindfulness meditation, or work as usual. The yoga instruction emphasized deep breathing and used chair-based postures; the guided meditation was delivered in an mp3 audio file. Just after yoga or meditation, participants reported lower perceived stress, and physiological markers indicated they were in a more relaxed state with reduced sympathetic nervous system activity. Notably, the authors hypothesize that the benefits of both practices may arise from reduced breathing rate. Their analysis of the physiological data also supported the idea that a physical yoga practice might help prepare the mind for meditation, perhaps increasing benefits to the nervous system.

School-aged teens can also benefit from yoga training, according to a separate report from **Noggle et al. (J Devel Behav Ped)**. In this study, high school juniors and seniors either took a normal physical education (PE) class or a Kripalu yoga class, another breath-centered yoga practice that also emphasizes self-awareness. The authors determined that the yoga instruction in a high school PE class was feasible and appeared to improve psychosocial measures of wellbeing. Taken together, the three studies reflect a growing awareness of daily stress as a major burden on health, and they illustrate that yoga and mindfulness practices can be used in everyday settings to reduce the effects of stress.

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Books & Media

Still Quiet Place CDs for Youth

These CDs provide children and teens with foundational mindfulness practices. These brief age-adapted practices support young people in discovering the stillness and quietness (aka awareness) between the breaths. From this foundation they are invited to watch what happens in their bodies, minds and hearts. Playful tracks for young children encourage them be otters riding the waves of the breath, and blow kisses of loving kindness. The P.E.A.C.E practice for teens offers step-by-step suggestions for responding in difficult circumstances.

INFO: www.stillquietplace.com

Events & Conferences

Investigating and Integrating Mindfulness Conference

Investigating and Integrating Mindfulness in Medicine, Health Care, and Society The 10th Annual International Scientific Conference for Clinicians, Researchers and Educators Presented by The Center for Mindfulness in Medicine, Health Care, and Society March 28 – April 1, 2012 Sheraton Four Points, Norwood MA The 2012 Conference will feature more than 75 presentations that include research forums, presentation dialogues, workshops, keynotes, breakfast roundtables, and a full day retreat. Up to 33 AMA PRA Category 1 Credits– please see the conference website **INFO:** <http://umassmed.edu/cfm/conference>

Jobs & Volunteer

None Posted

Research & Education

Submit to Special Theme Journal Issue

Submit your articles to the special issue on Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions. The journal of Substance Use & Misuse has released a call for papers seeking manuscripts on the use of mindfulness-based interventions to treat substance users/misusers. Deadline for initial submission is Dec. 1, 2012.

INFO: www.mindfulexperience.org/resources/bl_ack_2012_call.pdf

CONTACT: dblack@mednet.ucla.edu

American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour Viniyoga Studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013

INFO: www.viniyoga.com or studentadvisor@viniyoga.com

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INTERVENTIONS

Articles evaluating the applied science and implementation of mindfulness-based interventions and related meditation practices

Benn, R., Akiva, T., Arel, S., & Roeser, R. W. (2012). **Mindfulness training effects for parents and educators of children with special needs.** *Developmental Psychology*. [\[link\]](#)

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Hoffman, C. J., Ersser, S. J., Hopkinson, J. B., Nicholls, P. G., et al. (2012). **Effectiveness of mindfulness-based stress reduction in mood, breast-and endocrine-related quality of life, and well-being in stage 0 to III breast cancer: A randomized, controlled trial.** *Journal of Clinical Oncology*. [\[link\]](#)

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cancer patients and their caregivers.

Journal of Holistic Nursing. [\[link\]](#)

Moore, A., Gruber, T., Derose, J., & Malinowski, P. (2012). **Regular, brief mindfulness meditation practice improves electrophysiological markers of attentional control.** *Frontiers in Human Neuroscience.* [\[link\]](#)

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ASSOCIATIONS

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versus antidepressant medication or placebo for prevention of depressive relapse. *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

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Garland, E. L. & Roberts-Lewis, A. (2012). **Differential roles of thought suppression and dispositional mindfulness in posttraumatic stress symptoms and craving.** *Addictive Behaviors.* [\[link\]](#)

Hasenkamp, W. & Barsalou, L. W. (2012). **Effects of meditation experience on functional connectivity of distributed brain networks.** *Frontiers in Human Neuroscience.* [\[link\]](#)

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Hinterman, C., Burns, L., Hopwood, D., & Rogers, W. (2012). **Mindfulness: Seeking a more perfect approach to coping with life's challenges.** *Mindfulness*. [\[link\]](#)

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Ryan, A., Safran, J. D., Doran, J. M., & Muran, J. C. (2012). **Therapist mindfulness, alliance and treatment outcome.** *Psychotherapy Research*. [\[link\]](#)

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Sirois, F. M. & Tosti, N. (2012). **Lost in the moment? An investigation of procrastination, mindfulness, and well-being.** *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. [\[link\]](#)

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Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Blom, K., How, M., Dai, M., Baker, B., et al. (2012). **Hypertension analysis of stress reduction using mindfulness meditation and yoga (the HARMONY study): Study protocol of a randomised control trial.** *BMJ Open*, 2(2), e000848. [\[link\]](#)

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Phillips, R. E., Cheng, C., Oemig, C., Hietbrink, L., & Vonnegut, E. (2012). **Validation of a Buddhist coping measure among primarily non-Asian Buddhists in the United States.** *Journal for the Scientific Study of Religion*, 51(1), 156-172. [\[link\]](#)

Van Dam, N. T., Hobkirk, A. L., Danoff-Burg, S., & Earleywine, M. (2012). **Mind your words: Positive and negative items create method effects on the five facet mindfulness questionnaire.** *Assessment*. [\[link\]](#)

REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Csillik, A. & Tafticht, N. (2012). **Effects of mindfulness and of mindfulness intervention [French].** *Pratiques Psychologiques*. [\[link\]](#)

Davis, T. S. (2012). **Mindfulness-Based approaches and their potential for educational psychology practice.** *Educational Psychology in Practice*, 28(1), 31-46. [\[link\]](#)

Goldstein, C. M., Josephson, R., Xie, S., & Hughes, J. W. (2012). **Current perspectives on the use of meditation to reduce blood pressure.** *International Journal of Hypertension*, 2012, Article ID 578397. [\[link\]](#)

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McLean, L. (2012). **Mindfulness of the psyche, mindfulness of the self.** *Australian and New Zealand Journal of Psychiatry*. [\[link\]](#)

Meiklejohn, J., Phillips, C., Freedman, M. L., et al. (2012). **Integrating mindfulness training into K-12 education: Fostering the resilience of teachers and students.** *Mindfulness*. [\[link\]](#)

Phelan, J. (2012). **Friendliness to the self.** *Mindfulness*. [\[link\]](#)

Sipe, W. E. & Eisendrath, S. J. (2012). **Mindfulness-based cognitive therapy: Theory and practice.** *Canadian Journal of Psychiatry*, 57(2), 63-9. [\[link\]](#)

TRIALS

Research on mindfulness newly registered or recently updated (Mar 2012) at Clinicaltrials.gov

Brigham and Women's Hospital. (Noggle, J., PI). **Evaluation of yoga for sleep disturbances in post traumatic stress disorder (PTSD).** Trial# NCT01556074. [\[link\]](#)

Department of Veterans Affairs (Lim, K., PI). **Meditation interventions for treatment of PTSD in Veterans (VMP).** Trial# NCT01548742. [\[link\]](#)

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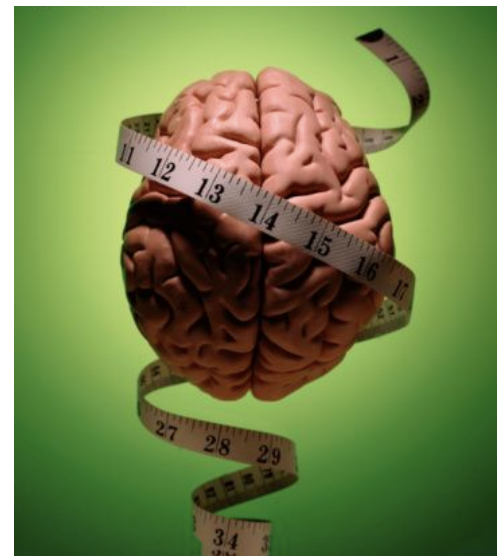
HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

Everything we think and feel, remember and experience is said to have 'neural correlates.' The physiological activity of our brains' neurons and glial cells, bloodflow, and bodily interactions all underlie our experience of life. What might be the pure neural correlates of mindful meditation in beginners? **Dickenson et al. (Soc Cog Affect Neuro)** set out to carefully examine this question. While previous studies have divulged brain areas involved in mindfulness, the current study instructed participants to focus mindfully on their breath while control subjects were instructed to "let your mind take you wherever it goes as your normally would throughout the day." Functional magnetic resonance imaging (fMRI) revealed that mindful breathing relative to controls specifically recruited an attention network including the anterior cingulate cortex, the insula, and frontal-parietal regions, while the default mode network activity was greater in the mind-wandering condition. Interestingly, trait mindfulness, as measured by self-report with the Mindful Attention Awareness Scale (MAAS), was associated with greater activation of these regions, and mindfulness even in beginners suppressed activity of the default mode network, a network activated often during daydreaming and mind wandering.

Again using fMRI, **Hasenkamp and Barsalou (Front Hum Neuro)** found that among healthy meditation practitioners who were savvy to breath-focused meditation, activity in the default mode network was

associated with mind wandering, and that connectivity between attentional networks increased with lifetime hours of meditation practice. The authors suggest that these plastic changes in network connectivity are lasting and represent the correlates of meditation's "off-the-mat" benefits to daily life.



Finally, **Moore et al. (Front Hum Neuro)** shifted to electroencephalographic (EEG) measurements of attention among meditation naïve participants during mindfulness meditation training. The longitudinal randomized controlled study found evidence that mindfulness meditation practice over 16 weeks improved subjects' efficiency of the use of attention resources in the brain, which might underlie the often observed benefits to self-regulation of attention. Moreover, total meditation time over the course of the intervention was strongly and significantly correlated with self-reported mindfulness level on the Five Facet Mindfulness Questionnaire (FFMQ). Although the exact underpinnings of meditation—and indeed of attention itself—remain incompletely understood, the two processes appear intricately intertwined.

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Books & Media

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Events & Conferences

Harvard Medical School Mindfulness Conference

May 11-12, 2012 at the Boston Park Plaza Hotel in downtown Boston. This conference explores how mindfulness meditation, especially acceptance and compassion, can be integrated into patient care and support the therapist's own well-being. You will be able to define compassion as a psychological skill; identify conditions to support or hinder compassion in psychotherapy; describe the neurobiological processes of awareness and acceptance; trace the historical roots of compassion mind training; help patients respond compassionately to their own suffering; and implement self-compassion as an antidote to compassion fatigue. In addition, you will be able to describe the use of acceptance and compassion-oriented approaches, such as the applications of dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and internal family systems (IFS) to treating children, adolescents, adults, and couples.

INFO: www.cambridgecme.org

Yoga Service Conference

Join us at the Yoga Service Conference, May 18-20th, 2012 at Omega in Rhinebeck, NY. Learn how yoga heals trauma; how to start and fund a yoga service project; how to work within institutions and about current research in yoga service. Register at www.eomega.org; Use discount code "YSC."

INFO: www.yogaservicecouncil.org

Jobs & Volunteer

Website Developer Needed

Mindfulness Research Guide is seeking a volunteer to help with website development and design for its services to the mindfulness community. Volunteers should have a minimum of 6 years experience in website development and should be familiar with WordPress hosting. Please send email with resume to mrginform@gmail.com

INFO: www.mindfulexperience.org

Research & Education

Certificate in Mindfulness and Psychotherapy

The Institute for Meditation and Psychotherapy is accepting applications for the fifth year of its comprehensive nine-month program in mindfulness and psychotherapy. Twenty-two faculty, weekly classes, case consultation, two retreats. Enrollment is limited, and there is an option for remote learning.

INFO: www.meditationandpsychotherapy.org

Iyengar Yoga for Cancer Survivors

The Pediatric Pain Program at UCLA is conducting a study on Iyengar yoga for young adult survivors of childhood cancer experiencing persistent fatigue. The study involves a free 12-week course of yoga.

