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David S. Black, PhD, MPH

#### Highlights by

Seth Segall, PhD

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## INTERVENTIONS

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

Amutio, A., Martínez, C., Hermosilla, D., Delgado, L. C. (2014). **Enhancing relaxation states and positive emotions in physicians through a mindfulness training program: A one-year study.** *Psychology, Health & Medicine.* [link]

Amutio Careaga, A., Franco Justo, C., Pérez Fuentes, M. D.,...Mercader Rubio, I. (2014). **Mindfulness training for reducing anger, anxiety and depression in fibromyalgia patients.** *Frontiers in Psychology.* [link]

Bower, J. E., Crosswell, A. D., Stanton, A. L.,...Ganz, P. A. (2014). **Mindfulness meditation for younger breast cancer survivors: A randomized controlled trial.** *Cancer.* [link]

Cash, E., Salmon, P., Weissbecker, I.,...Sephton, S. E. (2014). **Mindfulness meditation alleviates fibromyalgia symptoms in women: Results of a randomized clinical trial.** *Annals of Behavioral Medicine.* [link]

Freedenberg, V. A., Thomas, S. A., Friedmann, E. (2014). **A pilot study of a MBSR program in adolescents with implantable cardioverter defibrillators or pacemakers.** *Pediatric Cardiology.* [link]

Le, T. N., Trieu, D. T. (2014). **Feasibility of a mindfulness-based intervention to address youth issues in Vietnam.** *Health Promotion International.* [link]

Marx, R., Strauss, C., Williamson, C. (2014). **The eye of the storm: A feasibility study of an adapted MBCT group intervention to manage NHS staff stress.** *The Cognitive Behaviour Therapist.* [link]

Meers, R., Lyons, G. (2014). **An exploration of relaxation and meditation practices in the management of eating disorders.** *Journal of Eating Disorders.* [link]

Moss, A. S., Reibel, D. K., Greeson, J. M.,...Newberg, A. B. (2014). **An adapted MBSR program for elders in a continuing care retirement community quantitative and qualitative results from a pilot randomized controlled trial.** *Journal of Applied Gerontology.* [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,...Nugent, K. (2014). **Effects of training staff in MBPBS on the use of physical restraints, staff stress and turnover, staff and peer injuries, and cost effectiveness in developmental disabilities.** *Mindfulness.* [link]

Sundquist, J., Lilja, Palmér, K.,...Sundquist, K. (2014). **Mindfulness group therapy in primary care patients with depression, anxiety and stress and adjustment disorders: RCT.** *The British Journal of Psychiatry.* [link]

Thompson, N. J., Patel, A. H., Selwa, L. M.,...Fraser, R. T. (2014). **Expanding the efficacy of project UPLIFT: Distance delivery of mindfulness-based depression prevention to people with epilepsy.** *Journal of Consulting and Clinical Psychology.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adam, F., Géonet, M., Day, J., de Sutter, P. (2014). **Mindfulness skills are associated with female orgasm?** *Sexual and Relationship Therapy.* [link]

Garland, E. L., Hanley, A. W., Thomas, E. A.,...Ferraro, J. (2014). **Low dispositional mindfulness predicts self-medication of negative emotion with prescription opioids.** *Journal of Addiction Medicine.* [link]

Laurent, H. K., Laurent, S. M., Nelson, B.,...Sanchez, M. A. (2014). **Dispositional mindfulness moderates the effect of a brief mindfulness induction on physiological stress responses.** *Mindfulness.* [link]

Luders, E., Cherbuin, N., Kurth, F. (2014). **Forever young (er): Potential age-defying effects of**

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#### **long-term meditation on gray matter atrophy.**

*Frontiers in Psychology.* [[link](#)]

Lueke, A., Gibson, B. (2014). **Mindfulness meditation reduces implicit age and race bias the role of reduced automaticity of responding.** *Social Psychological and Personality Science.* [[link](#)]

Lyvers, M., Hinton, R., Edwards, M. S., Thorberg, F. A. (2015). **Mood, alexithymia, dispositional mindfulness, sensitivity to reward and punishment, frontal systems functioning and impulsivity in clients undergoing treatment for substance use disorders.** *Drug & Alcohol Dependence.* [[link](#)]

Mantzios, M. (2014). **Exploring the relationship between worry and impulsivity in military recruits: The role of mindfulness and self-compassion as potential mediators.** *Stress and Health.* [[link](#)]

Ouwens, M. A., Schiffer, A. A., Visser, L. I.,...Nyklíček, I. (2014). **Mindfulness and eating behaviour styles in morbidly obese males and females.** *Appetite.* [[link](#)]

Pearson, M. R., Lawless, A. K., Brown, D. B., Bravo, A. J. (2015). **Mindfulness and emotional outcomes: Identifying subgroups of college students using latent profile analysis.** *Personality and Individual Differences.* [[link](#)]

Pepping, C. A., O'Donovan, A., Zimmer-Gembeck, M. J., Hanisch, M. (2015). **Individual differences in attachment and eating pathology: The mediating role of mindfulness.** *Personality and Individual Differences.* [[link](#)]

Quaglia, J. T., Goodman, R. J., Brown, K. W. (2014). **From mindful attention to social connection: The key role of emotion regulation.** *Cognition and Emotion.* [[link](#)]