INFO: Please call Dr. Subhadra Evans at (310) 475 3191 ext. 221 for more information.

Submit to Journal Issue on Mindfulness

Submit your articles to the special issue on Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions. The journal of Substance Use & Misuse has released a call for papers seeking manuscripts on the use of mindfulness-based interventions to treat substance users/misusers. Deadline for initial submission is Dec. 1, 2012.

INFO: www.mindfulexperience.org/resources/bl_ack_2012_call.pdf

American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour Viniyoga Studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013.

INFO: www.viniyoga.com

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Bethay, J., Wilson, K., Schnetzer, L., Nassar, S., & Bordieri, M. (2012). **A controlled pilot evaluation of acceptance and commitment training for intellectual disability staff.** *Mindfulness*. [link]

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Warren, J. (2012). **Applying Buddhist practices to recovery: What I learned from skiing with a little Buddha wisdom.** *Journal of Addictions & Offender Counseling*, 33(1), 34-47. [\[link\]](#)

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Skorski, I. E. S. (2012). **Measurement of acoustic characteristics in a traditional Korean Buddhist temple complex.** *Journal of the Acoustical Society of America*, 131(4), 3519. [\[link\]](#)

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Davidson, R. J. & McEwen, B. S. (2012). **Social influences on neuroplasticity: Stress and interventions to promote well-being.** *Nature Neuroscience*, 15(5), 689-95. [\[link\]](#)

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Oregon Health and Science University. (H. Wahbeh, PI). **Mindfulness meditation format pilot study.** Trial # NCT01581983. [\[link\]](#)

Umea University. (P. Carlbring, PI). **An Internet-administered, mindfulness training program for the treatment of anxiety.** Trial # NCT01577290. [\[link\]](#)

University of Michigan. (R. Chan, PI). **Mindfulness mediation intervention in chronic obstructive pulmonary disease (COPD).** Trial # NCT01577329. [\[link\]](#)

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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

Imagine life in a high-security prison in America's Deep South. Danger lurks at every turn, you have little control over your life, and emotional outbursts can have life-or-death consequences. It's difficult to imagine such an environment leading to rehabilitation of prisoners already facing tremendous internal

challenges. But as the incarcerated population approaches two million Americans and prisons become dangerously overcrowded, corrections officials are exploring new innovations to help prisoners improve their mental health. One maximum-security prison in Alabama has made inroads to bringing contemplative practices to this population with Vipassana meditation (VM) retreats. This longitudinal study by **Perelman et al. (*J Offender Rehab*)** was commissioned by the Alabama Department of Corrections to determine VM's effects. Before the intervention, researchers measured participants' mindfulness, anger, emotional intelligence, and mood states. They also made note of their behavioral infractions, segregation time (a punitive consequence), and health visits. Prisoners who underwent an intensive ten-day VM retreat—including nine days of "noble silence"—exhibited greater levels of mindfulness and emotional intelligence with less mood disturbance than a control group, even one year after the retreat.

In a more commonly studied stressed population, **Kaviani et al. (*J Psychiatry & Psychother*)** measured the effects of mindfulness-based cognitive therapy (MBCT) in college students faced with an exam. Over the eight-week course, female students living in

dormitories at Tehran University in Iran were randomly selected and then randomly assigned to attend two-and-a-half-hour sessions in MBCT with a trained psychologist. Compared to a control group, students receiving MBCT saw decreased signs of anxiety and depression assessed during and after treatment. The work points to mindfulness as a valid approach to lowering "sub-clinical" anxiety and depression in today's huge international population of students facing the stresses that come with higher education. As with anyone else, students facing an impending exam can feel as though their stress is all-encompassing, and it can hijack their thoughts and emotions. The aim of MBCT is to help students disengage from these patterns and see their thoughts and feelings as impermanent, not as their sole identity.

Chronic bodily illness can wreak havoc on one's mental state, perhaps none more than a diagnosis of cancer. **Garland et al. (*Integr Cancer Ther*)** investigated the relationship between mindfulness, stress level, and mood in people with cancer. Mindfulness-based stress reduction (MBSR) has already been shown to have positive outcomes in chronically ill people, but is the element of mindfulness itself that leads to improvements, or some other aspect of training? By examining changes in trait mindfulness, the authors showed that mindfulness indeed accounted for a significant component of the reductions in stress and mood disturbance. Participants—all with a cancer diagnosis—completed one of two mindfulness measures (MAAS or FFMQ) before and after MBSR training. Mood disturbance was reduced by 55%, and symptoms of stress fell by 29%. Of these improvements, the authors determined that changes in mindfulness accounted for 21% of the mood benefits and 14% of the stress reduction. The specific elements of mindfulness that provided the psychological boost seemed to be awareness of the present moment and refraining from judging one's inner experience. While these results were restricted to chronically ill subjects, the authors hint that these specific aspects of mindfulness training might be emphasized to improve mental health when they are applied.

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php

Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

Inner Life Skills for Youth

Experiential, evidence-based, step-by-step mindfulness, somatics, and emotional awareness training curriculum for working with adolescents. New national model project; developed with highly at-risk youth populations. Effective complement to other therapies.

Group or one-on-one. Help participants identify, organize, and articulate inner experience in language and framework relevant to their lives.

INFO: To order: www.applied-mindfulness.org

The Mindful Word

The Mindful Word is a free quarterly digital magazine with a vision of creating a culture of engaged living. The Mindful Word aims to further integrate mindfulness in everyday life by exploring such topics as the slow movement, permaculture and contemplative arts for the mindfulness characteristics they share. The Mindful Word strives to speak out against injustice in an open, inclusive way. We invite you to submit articles, essays, and poetry and sign up for a free digital magazine subscription!

INFO: www.themindfulword.org

Events & Conferences

Yoga Service Conference

Join us at the Yoga Service Conference, May 18-20th, 2012 at Omega in Rhinebeck, NY. Learn how yoga heals trauma; how to start and fund a yoga service project; how to work within institutions and about current research in yoga service. Register at www.eomega.org; Use discount code "YSC."

INFO: www.yogaservicecouncil.org

Mindfulness in Medicine, Psychotherapy and Society

Examining the current application fields of MBSR, MBCT and other mindfulness-based techniques and their potential effect. With Jon Kabat-Zinn, Saki Santorelli, Mark Williams, Rick Hanson, Britta Holzel, Ulrich Ott, and Andreas Remmel. Date: June 29 - July 1, 2012 Location: Vienna, Austria.

INFO: www.arbor-seminare.de/fachkongress2012

Jobs & Volunteer

Job Announcement: Scientific Director

Scientist / Scientific Director. The Davidson Lab and Center for Investigating Healthy Minds at the Waisman Center is currently accepting applications from qualified candidates to assume the position of Scientific Director in Dr. Davidson's research areas at the University of Wisconsin.

INFO: See full posting and application instructions: http://www.ohr.wisc.edu/WebListing/Unclassified/PVLSummaryPrint.aspx?pvl_num=73221

Website Developer Needed

Mindfulness Research Guide is seeking a volunteer to help with website development and design for its services to the mindfulness community. Volunteers should have a minimum of 5 years experience in website development and should be familiar with WordPress hosting. Please send email with resume to mrginform@gmail.com

INFO: www.mindfulexperience.org

Research & Education

Recruiting For Mindfulness Research Participants

Title: Mindfulness, Positivity and Work enthusiasm. We are looking for full-time working employees to complete an online questionnaire. By taking part, you will enroll in a draw to win an £20 Amazon vouchers. We would appreciate if you share this email with others. Thank you.

INFO: <http://www.ljmu.ac.uk/mindfulness/120973.asp>

Online UCLA Intro to Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The prerecorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Next class: May 7- June 16 (and offered throughout the year).

INFO: <http://marc.ucla.edu/body.cfm?id=65>

American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour Viniyoga Studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013.

INFO: www.viniyoga.com

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Beckman, H. B., Wendland, M., Mooney, C., Krasner, M. S., et al. (2012). **The impact of a program in mindful communication on primary care physicians.** *Academic Medicine*, 87(6), 1-5. [\[link\]](#)

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Skovbjerg, S., Hauge, C. R., Rasmussen, A., Winkel, P., & Elberling, J. (2012). **Mindfulness-based cognitive therapy to treat multiple chemical sensitivities: A randomized pilot trial.** *Scandinavian Journal of Psychology*, 53(3), 233-8. [\[link\]](#)

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White, R. G., Gumley, A. I., McTaggart, J., Rattrie, L., et al. (2012). **Depression and anxiety following psychosis: Associations with mindfulness and psychological flexibility.** *Behavioural and Cognitive Psychotherapy*. [\[link\]](#)

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Davidson, R. J., Dunne, J., Eccles, J. S., Engle, A., et al. (2012). **Contemplative practices and mental training: Prospects for American education.** *Child Development Perspectives*. [\[link\]](#)

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Beth Israel Deaconess Medical Center (R. Wells, PI). **Mindfulness based stress reduction for adults with mild cognitive impairment.** Trial # NCT01605448. [\[link\]](#)

Cleveland Clinic (D. Allexandre & T. Morledge, PIs). **Effectiveness of stress free now: an Internet-based mindfulness program for stress management.** Trial # NCT01595555. [\[link\]](#)

Emory University (T. Pace & P. Rochat PIs). **Cognitively-based compassion training and mindfulness attention training program.** Trial # NCT01592188. [\[link\]](#)

Linköping University (G. Andersson, PI). **Guided Internet-delivered acceptance and commitment therapy for chronic pain patients.** Trial # NCT01603797. [\[link\]](#)

Skaraborg Hospital (E. Sarenmalm, PI) A **Randomized Controlled Mindfulness Based Stress Reduction Intervention in Women With Breast Cancer.** Trial # NCT01591915. [\[link\]](#)

United States Naval Medical Center, San Diego (S. Johnston, PI). **Coherence training for military personnel.** Trial # NCT01599598. [\[link\]](#)

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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

This month, **Sedlmeier et al. (*Psych Bulletin*)** report on a meta-analysis of the effects of meditation. These authors focused on psychological measures of healthy subjects in studies that allowed for measurement of effect size. These criteria narrowed their initial pool of nearly 600 studies down to 163. They started with a fundamental question—why do people meditate?—and came up with two driving motivations: to overcome psychological and emotional problems, and to expand consciousness. The introduction includes a rich yet succinct survey of Western and particularly Eastern theories, but the authors lament the absence of a guiding theory in meditation research. They notably cite this deficiency as the “highest barrier for true advancement” in the field.

Using an analytic method, the authors answer the basic question, Does meditation have positive effects? The meta-analysis “yields a clear answer: yes.” In fact, they report quite strikingly, “the impact of meditation on (healthy) practitioners is quite comparable to the impact of behavioral treatments and psychotherapy on patients.” The authors conclude that meditation has a medium-sized global effect on psychological measures, and they point out that the effect seems to be slightly stronger for emotional than for cognitive variables. From their analysis, they identify a departure from a Western prediction that improvements in cognitive processes might underlie emotional benefits. Rather, the data seem to support the hypothesis that cognition may be improved by the reduction of negative emotional processes. The authors urge researchers to formulate a unifying theory that would allow for testable predictions “instead of...trying to determine if meditation works.”

Goldin et al. (*Soc Cog Aff Neurosci*) point out that social anxiety disorder (SAD) and other forms of anxiety amount to misregulated attentional processes: hypervigilance and inordinate attention to threat stimuli become disruptive. The authors compared MBSR to aerobic exercise (AE) for SAD. Both interventions decreased subjects’ emotional reactivity to negative self beliefs, but only those who practiced MBSR saw reduced negative emotions after implementing a regulation strategy. Further, functional magnetic resonance imaging (fMRI) showed those who underwent MBSR training displayed greater activity in regions of the parietal cortex associated with attention processes. Importantly, the emotion benefits of MBSR arose independently of logical reasoning or linguistic processing, which are cognitive processes required for some psychological re-appraisal approaches to anxiety treatment.

Kang et al. (*Soc Cog Aff Neurosci*) went a step further in their attempts to find the neurophysiological underpinnings of mindfulness in the brain. In a cross-sectional study of long-term meditators and naïve controls, they used both fMRI and diffusion tensor imaging (DTI) to assess cortical thickness and white matter connectivity. Anterior brain areas including frontal and temporal cortical regions were thicker in meditators, whereas posterior occipital and parietal cortical regions appeared thinner. Interestingly, the differences were seen in brain areas involved in the default mode network (DMN), a brain network increasingly recognized to mediate our internal attention stream. While the authors stopped short of interpreting the differences outright, they speculate that the thickening in the anterior DMN might reflect an enhanced emotional regulation in meditators while the posterior thinning could arise from improved self-referential processing. White matter changes were also detected in meditators. Whatever the causal link between meditation and the observed differences, it seems clear that some neuroplastic processes arise from meditation in attention circuits of the brain.

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php

Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

Book on Mindfulness and Learning

Recently published by Springer - 'Mindfulness and Learning: Celebrating the Affective Dimension of Education' by Terry Hyland. The book explores the connections between mindfulness and education at all levels with a view to advocating a mindfulness dimension to learning to redress the cognitive/affective balance of mainstream systems.

INFO: Read 10% online for free at Springer.com

Events & Conferences

Mindfulness and Education Workshop

New! A Mindfulness workshop at Bank Street College department of Continuing Professional Studies! A day-long Mindfulness and Education workshop for adults who work with children. The day will provide you with mindfulness practice and strategies for scaffolding mindfulness practice for children. Check out the link below for more information. Date: Tuesday, July 17

INFO: <http://bankstreet.edu/cps/courses/cpsmmmer2012/mindfulness-education/>

Mindfulness for Pain and Illness

A 3-day course for mindfulness teachers providing methods and approaches for helping people with chronic pain and/or illness. Led by Vidyamala Burch and Sona Fricker, founders of Breathworks social enterprise. Vidyamala has used mindfulness to manage spinal pain for 25 years, both teach internationally. Manchester 5th-7th October 2012.

INFO: www.breathworks-mindfulness.org.uk/training

Jobs & Volunteer

Website Developer Needed

Mindfulness Research Guide is seeking a volunteer to help with website development and design for its services to the mindfulness community. Volunteers should have a minimum of 5 years experience in website development and should be familiar with WordPress hosting. Please send email with resume to mrginform@gmail.com

INFO: www.mindfulexperience.org

Research & Education

Certificate in Mindfulness and Psychotherapy

The Institute for Meditation and Psychotherapy is accepting applications for the fifth year of its comprehensive nine-month program in mindfulness and psychotherapy. Twenty-two faculty, weekly classes, case consultation, two retreats. Enrollment is limited, and there is an option for remote learning.

INFO: www.meditationandpsychotherapy.org

MBSR/CT Professional Training Australia

A seven day intensive in-depth exploration of the practice of teaching MBSR/CT using a range of didactic, experiential and small group work and providing opportunities for practice teaching/leading/inquiry. This program is for people who already have an ongoing meditation practice including retreats and previous participation in an MBSR/CT program. Dates: 20th - 27th September, 2012

INFO: info@openground.com.au
www.openground.com.au

American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour viniyoga studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013.

INFO: www.viniyoga.com

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Baer, R. A., Carmody, J., & Hunsinger, M. (2012). **Weekly change in mindfulness and perceived stress in a mindfulness-based stress reduction program.** *Journal of Clinical Psychology.* [link]

Bowen, S., Haworth, K., Grow, J., ... Kohlenberg, R. (2012). **Interpersonal mindfulness informed by functional analytic psychotherapy: Findings from a pilot randomized trial.** *International Journal of Behavioral Consultation and Therapy, 7*(2-3), 9-15. [link]

Burg, J. M. & Wolf, O. T. (2012). **Mindfulness as self-regulated attention.** *Swiss Journal of Psychology, 71*(3), 135-39. [link]

Clark, P. G., Cortese-Jimenez, G., & Cohen, E. (2012). **Effects of reiki, yoga, or meditation on the physical and psychological symptoms of chemotherapy-induced peripheral neuropathy: A randomized pilot study.** *Journal of Evidence-Based Complementary & Alternative Medicine.* [link]

Frye, L. A. & Spates, C. R. (2012). **Prolonged exposure, mindfulness, and emotion regulation for the treatment of PTSD.** *Clinical Case Studies.* [link]

Goodman, M. J. & Schorling, J. B. (2012). **A mindfulness course decreases burnout and improves well-being among healthcare providers.** *The International Journal of Psychiatry in Medicine, 43*(2), 119-28. [link]

Himelstein, S., Hastings, A., Shapiro, S., & Heery, M. (2012). **Mindfulness training for self-regulation and stress with incarcerated youth A pilot study.** *Probation Journal, 59*(2), 151-65. [link]

Hoppes, S., Bryce, H., Hellman, C., & Finlay, E. (2012). **The effects of brief mindfulness training on caregivers' well-being.** *Activities, Adaptation & Aging, 36*(2), 147-66. [link]

Jazaieri, H., Goldin, P. R., Werner, K., ... Gross, J. J. (2012). **A randomized trial of MBSR versus aerobic exercise for social anxiety disorder.** *Journal of Clinical Psychology.* [link]

Lee, J. J. (2012). **Teaching mindfulness at a public research university.** *Journal of College and Character, 13*(2), 9. [link]

Lord, S. A. (2012). **Meditative dialogue: Tuning in to the music of family therapy.** *Journal of Family Therapy.* [link]

McManus, F., Surawy, C., Muse, K., ... Williams, J. M. G. (2012). **A randomized clinical trial of mindfulness-based cognitive therapy versus unrestricted services for health anxiety (hypochondriasis).** *Journal of Consulting and Clinical Psychology.* [link]

Monshat, K. & Castle, D. J. (2012). **Mindfulness training: An adjunctive role in the management of chronic illness?** *The Medical Journal of Australia, 196*(9), 569-4. [link]

Newsome, S., Waldo, M., & Gruszka, C. (2012). **Mindfulness group work: Preventing stress and increasing self-compassion among helping professionals in training.** *The Journal for Specialists in Group Work.* [link]

Tharaldsen, K. B. & Bru, E. (2012). **Evaluating the mindfulness-based coping program: An effectiveness study using a mixed model approach.** *Mental Illness, 4*(1), e11. [link]

Tonelli, M. E. & Wachholtz, A. B. (2012). **Meditation-Based treatment yielding immediate relief for meditation-naive migraineurs.** *Pain Management Nursing.* [link]

Wallmark, E., Safarzadeh, K., Daukantaite, D., & Maddux, R. E. (2012). **Promoting altruism through meditation: An 8-week randomized controlled pilot study.** *Mindfulness.* [link]

Zernicke, K. A., Campbell, T. S., Blustein, P. K., ... Carlson, L. E. (2012). **Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: A randomized wait-list controlled trial.** *International Journal of Behavioral Medicine.* [link]

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, C. E., McVay, M. A., Kinsaul, J., ... Copeland, A. L. (2012). **Unique relationships between facets of mindfulness and eating pathology among female smokers.** *Eating Behaviors.* [link]

Brown, K. W., Weinstein, N., & Creswell, J. D. (2012). **Trait mindfulness modulates neuroendocrine and affective responses to social evaluative threat.** *Psychoneuroendocrinology.* [link]

Cahn, B. R., Delorme, A., & Polich, J. (2012). **Event-related delta, theta, alpha, and gamma correlates to auditory oddball processing during Vipassana meditation.** *Social Cognitive and Affective Neuroscience.* [link]

Farb, N. A. S., Segal, Z. V., & Anderson, A. K. (2012). **Mindfulness meditation training alters cortical representations of interoceptive attention.** *Social Cognitive and Affective Neuroscience.* [link]

Kox, M., Stoffels, M., Smeekens, S. P., ... Pickkers, P. (2012). **The influence of concentration/meditation on autonomic nervous system activity and the innate immune response: A case study.** *Psychosomatic Medicine*, 74(5), 489-94. [link]

Lee, Y. C. & Chao, H. F. (2012). **The role of active inhibitory control in psychological well-being and mindfulness.** *Personality and Individual Differences.* [link]

Murphy, M. J., Mermelstein, L. C., Edwards, K. M., & Gidycz, C. A. (2012). **The benefits of dispositional mindfulness in physical health: A longitudinal study of female college students.** *Journal of American College Health*, 60(5), 341-48. [link]

Pakenham, K. I. & Samios, C. (2012). **Couples coping with multiple sclerosis: A dyadic perspective on the roles of mindfulness and acceptance.** *Journal of Behavioral Medicine.* [link]

Paolini, B., Burdette, J. H., Laurienti, P. J., ... Rejeski, W. J. (2012). **Coping with brief periods of food restriction: Mindfulness matters.** *Frontiers in Aging Neuroscience*, 4(13). [link]

Paul, N. A., Stanton, S. J., Greeson, J. M., ... Wang, L. (2012). **Psychological and neural mechanisms of trait mindfulness in reducing depression vulnerability.** *Social Cognitive and Affective Neuroscience.* [link]

Tang, Y. Y., Lu, Q., Fan, M., ... Posner, M. I. (2012). **Mechanisms of white matter changes induced by meditation.** *Proc Natl Acad Sci U S A.* [link]

Troy, A. S., Shallcross, A. J., Davis, T. S., & Mauss, I. B. (2012). **History of mindfulness-based cognitive therapy is associated with increased cognitive reappraisal ability.** *Mindfulness.* [link]

van Leeuwen, S., Singer, W., & Melloni, L. (2012). **Meditation increases the depth of information processing and improves the allocation of attention in space.** *Frontiers in Human Neuroscience*, 6(133). [link]

Webb, J. R., Phillips, T. D., Bumgarner, D., & Conway-Williams, E. (2012). **Forgiveness, mindfulness, and health.** *Mindfulness.* [link]

METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Crane, R. & Kuyken, W. (2012). **The implementation of mindfulness-based cognitive therapy: Learning from the UK health service experience.** *Mindfulness.* [link]

Lange, K., Gorbunova, A., & Christ, O. (2012). **The influence of mindfulness on different aspects of pain perception and affective reactivity to pain - feasibility of a multimethodical approach.** *Mindfulness.* [link]

Lau, M., Colley, L., Willett, B., & Lynd, L. (2012). **Employee's preferences for access to mindfulness-based cognitive therapy to reduce the risk of depressive relapse—A discrete choice experiment.** *Mindfulness.* [link]

Woolhouse, H., Knowles, A., & Crafti, N. (2012). **Adding mindfulness to CBT programs for binge eating: A mixed-methods evaluation.** *Eating Disorders*, 20(4), 321-39. [link]

Mindfulness Research Monthly

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REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Asare, F., Störsrud, S., & Simrén, M. (2012). **Meditation over medication for irritable bowel syndrome? On exercise and alternative treatments for irritable bowel syndrome.** *Current Gastroenterology Reports.* [\[link\]](#)

Brewer, J. A., Elwafi, H. M., & Davis, J. H. (2012). **Craving to quit: Psychological models and neurobiological mechanisms of mindfulness training as treatment for addictions.** *Psychology of Addictive Behaviors.* [\[link\]](#)

Chen, K. W., Berger, C. C., Manheimer, E., ...Lejuez, C. W. (2012). **Meditative therapies for reducing anxiety: A systematic review and meta-analysis of randomized controlled trials.** *Depression and Anxiety.* [\[link\]](#)

Davis, L. & Kurzban, S. (2012). **Mindfulness-Based treatment for people with severe mental illness: A literature review.** *American Journal of Psychiatric Rehabilitation, 15*(2), 202-32. [\[link\]](#)

Greene, P. B., Philip, E. J., Poppito, S. R., & Schnur, J. B. (2012). **Mindfulness and psychosocial care in cancer: Historical context and review of current and potential applications.** *Palliative and Supportive Care.* [\[link\]](#)

Kozasa, E. H., Tanaka, L. H., Monson, C., ... Peres, M. P. (2012). **The effects of meditation-based interventions on the treatment of fibromyalgia.** *Current Pain and Headache Reports.* [\[link\]](#)

Kuan, T. (2012). **Cognitive operations in Buddhist meditation: Interface with western psychology.** *Contemporary Buddhism, 13*(1), 35-60. [\[link\]](#)

Lang, A. J., Strauss, J. L., Bomyea, J., ... Essex, M. (2012). **The theoretical and empirical basis for meditation as an intervention for PTSD.** *Behavior Modification.* [\[link\]](#)

Sequeira, S. & Ahmed, M. (2012). **Meditation as a potential therapy for autism: A review.** *Autism Research and Treatment, 2012*, Article ID 835847. [\[link\]](#)

TRIALS

Research on mindfulness newly registered or recently updated (Jun 2012) at [Clinicaltrial.gov](#)

Carnegie Mellon University (D. Creswell, P.I.). **Mindfulness-based meditation to treat stress in unemployed community adults.** Trial # NCT01628809. [\[link\]](#)

Duke University. (J. Mitchell, P.I.). **Executive functioning and mindfulness in adults with attention deficit/hyperactivity disorder imaging.** Trial # NCT01629914. [\[link\]](#)

Massachusetts General Hospital. (A. Yeung, P.I.). **Tai Chi intervention for Chinese Americans with depression.** Trial # NCT01619631. [\[link\]](#)

Mayo Clinic. (C. Stonnington, P.I.). **A post-transplant resilience intervention.** Trial # NCT01629069. [\[link\]](#)

Seattle Institute for Biomedical and Clinical Research. (D. Kearney, P.I.). **The effects of mindfulness training on eating behaviors and food intake.** Trial # NCT01616368. [\[link\]](#)

Seattle Institute for Biomedical and Clinical Research. (D. Kearney, P.I.). **Mindfulness-based stress reduction and the microbiome.** Trial # NCT01619384. [\[link\]](#)

University Medical Centre Groningen. (R. Sanderman, P.I.). **Mindfulness-based cognitive therapy (MBCT) and cognitive behavioral therapy (CBT) for depression in diabetes patients.** Trial # NCT01630512. [\[link\]](#)

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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

The mental characteristic of mindfulness is said to have many emerging benefits on health. But how exactly does mindfulness lead to improved health? **Baer et al. (J Clin Psychol.)** first examined the most classic aim of a mindfulness-based intervention: reducing stress. Subjects undergoing a standard mindfulness-based stress reduction (MBSR) program were experiencing higher-than-normal levels of stress due to chronic pain, illness, or other circumstances. According to self-report, mindfulness—as measured with an abbreviated 15-item version of the Five-Facet Mindfulness Questionnaire (FFMQ)—began to increase after two weeks of training, and stress reduction kicked in after week four. These findings help confirm the long-held belief that mindfulness is the active ingredient underlying stress reduction induced by MBSR.

Murphy et al. (J Am Coll Health.) postulated that the established ways to improve health—like getting better sleep, more exercise, and eating healthy—might interact with trait mindfulness. In a longitudinal etiological assessment of female college students, a group in which health practices often fall by the wayside, researchers measured trait mindfulness with the Mindfulness Awareness Attention Scale (MAAS). Trait mindfulness scores predicted better health behaviors. Moreover, the researchers determined that mindfulness levels at the start of the academic quarter predicted better physical health at the end of the quarter, above and beyond the influence of the expected behavioral factors. Mindfulness,

sleep quality, and eating behaviors influenced one another bidirectionally with respect to the health outcomes in complex ways that are not yet explained.

Another study this month examined the effects of trait mindfulness on eating patterns in obese sedentary older adults. In an interesting study design, **Paolini et al. (Front Aging Neurosci.)** used functional magnetic resonance imaging (fMRI) to measure activity in the default mode network (DMN), a sort of resting brain activity circuit. Participants were divided into “high” and “low” mindfulness groups based on their scores on the Mindfulness Awareness Attention Scale (MAAS). They had a normal breakfast and then went two and a half hours without food. The researchers then took fMRI as the subjects viewed pictures of food and during a rest period



immediately following. “High” mindfulness participants returned to DMN activity more easily, suggesting they defaulted to this attention state when the food cues ended. The effect was more pronounced when subjects had consumed a liquid meal shake before resting. Those with “low” mindfulness scores, however, did not appear to return to DMN activity but continued with other brain activity networks, including the insula, auditory cortex and amygdala, indicating a continued preoccupation with the food thoughts. The findings may help guide future strategies in treating obese people who overeat due to low mindfulness paired with a high drive to consume food.

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

“The Mindfulness Prescription for Adult ADHD” Book

In our fast-paced culture the feelings of being scattered, easily distracted, or restless are common. However, for over 4% of adults in the U.S. who have adult ADHD, these feelings are persistent and get in the way of achievement and psychological well-being. Dr. Lidia Zylowka, a psychiatrist based in Santa Cruz, CA and a co-founding member of the UCLA Mindful Awareness Research Center, has written a book that explains ADHD and show how adults with ADHD can use mindfulness to develop more attention, strengthen emotion regulation skills, and balance their lives. The book and its CD outlines a step-by-step mindfulness approach that is relevant to all who are new to mindfulness and/or find it difficult to meditate. Now also available as an eBook.

INFO: For more see www.mindfulness-adhd.com. To connect with others interested in the topic, see www.facebook.com/MindfulnessADHD

Events & Conferences

Conference Submissions Now Being Accepted

Call For Conference Submissions for Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education, and Research Become part of this historic conference Feb. 1-3, 2013, featuring Jon and Myla Kabat-Zinn, through submitting any of the following for review and consideration: 2-hour breakout sessions; research presentations, research posters; pre- and post-conference workshops on specific programs or topics of interest. Visit our submission site at <http://www.surveymonkey.com/s/8JY79CT> for details. DEADLINE: August 1, 2012 Location: Catamaran Resort & Hotel, San Diego, CA

INFO: Web:

<http://cme.ucsd.edu/bridging/index.html> Email: mindfulness@ucsd.edu

.b Teacher Training with MiSP

Train to teach .b, the Mindfulness in Schools Project's highly respected mindfulness programme for adolescents, as endorsed by Jon Kabat-Zinn. Residential teaching retreat with creators of the curriculum at Oxford University, 28th-31st August, £895 inclusive of full-board and all materials. Minimum eligibility is an established Insight or MBCT/SR practice.

INFO: For more information about .b and an application form for this and future UK and US trainings, please contact info@mindfulnessinschools.org, or contact us via <http://mindfulnessinschools.org>

Mindfulness Teacher Development Course, UK

Seven day Teacher Development Course, Lancashire, UK. October to November 2012 Cost: £490 This programme gives participants: experience of reflection on mindfulness practice; clinical and academic information; plus insight into teaching aims and methods, in preparation to provide mindfulness-based interventions for individual clients and Mindfulness-based Cognitive Therapy for groups.

INFO: Applications and enquiries should be to Alistair Smith, alistair@cali.co.uk

Jobs & Volunteer

Website Developer Needed

Mindfulness Research Guide is seeking a volunteer to help with website development and design for its services to the mindfulness community. Please send email with resume to mrginform@gmail.com

INFO: view the website at www.mindfulexperience.org

Research & Education

MBSR/CT Professional Training Australia

A seven day intensive in-depth exploration of the practice of teaching MBSR/CT using a range of didactic, experiential and small group work and providing opportunities for practice teaching/leading/inquiry. This program is for people who already have an ongoing meditation practice including retreats and previous participation in an MBSR/CT program. Dates: 20th - 27th September, 2012

INFO: info@openground.com.au www.openground.com.au

American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour viniyoga studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013.

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Agha-Bagheri, H., Mohammad-Khani, P., Emrani, S., & Farahmand, V. (2012). **The efficacy of mindfulness-based cognitive therapy group on the increase of subjective well-being and hope in patients with multiple sclerosis.** *Journal of Clinical Psychology*, 4(1), 23-31. [[link](#)]

Azulay, J., Smart, C. M., Mott, T., & Cicerone, K. D. (2012). **A pilot study examining the effect of mindfulness-based stress reduction on symptoms of chronic mild traumatic brain injury/postconcussive syndrome.** *The Journal of Head Trauma Rehabilitation*, 32(6), 413-20. [[link](#)]

Barrett, B., Hayney, M. S., Muller, D., ...Coe, C.L. (2012). **Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial.** *Annals of Family Medicine*, 10(4), 337-46. [[link](#)]

Bei, B., Byrne, M. L., Ivens, C., ...Allen, N.B. (2012). **Pilot study of a mindfulness-based, multi-component, in-school group sleep intervention in adolescent girls.** *Early Intervention in Psychiatry*. [[link](#)]

Black, D. S., Cole, S. W., Irwin, M. R., ...Lavretsky, H. (2012). **Yogic meditation reverses NF- κ B and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial.** *Psychoneuroendocrinology*. [[link](#)]

Bostanov, V., M Keune, P., Kotchoubey, B., & Hautzinger, M. (2012). **Event-related brain potentials reflect increased concentration ability after mindfulness-based cognitive therapy for depression: A randomized clinical trial.** *Psychiatry Research*. [[link](#)]

Brady, S., O'Connor, N., Burgermeister, D., & Hanson, P. (2012). **The impact of mindfulness meditation in promoting a culture of safety on an acute psychiatric unit.** *Perspectives in Psychiatric Care*, 48(3), 129-37. [[link](#)]

Britton, W. B., Haynes, P. L., Fridel, K. W., & Bootzin, R. R. (2012). **Mindfulness-based cognitive therapy improves polysomnographic and subjective sleep profiles in antidepressant users with sleep complaints.** *Psychotherapy and Psychosomatics*, 81(5), 296-304. [[link](#)]

Burke, A. (2012). **Comparing individual preferences for four meditation techniques: Zen, Vipassana (mindfulness), qigong, and mantra.** *Explore*, 8(4), 237-42. [[link](#)]

Chiesa, A., Mandelli, L., & Serretti, A. (2012). **Mindfulness-based cognitive therapy versus psycho-education for patients with major depression who did not achieve remission following antidepressant treatment: A preliminary analysis.** *Journal of Alternative and Complementary Medicine*. [[link](#)]

Creswell, J. D., Irwin, M. R., Burklund, L. J., ...Cole, S.W.. (2012). **Mindfulness-based stress reduction training reduces loneliness and pro-inflammatory gene expression in older adults: A small randomized controlled trial.** *Brain, Behavior, and Immunity*. [[link](#)]

Johansson, B., Bjuhr, H., & Rönnbäck, L. (2012). **Mindfulness-based stress reduction (MBSR) improves long-term mental fatigue after stroke or traumatic brain injury.** *Brain Injury*. [[link](#)]

Jouper, J. & Johansson, M. (2012). **Qigong and mindfulness-based mood recovery: Exercise experiences from a single case.** *Journal of Bodywork and Movement Therapies*. [[link](#)]

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Kearney, D. J., Milton, M. L., Malte, C. A., ...Simpson, T. L. (2012). **Participation in mindfulness-based stress reduction is not associated with reductions in emotional eating or uncontrolled eating.** *Nutrition Research*, 32(6), 413-20. [\[link\]](#)

Leydon, G. M., Eyles, C., & Lewith, G. T. (2012). **A mixed methods feasibility study of mindfulness meditation for fatigue in women with metastatic breast cancer.** *European Journal of Integrative Medicine*. [\[link\]](#)

Muzik, M., Hamilton, S. E., Rosenblum, K., ...Hadi, Z. (2012). **Mindfulness yoga during pregnancy for psychiatrically at-risk women: Preliminary results from a pilot feasibility study.** *Complementary Therapies in Clinical Practice*. [\[link\]](#)

Reddy, S. D., Negi, L. T., Dodson-Lavelle, B., ...Craighead, L. W. (2012). **Cognitive-Based compassion training: A promising prevention strategy for at-risk adolescents.** *Journal of Child and Family Studies*. [\[link\]](#)

SeyedAlinaghi, S., Jam, S., Foroughi, M., ...Black, D. S. (2012). **Randomized controlled trial of mindfulness-based stress reduction delivered to human immunodeficiency virus-positive patients in Iran: Effects on CD4+ T lymphocyte count and medical and psychological symptoms.** *Psychosomatic Medicine*. [\[link\]](#)

Zangi, H. A., Mowinckel, P., Finset, A., ...Hagen, K. B. (2012). **A mindfulness-based group intervention to reduce psychological distress and fatigue in patients with inflammatory rheumatic joint diseases: A randomised controlled trial.** *Annals of the Rheumatic Diseases*, 71(6), 911-7. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Ciesla, J. A., Reilly, L. C., Dickson, K. S., ...Updegraff, J. A. (2012). **Dispositional mindfulness moderates the effects of stress among adolescents:**

Rumination as a mediator. *Journal of Clinical Child & Adolescent Psychology*. [\[link\]](#)

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Jislin-Goldberg, T., Tanay, G., & Bernstein, A. (2012). **Mindfulness and positive affect: Cross-sectional, prospective intervention, and real-time relations.** *The Journal of Positive Psychology*. [\[link\]](#)

Kushner, K. (2012). **You cannot wash off blood with blood: Entering the mind through the body.** *EXPLORE: The Journal of Science and Healing*, 8(4), 243-48. [\[link\]](#)

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METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

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REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Chiesa, A. (2012). **The difficulty of defining mindfulness: Current thought and critical issues.** *Mindfulness*. [\[link\]](#)

Grégoire, S., Baron, C., & Baron, L. (2012). **Mindfulness and counselling.** *Canadian Journal of Counselling and Psychotherapy*, 46(2). [\[link\]](#)

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Marchand, W. R. (2012). **Mindfulness-based stress reduction, mindfulness-based cognitive therapy, and Zen meditation for depression, anxiety, pain, and psychological distress.** *Journal of Psychiatric Practice*, 18(4), 233-52. [\[link\]](#)

Tang, Y. Y., Yang, L., Leve, L. D., & Harold, G. T. (2012). **Improving executive function and its neurobiological mechanisms through a mindfulness-based intervention: Advances within the field of developmental neuroscience.** *Child Development Perspectives*. [\[link\]](#)

Wetherill, R. & Tapert, S. F. (2012). **Adolescent brain development, substance use, and psychotherapeutic change.** *Psychology of Addictive Behaviors*. [\[link\]](#)

Witkiewitz, K., Lustyk, M. K., & Bowen, S. (2012). **Retraining the addicted brain: A review of hypothesized neurobiological mechanisms of mindfulness-based relapse prevention.** *Psychology of Addictive Behaviors*. [\[link\]](#)

TRIALS

Research on mindfulness newly registered (Jul 2012) at Clinicaltrials.gov

Johns Hopkins University (E. Sibinga, P.I.). **Improving wellness for young men.** Trial # NCT01650233. [\[link\]](#)

Rotman Research Institute at Baycrest (R. Hinst). **Cognitive activation therapy for MCI: A randomized control study.** Trial # NCT01641328. [\[link\]](#)

Southern Methodist University (J. Smits, P.I.). **Yoga for stress and mental health.** Trial # NCT01652807. [\[link\]](#)

University of Arizona (C. Raison, P.I.). **The sounds of compassion: testing how specific elements of meditation change daily life.** Trial # NCT01643369. [\[link\]](#)

University of California, San Francisco (L. Duncan, P.I.). **Pilot trial of centering pregnancy with mindfulness skills.** Trial # NCT01646463. [\[link\]](#)

University of Wisconsin, Madison (B. Barrett, P.I.). **University of Wisconsin meditation and exercise cold study (MEPARI-2).** Trial # NCT01654289. [\[link\]](#)

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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

Scientists are increasingly scrutinizing mindfulness and meditation in medical contexts. This month, several new studies provide compelling evidence for how mindfulness interventions may protect health in such contexts by altering bodily systems.

Acute respiratory infection—also known as the common cold—ranks as the country's most expensive illness, with a \$40 billion annual price tag. **Barrett et al. (*Ann Fam Med*)** investigated whether mindfulness-based stress reduction (MBSR) or a moderate physical exercise program would affect the course of this illness. Participants in the MBSR and exercise groups caught significantly fewer colds than those in the control group, but only meditators experienced markedly shorter and less severe colds than controls. The researchers also collected samples from participants' noses, which contained biological markers of immune system activity and viral infection. These did not differ among groups, indicating those who received MBSR also encountered viral infections. Surprisingly, a battery of self-reported psychosocial tests reflected only a small reduction in stress and increased optimism in the intervention groups, perhaps because the sample of mostly women over 50 was quite healthy.

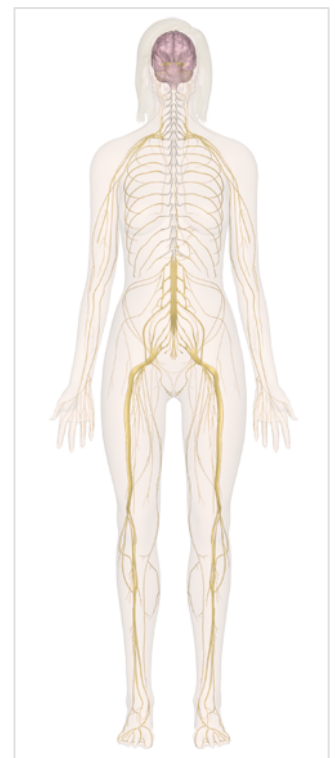
Another costly—and growing—affliction in the U.S. is traumatic brain injury (TBI). Symptoms of TBI typically fall into four clusters: cognitive and attention problems; physical manifestations like pain; psychiatric outcomes like mood disorders; and emotional dysregulation. Although most people recover normally after TBI, a minority experience chronic symptoms that require ongoing care. Remarkably, this group makes up an estimated 2% of Americans. Because some of MBSR's aims are to increase one's self awareness and reduce emotional reactivity, **Azulay et al. (*J Head Trauma Rehabil*)** hypothesized that it

might improve outcomes for those suffering from the chronic effects of mild TBI. For the uncontrolled pilot study, the authors used a slightly modified version of a 10-week MBSR training with greater emphasis on attention skills, building awareness of internal and external experience, and shifting perspective on those experiences. Participants' self-reported quality of life and self-confidence increased, and they saw slight improvements in some measures of cognitive function and attention after training.

Acute and chronic psychosocial stress can wreak havoc even on the body, but for people infected with human immunodeficiency virus (HIV), stress can spell disaster.

Stress acts through the hypothalamic-pituitary-adrenal (HPA) axis and other endocrine signaling systems to influence the immune system. **Sayedalinaghi et al. (*Psychosom Med*)** followed Iranians living with HIV—a group often encountering stigma and related stress—over 12 months after they received either 8-week MBSR training or a brief “education and support” control condition. Their data indicated that those receiving

MBSR saw an immediate increase in CD4, a common marker used to track immune function and HIV progression. This rise in CD4 returned to baseline level by 12 months. Participants also reported temporary improvements in psychological symptoms early on, but only self-reports of medical symptoms significantly improved and persisted over the entire 12-month follow-up period.



ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

The Path of Mindfulness Meditation

A new in-depth book about mindfulness and its application for personal transformation and emotional healing.

INFO: Available through Amazon at <http://www.amazon.com/dp/1432736884/>

Events & Conferences

Clinical Meditation and Imagery

Our 30th year of Clinical Meditation and Imagery certificate training for health professionals. One Saturday per month in Huntington NY. Continuing education credits. Begins: September 22, 2012.

INFO: Contact: Dr. Richard Schaub
drrichardschaub@gmail.com
www.huntingtonmeditation.com

Jobs & Volunteer

Science Writer Needed

Mindfulness Research Monthly is currently seeking a science writer for its *Highlights* section. Successful applicants must have experience in translating basic science into layman's terms for a general public audience. Ph.D. or equivalent preferred, but other experienced writers will be considered based on qualifications. A research stipend is available.

INFO: Send CV and writing sample to mrginform@gmail.com

Research & Education

MBSR/CT Professional Training Australia

A seven day intensive in-depth exploration of the practice of teaching MBSR/CT using a range of didactic, experiential and small group work and providing opportunities for practice teaching/leading/inquiry. This program is for people who already have an ongoing meditation practice including retreats and previous participation in an MBSR/CT program. Dates: 20th - 27th September, 2012

INFO: info@openground.com.au
www.openground.com.au

Recruiting Mindfulness Online Survey Participants

£20 Amazon voucher draw is given! The research aims to investigate the relationship between mindfulness and organizational behavior. Your participation is very important in exploring the benefit of mindfulness practice in working experience!! Greatly appreciate if you could share this info as widely as possible. Thank you.

INFO: Further details at <http://www.ljmu.ac.uk/mindfulness/120973.asp>

Submit to Journal Issue on Mindfulness

Submit your manuscript to the special issue on *Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions*. The journal *Substance Use & Misuse* is seeking manuscripts on the use of mindfulness-based interventions to treat substance users/misusers. Deadline for initial submission is Dec. 1, 2012. For details, go to:

http://www.mindfulexperience.org/resources/black_2012_call.pdf

INFO: Submit your manuscripts at <http://informahealthcare.com/loi/sum>

American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour viniyoga studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013.

INFO: www.viniyoga.com

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Brown, C. A. & Jones, A. K. (2012). **Psychobiological correlates of improved mental health in patients with musculoskeletal pain after a mindfulness-based pain management program.** *The Clinical Journal of Pain.* [\[link\]](#)

Carmody, J. F., Olendzki, B. C., Merriam, P. A.,... Ma, Y. (2012). **A novel measure of dietary change in a prostate cancer dietary program incorporating mindfulness training.** *Journal of the Academy of Nutrition and Dietetics.* [\[link\]](#)

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Gootjes, L. & Rassin, E. (2012). **Perceived thought control mediates positive effects of meditation experience on affective functioning.** *Mindfulness.* [\[link\]](#)

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ASSOCIATIONS

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Providing monthly research updates on mindfulness
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Ireland, M. (2012). **Meditation and psychological health: Modeling theoretically derived predictors, processes, and outcomes.** *Mindfulness.* [[link](#)]

Jacobs, T. L. (2012). **Contemplative practice, chronic fatigue, and telomerase activity: A comment on Ho et al.** *Annals of Behavioral Medicine.* [[link](#)]

Lifshitz, M. (2012). **Hypnosis and meditation: Vehicles of attention and suggestion.** *The Journal of Mind-Body Regulation, 2(1),* 3-11. [[link](#)]

Sauer-Zavala, S., Walsh, E., Eisenlohr-Moul, T., & Lykins, E. (2012). **Comparing mindfulness-based intervention strategies: Differential effects of sitting meditation, body scan, and mindful yoga.** *Mindfulness.* [[link](#)]

Sauer, S., Walach, H., Schmidt, S.,... Kohls, N. (2012). **Assessment of mindfulness: Review on state of the art.** *Mindfulness.* [[link](#)]

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REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Dumont, L., Martin, C., & Broer, I. (2012).

Functional neuroimaging studies of hypnosis and meditation: A comparative perspective. *The Journal of Mind-Body Regulation*, 2(1), 58-70. [\[link\]](#)

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Lynn, S., Malaktaris, A., Maxwell, R.,... van der Kloet, D. (2012). **Do hypnosis and mindfulness practices inhabit a common domain? Implications for research, clinical practice, and forensic science.** *The Journal of Mind-Body Regulation*, 2(1), 12-26. [\[link\]](#)

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Semmens-Wheeler, R. & Dienes, Z. (2012). **The contrasting role of higher order awareness in hypnosis and meditation.** *The Journal of Mind-Body Regulation*, 2(1), 43-57. [\[link\]](#)

Weber, B., Jermann, F., Lutz, A.,... Bondolfi, G. (2012). **Mindfulness-based therapeutic approaches: Benefits for individuals suffering from pain.** [French] *Revue Médicale Suisse*, 8(347), 1395-8. [\[link\]](#)

TRIALS

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Northern California Institute of Research and Education (T. C. Neylan, P.I.). **Integrative exercise for post-deployment stress.** Trial # NCT01674244. [\[link\]](#)

The Hong Kong Polytechnic University (W. T. Chien, P.I.). **Mindfulness-based psychoeducation for schizophrenia.** Trial # NCT01667601. [\[link\]](#)

University College, London (A. Steptoe, P.I.). **A randomised controlled trial to investigate the effects of a mindfulness smartphone app on well-being in the workplace.** Trial # NCT01661569. [\[link\]](#)

University of Aarhus (R. Zachariae & M. Johannsen, P.I.). **The effectiveness of mindfulness on chronic pain in breast cancer survivors.** Trial # NCT01674881. [\[link\]](#)

University of Wisconsin, Madison (J. M. Davis, P.I.). **Pilot study on mindfulness for tobacco and alcohol in university students.** Trial # NCT01679236. [\[link\]](#)

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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

Mindfulness is usually taught in conjunction with practices that emphasize kindness and compassion towards oneself and others. This month three studies explore the effects of lovingkindness and compassion meditation on compassion, attention, emotional learning, and brain function.

Can a compassionate attitude towards self and others be taught? Thupten Jingpa, Ph.D., the Dalai Lama's principal English translator, has developed a nine-week compassion cultivation training (CCT) that combines elements of Theravada lovingkindness and Tibetan compassion meditations. **Jazalieri et al. (*J of Happiness Stud*)** studied-compassion and fear of compassion (e.g., fear of being taken advantage of, feelings of unworthiness) in CCT trainees. The trainees showed greater self-compassion and decreased fear of compassion when compared with a waitlist control group. The amount of time trainees spent in meditation was directly correlated with their decrease in fear of compassion towards others.

Lovingkindness meditation also affects basic psychological processes such as cognitive control and emotional conditioning.

Hunsinger et al. (*Mindfulness*) studied participants in a three-session lovingkindness meditation training. Trainees completed a Stoop task -- a measure of their ability to focus while ignoring interfering stimuli. They also viewed Chinese ideographs that were paired with positive, negative, or neutral pictures in conditioning trials and were then asked to rate how much they liked each of the ideographs. Trainees were more easily influenced by the positive pictures than members of a control group, which received no training, but there was no similar effect for the sad pictures. This

suggests that lovingkindness may facilitate associating pleasant affect with novel stimuli. Why is this important? The researchers speculate that lovingkindness practice could help us develop positive attitudes towards people we are meeting for the first time. Trainees also correctly categorized stimuli faster on the Stroop task than the control group suggesting that the concentration needed to perform lovingkindness meditation helped them to develop their attentional focus.

Not all meditation is alike. Different forms of meditation probably activate different neural systems and have their own unique and specific benefits.

Researchers are beginning to chart how different types of meditation differentially affect the brain. **Lee et al. (*PLOS One*)** monitored expert and novice lovingkindness meditation (LKM) and focused-attention meditation (FAM) practitioners in an fMRI scanner as they performed a variety of tasks. Experienced meditators averaged over 6,000 hours of meditation practice; novices had practiced for only one week. LKM and FAM activated different brain regions. Both types of meditation affected neural activation in response to the presentation of happy and sad pictures, but did so differently. Sad pictures activated attention-processing systems in FAM meditators and emotional regulation systems in LKM meditators. Participants also completed a mood questionnaire on which experienced LKM meditators reported the lowest levels of negative affect. FAM and LKM experts both made fewer omission errors than novices on a measure of sustained attention, but only FAM experts made fewer commission errors than novices while in the meditative state. These results point to FAM's greater effect on attention-specific brain regions.



ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

"The Mindfulness Prescription for Adult ADHD" Book

In our fast-paced culture the feelings of being scattered, easily distracted, or restless are common. However, for over 4% of adults in the U.S. who have adult ADHD, these feelings are persistent and get in the way of achievement and psychological well-being. Dr. Lidia Zylowka, a psychiatrist based in Santa Cruz, CA and a co-founding member of the UCLA Mindful Awareness Research Center, has written a book that explains ADHD and show how adults with ADHD can use mindfulness to develop more attention, strengthen emotion regulation skills, and balance their lives. The book and its CD outlines a step-by-step mindfulness approach that is relevant to all who are new to mindfulness and/or find it difficult to meditate. Now also available as an eBook.

INFO: For more see www.mindfulness-adhd.com. To connect with others interested in the topic, see www.facebook.com/MindfulnessADHD

Events & Conferences

Clinical Meditation and Imagery

Our 30th year of Clinical Meditation and Imagery certificate training for health professionals. One Saturday per month in Huntington NY. Continuing education credits. Begins: September 22, 2012.

INFO: Contact Dr. Richard Schaub drichardschaub@gmail.com
www.huntingtonmeditation.com

Promoting Mindful Practice in Medicine

Promoting Mindful Practice in Medical Education and Practice -- October 31 - November 3, 2012. A workshop designed for medical practitioners and educators wishing to incorporate mindful practice into their professional lives. Workshop goals are to develop greater awareness in teaching and clinical work; reduce clinician burnout; improve well-being; and enhance the quality of patient-centered care clinicians provide. Held at the beautiful Chapin Mill Retreat Center, in Western New York. Faculty: Ron Epstein, MD, Mick Krasner, MD Fred Marshall, MD, Shauna Shapiro, PhD.

INFO: Contact the University of Rochester School of Medicine and Dentistry Center for Experiential Learning, 585-275-4392. Course website: <http://www.cvent.com/events/promoting-mindful-practice-in-medical-education-and-practice/event-summary-6954fabe9d3a4af5a1a7e309ffe9bc59.aspx>

Art and Science of Contemplative Teaching

Register now for the Garrison Institute's symposium "The Art and Science of Contemplative Teaching and Learning: Exploring Ways of Knowing", Nov. 16-18, 2012. The event features a keynote by Dan Siegel and workshops that explore bringing mindfulness to K-12 classrooms through the arts, yoga, and movement. Presenters include Laura Rendón, Linda Lantieri, Tish Jennings, Trish Broderick, Bidyut Bose, and more! Early registration discount in effect through Sept. 17.

INFO: For information, registration, and scholarship application, visit www.garrisoninstitute.org/education2012

Jobs & Volunteer

Science Writer Position Filled

The position of Science Writer for *Mindfulness Research Monthly* is now filled. Thank you all for your applications.

INFO: mrginform@gmail.com

Research & Education

Help Me Bring Mindfulness to K12 Students

I am passionate about bringing mindfulness to schools. Canadian K12 district principal (bilingual- french) wanting to begin EdD in this area. Looking for a school /research center to assist me. BEd U of Alberta and Master of Religious Ed Newman Theological College (Edmonton, Alberta).

INFO: Contact Angela at a_auger@telus.net

Submit to Journal Issue on Mindfulness

Submit your manuscript to the special issue on *Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions*. The journal *Substance Use & Misuse* is seeking articles on the use of mindfulness-based interventions to treat substance users/misusers and etiological papers linking mindfulness and substance use. Deadline for submission is December 1, 2012. For details, go to: http://www.mindfulexperience.org/resources/black_2012_call.pdf

INFO: For instructions for authors and online submission, go to <http://informahealthcare.com/loi/sum>

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Crane-Okada, R., Kiger, H., Sugerman, F.,... Anderson, N. (2012). **Mindful movement program for older breast cancer survivors: A pilot study.** *Cancer Nursing*, 35(4), e1-13. [\[link\]](#)

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Falb, M. D. & Pargament, K. I. (2012). **Relational mindfulness, spirituality, and the therapeutic bond.** *Asian Journal of Psychiatry*. [link]

Jerath, R., Barnes, V. A., Dillard-Wright, D.,... Hamilton, B. (2012). **Dynamic change of awareness during mind-body techniques neural correlates and physiology.** *Frontiers in Human Neuroscience*, 6, 131. [link]

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Park, C. (2012). **Mind-body CAM interventions: Current status and considerations for integration into clinical health psychology.** *Journal of Clinical Psychology*. [link]

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Stanley, S. (2012). **Mindfulness: Towards A critical relational perspective.** *Social and Personality Psychology Compass*, 6(9), 631-41. [link]

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Research trials on mindfulness newly registered (Sep 2012) at Clinicaltrial.gov

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Providing monthly research updates on mindfulness
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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

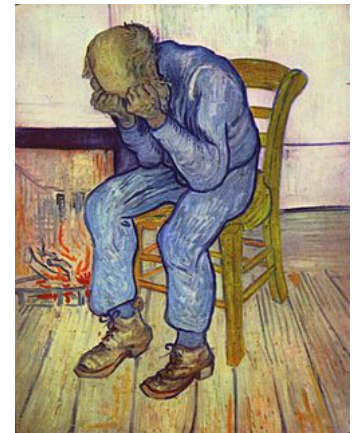
Depression continues to be the most significant mental health problem in the United States today. Seventeen percent of the population will experience at least one major depressive episode at some point during their lifetimes, and recovered patients are often troubled by residual symptoms and remain at risk for recurrences. Most depressed patients experience at least one recurrence, and at least one-third suffer from residual symptoms that fail to completely resolve. Insufficient treatment response and risk of recurrence persist as problems despite the widespread use of antidepressant medications.

Previous research has shown that Mindfulness-Based Cognitive Therapy (MBCT) significantly reduces the likelihood of recurrence in patients with histories of three or more depressive episodes. As a consequence, trials of MBCT are often limited to individuals who have had multiple depressive episodes but don't currently meet the full diagnostic criteria for depression. Two new studies challenge these limitations, suggesting that mindfulness-based treatments can successfully reduce both active depression and residual symptoms regardless of prior depression history.

Geschwind et al. (*Br J Psychiatry*.) studied patients with residual symptoms from previously diagnosed depressive episodes. The research subjects were randomly assigned to either MBCT or a wait-list control. MBCT reduced residual symptoms by 30-35%, an improvement that was sustained at 6- and 12-month follow-up. The patients improved regardless of their number of prior episodes. Patients with only one or two previous episodes improved just as much as those with three or more. This is important because patients with residual symptoms are at greatest risk for recurrence. The authors conclude that the practice of restricting MBCT

trials to patients with three or more depressive episodes needs "urgent re-examination."

McCarney et al. (*Euro J Psycho Counsel*.) performed a meta-analysis of the effect of mindfulness-based treatments on depressive symptoms as measured by the Beck Depression Inventory (BDI). Eleven studies that implemented mindfulness-based programs such as MBSR and



Sorrowing Old Man, 1890, Vincent Van Gogh

MBCT were included in the meta-analysis. The patients in these studies were being treated for depression, anxiety, ADHD, or eating disorders. The various mindfulness-based programs reduced BDI scores by an average of 8.73 points--a large and significant effect size--and a mean reduction of 25%-59% from pretreatment levels. The results support the use of mindfulness-based interventions to treat current depressive symptoms and not just to prevent recurrence.

Of course, it's always better to prevent symptoms before they develop. **Bergomi et al. (*Cogn Behav Ther*.)** studied how mindfulness and distressing experiences (e.g., loss, failure, and humiliation) interact to affect mood and psychiatric symptoms. Higher levels of trait mindfulness acted as a protective factor in this large community sample, significantly reducing the effects of distressing experiences on both negative mood and the severity of self-reported psychiatric symptoms. The study doesn't tease out how mindfulness accomplishes its effects, and its correlational, non-prospective design limits the conclusions that can be drawn. Nevertheless, it suggests a possible role for mindfulness training in primary prevention--stopping illnesses before they occur--which is the holy grail of mental health research.

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Books & Media

None posted

Events & Conferences

Mindful Living Programs MBSR Retreats

Providing mindfulness retreats for health care professionals for 13 years we offer 24 hours CME, MCEP, CEU's for physicians, psychologists, nurses, and counselors. Learn how Mindfulness Based Stress Reduction contributes to medicine and psychotherapy and gain skills that promote wellness and healthful living.

INFO: Visit

www.mindfullivingprograms.com or call 831.469-3338 for more information.

Flagstaff Living Compassion Conference

Explore the multidimensional nature of compassion, its philosophical, psychological, and spiritual roots; its cultivation and expression; its importance, relevance, and application in our everyday lives. Related events include Self-Compassion Workshop of October 25. Date: October 26-27, 2012. Presented by the NAU Social and Behavioral Sciences Compassion Project.

INFO: Website:

www.nau.edu/SBS/Events/Living-Compassion/

Art and Science of Contemplative Teaching

Register now for the Garrison Institute's symposium "The Art and Science of Contemplative Teaching and Learning: Exploring Ways of Knowing," November 16-18, 2012. The event features a keynote by Dan Siegel, and workshops that explore bringing mindfulness to K-12 classrooms through the arts, yoga, and movement. Presenters include Laura Rendón, Linda Lantieri, Tish Jennings, Trish Broderick, Bidyut Bose, and more! Continuing Education Units (CEUs) are now available through the State University of New York at New Paltz.

INFO: For information and registration:

www.garrisoninstitute.org/education2012

Jobs & Volunteer

None posted

Research & Education

Help Me Bring Mindfulness to K12 Students

I am passionate about bringing mindfulness to schools. Canadian K12 district principal (bilingual- French) wanting to begin EdD in this area. Looking for a school /research center to assist me. BEd U of Alberta and Master of Religious Ed Newman Theological College (Edmonton, Alberta).

INFO: Contact Angela at

a_auger@telus.net

Participate in Smartphone Research

Researchers at the University of Chicago are currently conducting a smartphone experience sampling study across the US and Canada with a focus on how people deal with desires and wants in everyday life. We are interested in including a broad range of characteristics in our sample, including participants who are interested in and practicing mindfulness/meditation. Compensation is up to \$30; all you need is a smartphone.

INFO: The study is called the "Tracking Desires Study" and can be accessed:

http://chicagobooth.qualtrics.com/SE/?SID=SV_9zShFTtL0Rb3HEN

Special Issue on Substance Use and Mindfulness

Submit your manuscript to the special issue on *Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions*. The journal *Substance Use & Misuse* is seeking articles on the use of mindfulness-based interventions to treat substance users/misusers and etiological papers linking mindfulness and substance use. Deadline for submission is December 1, 2012. For details, go to: http://www.mindfulexperience.org/resources/black_2012_call.pdf

INFO: For instructions for authors and online submission, go to

<http://informahealthcare.com/page/sum/Description#Instructions>

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

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Adams, C., McVay, M., Stewart, D.,... Copeland, A. (2012). **Mindfulness ameliorates the relationship between weight concerns and smoking behavior in female smokers: A cross-sectional investigation.** *Mindfulness*. [\[link\]](#)

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Frewen, P., Unholzer, F., Logie-Hagan, K., & MacKinley, J. (2012). **Meditation breath attention scores (MBAS): Test-retest reliability and sensitivity to repeated practice.** *Mindfulness*. [\[link\]](#)

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REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Boellinghaus, I., Jones, F., & Hutton, J. (2012). **The role of mindfulness and loving-kindness meditation in cultivating self-compassion and other-focused concern in health care professionals.** *Mindfulness*. [\[link\]](#)

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TRIALS

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Charite University (B. Brinkhaus, P.I.). **Walking for stress reduction.** Trial # NCT01716832. [\[link\]](#)

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HIGHLIGHTS

A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness

Tens of millions of Americans suffer from chronic pain which contributes to mood and sleep disorders, impairs social and vocational functioning, saps joie de vivre, and costs an estimated \$635 billion dollars annually in associated medical costs and lost productivity.

Jon Kabat-Zinn's groundbreaking 1982 study was the first to suggest the value of MBSR in treating chronic pain. Early MBSR studies were demonstration projects that lacked randomized assignment and sophisticated controls. The field has gradually matured over time, with randomized controlled studies becoming more frequent, along with meta-analyses that assess the magnitude of effect sizes across studies. Meanwhile, researchers are continuing to explore the efficacy of MBSR in treating new disorders, and starting to analyze the cost-benefit ratios associated with treatment outcomes.

Cramer et al. (*BMC Complement Altern Med*) explored whether MBSR was specifically effective for patients with chronic low-back pain. The authors located three randomized controlled studies that addressed the issue. While one study of 37 failed back surgery patients found MBSR significantly reduced pain and disability, two studies with a combined total of 77 geriatric (average age = 76) low-back pain patients failed to detect such a benefit. The geriatric treatment differed from standard MBSR,



however, in that it excluded yoga and the all-day retreat from the treatment protocol. Two studies also measured pain acceptance and reported significant improvements in that domain. While evidence that MBSR reduces low-back pain and disability was deemed inconclusive, the authors found limited support that MBSR improves pain acceptance.

In a randomized, controlled study, **Fjorback et al.** (*J of Psychosom Res*) compared the effectiveness of MBSR with enhanced treatment-as-usual in 119 patients with overlapping diagnoses of fibromyalgia, chronic fatigue syndrome, and somatization disorder. The enhanced treatment-as-usual protocol included an individualized two-hour cognitive behavioral consultation. While the MBSR group was significantly more improved by the end of treatment, the two groups were found to be equally improved one year later. On the other hand, significantly fewer MBSR patients ended up on permanent disability. At 15-month follow-up, 25% of the MBSR group were receiving disability pensions, compared with 45% of the control group.

In an uncontrolled pilot study, **Kold et al.** (*Nordic Psychology*) used MBSR (supplemented by mental imagery and biofeedback) to treat 10 women with endometriosis--a painful condition affecting 10% of all fertile women in which endometrial tissue proliferates throughout the abdominal cavity causing inflammation, bleeding, and adhesions. The women in this study exhibited significant and lasting improvement in their bodily pain, physical functioning, feelings of powerlessness, emotional wellbeing, and social support.

Collectively, these studies offer some limited, mixed support for the general efficacy of MBSR in the treatment of chronic pain. They also underscore the need for additional studies to identify 1) the specific conditions and age groups that are most likely to benefit from MBSR, and 2) the specific MBSR components that are the active ingredients for specific pain-related outcomes. Researchers would do well to measure pain acceptance in addition to pain intensity in future studies.

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Events & Conferences

MBCPM Facilitator Training

Mindfulness-Based Chronic Pain Management (MBCPM) is a 13-week course, created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain/disease learn the principles of Mindfulness meditation and how these relate to suffering less pain. Modeled on Kabat-Zinn's MBSR program. MBCPM was designed to better address the unique needs of the chronic pain/disease population. Since its creation in 2002 almost 6,000 people have gone through the program. A 3-day intensive MBCPM Level 1 Facilitator Training is being offered from February 20 to 22, 2013 at St. Michael's Hospital in Toronto, Ontario, Canada. To qualify for the course, applicants must have completed a Mindfulness course taught by an accredited teacher of MBSR, MBCT or MBCPM, have a consistent meditation practice, have attended Mindfulness and/or pain conferences, and hold a professional qualification at the Masters level or above, preferably in medicine or another health care field.

INFO: More information and to apply please visit <http://www.neuronovacentre.com>

Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session.

INFO: More information at <http://depts.washington.edu/ccfwb/mlconference.html>

Research & Education

Online UCLA Intro to Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Next class: Nov 5 - Dec 15 (and offered throughout the year). Advanced classes available.

INFO: More information at http://marc.ucla.edu/body.cfm?id=85#maps1_online

Special Issue on Substance Use and Mindfulness

Submit your manuscript to the special issue on *Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions*. The journal *Substance Use & Misuse* is seeking articles on the use of mindfulness-based interventions to treat substance users/misusers and etiological papers linking mindfulness and substance use. Deadline for submission is December 1, 2012. For details:

http://www.mindfulexperience.org/resources/black_2012_call.pdf

INFO: For instructions: <http://informahealthcare.com/page/sum/Description#Instructions>

For submissions: <http://mc.manuscriptcentral.com/lsum>

MINDFO: Get in the Know

Want your own collection of mindfulness research? Mindfo is a database of over 2,300 references on mindfulness research warehoused by MRG. Student rates are available.

INFO: For more information, go to <http://www.mindfulexperience.org/mindfo.php>

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Highlights by

Seth Segall, PhD

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INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Alexander, V., Tatum, B. C., Auth, C.,... Fidaleo, R. (2012). **A study of mindfulness practices and cognitive therapy: Effects on depression and self-efficacy.** *International Journal of Psychology and Counselling*, 4(9), 115-122. [\[link\]](#)

Dunn, R., Callahan, J. L., Swift, J. K., & Ivanovic, M. (2012). **Effects of pre-session centering for therapists on session presence and effectiveness.** *Psychotherapy Research*. [\[link\]](#)

Fisher, C., Hauck, Y., Bayes, S., & Byrne, J. (2012). **Participant experiences of mindfulness-based childbirth education: A qualitative study.** *BMC Pregnancy and Childbirth*, 12(1), 126. [\[link\]](#)

Gardner-Nix, J., Barbati, J., Grummitt, J.,... Raponi Newton, R. (2012). **Exploring the effectiveness of a mindfulness-based chronic pain management course delivered simultaneously to on-site and off-site patients using telemedicine.** *Mindfulness*. [\[link\]](#)

Gibbons, C., Felteau, M., Cullen, N.,... Bedard, M. (2012). **Training clinicians to deliver a mindfulness intervention.** *Mindfulness*. [\[link\]](#)

Goldmeier, D. (2012). **Mindfulness: A sexual medicine physician's personal and professional journey.** *Sexual and Relationship Therapy*. [\[link\]](#)

Hazlett-Stevens, H. (2012). **Mindfulness-Based stress reduction for comorbid anxiety and depression: Case report and clinical considerations.** *The Journal of Nervous and Mental Disease*, 200(11), 999-1003. [\[link\]](#)

Hertenstein, E., Rose, N., Voderholzer, U.,... Kulz, A. K. (2012). **Mindfulness-based cognitive therapy in obsessive-compulsive disorder--a qualitative study on patients' experiences.** *BMC Psychiatry*, 12(1), 185. [\[link\]](#)

Hofer, H., Grosse Holtforth, M., Lüthy, F.,... Müri, R. (2012). **The potential of a mindfulness-enhanced, integrative neuro-psychotherapy program for treating fatigue following stroke: A preliminary study.** *Mindfulness*. [\[link\]](#)

Hong, P., Lishner, D., & Han, K. (2012). **Mindfulness and eating: An experiment examining the effect of mindful raisin eating on the enjoyment of sampled food.** *Mindfulness*. [\[link\]](#)

Larkin, H., Hardiman, E. R., Weldon, T., & Kim, H. C. (2012). **Program characteristics as factors influencing the implementation of mindfulness meditation in substance abuse treatment agencies.** *Journal of Religion & Spirituality in Social Work: Social Thought*, 31(4), 311-327. [\[link\]](#)

Neff, K. D. & Germer, C. K. (2012). **A pilot study and randomized controlled trial of the mindful self-compassion program.** *Journal of Clinical Psychology*. [\[link\]](#)

Rocco, S., Dempsey, S., & Hartman, D. (2012). **Teaching calm abiding meditation to mental health workers: A descriptive account of valuing subjectivity.** *Contemporary Buddhism*, 13(2), 193-211. [\[link\]](#)

Ussher, M., Spatz, A., Copland, C.,... McCracken, L. M. (2012). **Immediate effects of a brief mindfulness-based body scan on patients with chronic pain.** *Journal of Behavioral Medicine*. [\[link\]](#)

Whitebird, R. R., Kreitzer, M. J., Crain, A. L.,... Enstad, C. J. (2012). **Mindfulness-Based stress reduction for family caregivers: A randomized controlled trial.** *The Gerontologist*. [\[link\]](#)

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, M., Caldwell, K., Atkins, L., & Quin, R. (2012). **Pilates and mindfulness: A qualitative study.** *Journal of Dance Education*, 12(4), 123-130. [\[link\]](#)

Allen, M., Dietz, M., Blair, K. S.,... Roepstorff, A. (2012). **Cognitive-affective neural plasticity following active-controlled mindfulness intervention.** *The Journal of Neuroscience*, 32(44), 15601-10. [\[link\]](#)

Burton, M., Schmertz, S. K., Price, M.,... Anderson, P. L. (2012). **The relation between mindfulness and fear of negative evaluation over the course of cognitive behavioral therapy for social anxiety disorder.** *Journal of Clinical Psychology*. [\[link\]](#)

Chopko, B. A. & Schwartz, R. C. (2012). **The relation between mindfulness and posttraumatic stress symptoms among police officers.** *Journal of Loss and Trauma*. [\[link\]](#)

Christopher, M., Ramsey, M., & Antick, J. (2012). **The role of dispositional mindfulness in mitigating the impact of stress and impulsivity on alcohol-related problems.** *Addiction Research & Theory*. [\[link\]](#)

Corazon, S. S., Stigsdotter, U. K., Moeller, M. S., & Rasmussen, S. M. (2012). **Nature as therapist: Integrating permaculture with mindfulness- and acceptance-based therapy in the Danish healing forest garden Nacadia.** *European Journal of Psychotherapy & Counselling*, 14(4), 335-47. [\[link\]](#)

Malarkey, W. B. & Klatt, M. (2012). **Workplace based mindfulness practice and inflammation: A randomized trial.** *Brain, Behavior, and Immunity*. [\[link\]](#)

McKenzie, S. P., Hassed, C. S., & Gear, J. L. (2012). **Medical and psychology students' knowledge of and attitudes towards mindfulness as a clinical intervention.** *EXPLORE: The Journal of Science and Healing*, 8(6), 360-367. [\[link\]](#)

Monti, D. A., Kash, K. M., Kunkel, E. S.,... Newberg, A. B. (2012). **Changes in cerebral blood flow and anxiety associated with an 8-week mindfulness programme in women with breast cancer.** *Stress and Health*, 28(5), 397-407. [\[link\]](#)

Pepping, C. A., Davis, P. J., & O'Donovan, A. (2013). **Individual differences in attachment and dispositional mindfulness: The mediating role of emotion regulation.** *Personality and Individual Differences*, 54(3), 453-436. [\[link\]](#)

Riley, B. (2012). **Experiential avoidance mediates the association between thought suppression and mindfulness with problem gambling.** *Journal of Gambling Studies*. [\[link\]](#)

Rosenkranz, M. A., Davidson, R. J., MacCoon, D. G.,... Lutz, A. (2012). **A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation.** *Brain, Behavior, and Immunity*. [\[link\]](#)

Seear, K. H. & Vella-Brodrick, D. A. (2012). **Efficacy of positive psychology interventions to increase well-being: Examining the role of dispositional mindfulness.** *Social Indicators Research*. [\[link\]](#)

Wong, C. Y. & Mak, W. S. (2012). **Differentiating the role of three self-compassion components in buffering cognitive-personality vulnerability to depression among Chinese in Hong Kong.** *Journal of Counseling Psychology*. [\[link\]](#)

METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Belzer, F., Schmidt, S., Lucius-Hoene, G.,... Sauer, S. (2012). **Challenging the construct validity of**

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mindfulness assessment—a cognitive interview study of the Freiburg Mindfulness Inventory. *Mindfulness.* [\[link\]](#)

de Bruin, E., Zijlstra, B., Geurtzen, N.,... Bogels, S. (2012). **Mindful parenting assessed further: Psychometric properties of the Dutch version of the interpersonal mindfulness in parenting scale (IM-P).** *Mindfulness.* [\[link\]](#)

Hsu, S. H., Collins, S. E., & Marlatt, G. A. (2012). **Examining psychometric properties of distress tolerance and its moderation of mindfulness-based relapse prevention effects on alcohol and other drug use outcomes.** *Addictive Behaviors.* [\[link\]](#)

Tang, Y. Y. & Posner, M. I. (2012). **Tools of the trade: Theory and method in mindfulness neuroscience.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

Wahbeh, H., Lane, J., Goodrich, E.,... Oken, B. (2012). **One-on-one mindfulness meditation trainings in a research setting.** *Mindfulness.* [\[link\]](#)

Waltman, S. H., Hetrick, H., & Tasker, T. E. (2012). **Designing, implementing, and evaluating a group therapy for underserved populations.** *Residential Treatment for Children & Youth, 29(4), 305-323.* [\[link\]](#)

REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Birx, E. (2012). **A comparative concept analysis of centering vs. Opening meditation processes in health care.** *Journal of Advanced Nursing.* [\[link\]](#)

Brewer, J., Davis, J., & Goldstein, J. (2012). **Why is it so hard to pay attention, or is it? Mindfulness, the factors of awakening and reward-based learning.** *Mindfulness.* [\[link\]](#)

Carlson, L. E. (2012). **Mindfulness-based interventions for physical conditions: A narrative review evaluating levels of evidence.** *ISRN Psychiatry, 2012: Article ID 651583.* [\[link\]](#)

Edenfield, T. M. & Saeed, S. A. (2012). **An update on mindfulness meditation as a self-help treatment for anxiety and depression.** *Psychology Research and Behavior Management, 5, 131-141.* [\[link\]](#)

Fix, R. L. & Fix, S. T. (2012). **The effects of mindfulness-based treatments for aggression: A critical review.** *Aggression and Violent Behavior.* [\[link\]](#)

Hyland, T. (2012). **Mindfulness and the myth of mental illness: Implications for theory and practice.** *Contemporary Buddhism, 13(2), 177-92.* [\[link\]](#)

Marx, R. & Marx, S. (2012). **The eye and the I: The construction and use of the observer in cognitive--analytic psychotherapy and mindfulness-based therapy.** *British Journal of Psychotherapy, 28(4), 496-515.* [\[link\]](#)

Orr, D. (2012). **Thinking outside the academic box: An introduction to mindfulness meditation for education.** *Other Education, 1(1), 79-91.* [\[link\]](#)

Perich, T., Manicavasagar, V., Mitchell, P., & Ball, J. (2012). **Mindfulness-based approaches in the treatment of bipolar disorder: Potential mechanisms and effects.** *Mindfulness.* [\[link\]](#)

TRIALS

Research trials on mindfulness newly registered (Nov 2012) at Clinicaltrials.gov

Federal University of São Paulo (V. F. Bueno, P.I.). **Effects of the mindfulness meditation practices on cognition.** Trial # NCT01738334. [\[link\]](#)

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
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HIGHLIGHTS

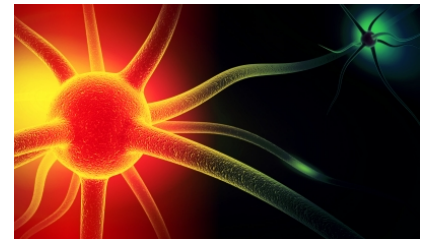
A summary of select studies from the issue, providing a snapshot of some of the latest research in the field

How does mindfulness enhance cognition, decrease anxiety, or improve medical symptoms? The answers lie in a more complete picture of the underlying neurological and immunological mechanisms involved. This month researchers continue to refine our understanding of the biology of mindfulness.

Allen et al. [J. of Neuroscience] randomly assigned 61 participants to mindfulness training or a reading-and-listening control group. Participants were pre- and post-tested on an error awareness task (EAT) and a Stroop task during fMRI scanning. Mindfulness training decreased reaction times on incongruent Stroop trials and increased left dorsolateral prefrontal cortex (DLPFC) activation during executive processing. Meditators with the most practice showed increased frontoinsula, cingulate, and midbrain activation while processing negative emotion, and greater response inhibition on the EAT. The authors speculate that the effects of mindfulness training are tied to the amount and type of practice. Early training in attentional stability increased DLPFC activation and top-down cognitive control. Later training in open monitoring activated frontoinsula structures and improved bottom-up interoceptive awareness.

Monti et al. [Stress and Health] randomly assigned 18 breast cancer survivors to either Mindfulness-Based Art Therapy (MBAT) or an education-and-support control group. Subjects were assessed for anxiety and underwent pre-and-post fMRI scans under a variety of conditions. MBAT participants showed increased activation of the left insula, right amygdala, right hippocampus, and bilateral caudate nucleus. MBAT participants also showed reduced anxiety that was strongly correlated with increased left caudate activity while at rest. MBAT participants increased left caudate and bilateral sensorimotor cortex activation and decreased left insula, left

inferior parietal cortex, right inferior prefrontal cortex, medial prefrontal cortex, and right anterior cingulate activation while performing a body scan. They also showed decreased posterior cingulate activity while performing serial sevens (a stress task). This research reinforces prior findings that mindfulness-based treatments effectively reduce anxiety, and ties that reduction to increased limbic activation.



Rosenkranz et al. [Brain, Behavior, and Immunity] randomly assigned 49 participants to either an MBSR or a Health Enhancement Program (HEP) control emphasizing exercise, nutritional education, and music therapy. Participants were exposed to a psychologically stressful situation (public speaking and performing mental arithmetic) and a capsaicin-induced skin inflammation challenge. Both groups reported similar decreases in psychological and physical complaints. Only the MBSR group, however, showed a reduced skin flare in response to capsaicin (reflecting a decreased neuroinflammatory response) and a steepened diurnal cortisol slope. Steeper cortisol slopes have previously been associated with enhanced cognition and affect regulation, decreased stress and depression, and improved illness survival. MBSR participants who practiced the most showed the greatest declines in cytokine response to capsaicin, while control participants who practiced the most showed increases in cytokine response. The groups did not differ, however, in their cortisol response to acute psychological stress. The study suggests a specific benefit for MBSR in treating neurogenic inflammation in skin disorders such as eczema, psoriasis, and atopic dermatitis.

All three of these studies benefited from the inclusion of active controls, extending our knowledge of cortical and subcortical activity during mindfulness meditation, and the psychoneuroimmunological mechanisms linking practice with health outcomes.

ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Events & Conferences

MBCPM Facilitator Training

Mindfulness-Based Chronic Pain Management (MBCPM) is a 13-week course, created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain/disease learn the principles of Mindfulness meditation and how these relate to suffering less pain. Modeled on Kabat-Zinn's MBSR program. MBCPM was designed to better address the unique needs of the chronic pain/disease population. Since its creation in 2002 almost 6,000 people have gone through the program. A 3-day intensive MBCPM Level 1 Facilitator Training is being offered from February 20 to 22, 2013 at St. Michael's Hospital in Toronto, Ontario, Canada. To qualify for the course, applicants must have completed a Mindfulness course taught by an accredited teacher of MBSR, MBCT or MBCPM, have a consistent meditation practice, have attended Mindfulness and/or pain conferences, and hold a professional qualification at the Masters level or above, preferably in medicine or another health care field.

INFO: More information and to apply visit <http://www.neuronovacentre.com>

Mindfulness4Scotland Conference 2013

Mindfulness4Scotland Conference - Building awareness of the practical applications and benefits of mindfulness in the workplace. Sunday 10th March 2013, Royal College of Surgeons. Edinburgh Expert Speakers such as Michael Chaskalson author of "The Mindful Workplace".

INFO: For more information, visit www.mindfulness4scotland.moonfruit.com

Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers

and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session.

INFO: More information at <http://depts.washington.edu/ccfwb/mlconference.html>

International Mindfulness Conference - CMRP

The Centre for Mindfulness Research and Practice in Bangor University are hosting an international conference in partnership with Breathworks. The conference 'Mindfulness in Society' will span over 5 days offering a range of Pre and Post conference institutes with a full day of mindfulness practice and dialogue facilitated by Jon Kabat-Zinn. Themes include: Supervision, Research, Education, Parenting, Workplace, NHS, Neuroscience and more, see website for more detailed information. Speakers include: Mark Williams, Jon Kabat-Zinn, Willem Kuyken and Shauna Shapiro. Dates: 22nd - 26th March 2013. Research submissions deadline - 30.11.12

INFO: Contact: mindfulness@bangor.ac.uk
Web: www.cmrcconference.com

Melbourne Australian Mindfulness Conference

This conference will bring together practitioners, philosophers, educators, managers, and researchers from quantitative and qualitative traditions including many meditators and mindfulness instructors. The conference will feature international keynotes contributing clinical, research and philosophical perspectives. Date: 1 and 2 March 2013 (optional workshops on 28 February).

INFO: Contact: info@conorg.com.au
<http://www.mindfulness.conorg.com.au>

Research & Education

Research Survey for CAM practitioners

If you are a practitioner of any form of Complementary and Alternative Medicine (CAM) please consider participating in this brief but important research survey that examines how CAM practitioners interact with their clients to promote health and well-being. The University-based online survey takes approximately 10-15 minutes to complete and your responses will be anonymous. The results from this study will help to advance knowledge regarding the role of CAM practitioners' in their clients' health behaviours, as well as highlight possible differences in provider-client interactions between the different CAM modalities.

INFO: To participate please visit: www.ubishops.ca/CAMProviderStudy

MINDFO: Get in the Know

Mindfo is a database of over 2,400 references on mindfulness research.

INFO: For more information, go to <http://www.mindfulexperience.org/mindfo.php>

Books & Media

Cultivating Teacher Renewal: Guarding Against Stress

Dr. Barbara Larrivee's new book presents an extensive review of the research on stress and burnout and offers many intentional practices and strategies for building up defenses against stress, including strategies for cultivating mindfulness, such as meditation, breathwork, and setting intentions.

INFO: Available through Amazon at http://www.amazon.com/Cultivating-Teacher-Renewal-Guarding-Against/dp/1475801106/ref=wl_it_dp_o_pdT1_S_nCie=UTF8&colid=11E55XR42ZGA9&coliid=I29YB4EYUPUR5C