Reynolds, A., Keough, M. T., O'Connor, R. M. (2014). **Is being mindful associated with reduced risk for internally-motivated drinking and alcohol use among undergraduates?** *Addictive Behaviors.* [[link](#)]

Riggs, N. R., Black, D. S., Ritt-Olson, A. (2014). **Associations between dispositional**

**mindfulness and executive function in early adolescence.** *Journal of Child and Family Studies.* [[link](#)]

Shorey, R. C., Gawrysiak, M. J., Anderson, S., Stuart, G. L. (2014). **Dispositional mindfulness, spirituality, and substance use in predicting depressive symptoms in a treatment-seeking sample.** *Journal of Clinical Psychology.* [[link](#)]

Wei, M., Tsai, P. C., Lannin, D. G.,...Tucker, J. R. (2014). **Mindfulness, psychological flexibility, and counseling self-efficacy hindering self-focused attention as a mediator.** *The Counseling Psychologist.* [[link](#)]

Westphal, M., Bingisser, M. B., Feng, T.,...Kleim, B. (2014). **Protective benefits of mindfulness in emergency room personnel.** *Journal of Affective Disorders.* [[link](#)]

Wittmann, M., Otten, S., Schötz, E.,...Meissner, K. (2014). **Subjective expansion of extended time-spans in experienced meditators.** *Frontiers in Psychology.* [[link](#)]

## METHODS

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

Baslet, G., Dworetzky, B., Perez, D. L., Oser, M. (2014). **Treatment of psychogenic nonepileptic seizures updated review and findings from a mindfulness-based intervention case series.** *Clinical EEG and Neuroscience.* [[link](#)]

Blödt, S., Pach, D., Roll, S., Witt, C. M. (2014). **Effectiveness of app-based relaxation for patients with chronic low back pain (relaxback) and chronic neck pain (relaxneck): Study protocol for two randomized pragmatic trials.** *Trials.* [[link](#)]

Crane, R. S., Stanley, S., Rooney, M., Bartley, T.,...Mardula, J. (2014). **Disciplined improvisation: Characteristics of inquiry in mindfulness-based teaching.** *Mindfulness.* [[link](#)]

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Lunde, L. H., Skjøtskift, S. (2014). **Combining mindfulness meditation with cognitive behavior therapy and medication taper for hypnotic-dependent insomnia in older adults: A case study.** *Clinical Case Studies.* [\[link\]](#)

Ozawa de Silva, C. (2014). **Mindfulness of the kindness of others: The contemplative practice of naikan in cultural context.** *Transcultural Psychiatry.* [\[link\]](#)

Quickel, E. J., Johnson, S. K., David, Z. L. (2014). **Trait mindfulness and cognitive task performance examining the attentional construct of mindfulness.** *SAGE Open.* [\[link\]](#)

Wahbeh, H., Svalina, M. N., Oken, B. S. (2014). **Group, one-on-one, or internet? Preferences for mindfulness meditation delivery format and their predictors.** *Open Medicine.* [\[link\]](#)

## REVIEWS

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

Creswell, J. D., Lindsay, E. K. (2014). **How does mindfulness training affect health? A mindfulness stress buffering account.** *Current Directions in Psychological Science.* [\[link\]](#)

Davis, J. H. (2014). **Facing up to the question of ethics in mindfulness-based interventions.** *Mindfulness.* [\[link\]](#)

Demarzo, M. M., Cebolla, A., Garcia-Campayo, J. (2014). **The implementation of mindfulness in healthcare systems: A theoretical analysis.** *General Hospital Psychiatry.* [\[link\]](#)

Fiore, R., Nelson, R., Tosti, E. (2014). **The use of yoga, meditation, mantram, and mindfulness to enhance coping in veterans with PTSD.** *Therapeutic Recreation Journal.* [\[link\]](#)

Godfrey, K. M., Gallo, L. C., Afari, N. (2014). **Mindfulness-based interventions for binge eating: A systematic review and meta-analysis.** *Journal of Behavioral Medicine.* [\[link\]](#)

Grecucci, A., Pappaianni, E., Siugzdaite, R.,...Job, R. (2014). **Mindful emotion regulation: Exploring the neurocognitive mechanisms behind mindfulness.** *BioMed Research International.* [\[link\]](#)

Grossman, P. (2014). **Mindfulness: Awareness informed by an embodied ethic.** *Mindfulness.* [\[link\]](#)

Lindahl, J. R. (2014). **Why right mindfulness might not be right for mindfulness.** *Mindfulness.* [\[link\]](#)

Mitchell, J. T., Zylowska, L., Kollins, S. H. (2014). **Mindfulness meditation training for attention-deficit/hyperactivity disorder in adulthood: Current empirical support, treatment overview, and future directions.** *Cognitive and Behavioral Practice.* [\[link\]](#)

Olson, K. L., Emery, C. F. (2014). **Mindfulness and weight loss: A systematic review.** *Psychosomatic Medicine.* [\[link\]](#)

Purser, R. E. (2014). **Clearing the muddled path of traditional and contemporary mindfulness: A response to Monteiro, Musten, and Compson.** *Mindfulness.* [\[link\]](#)

Samuel, G. (2014). **The contemporary mindfulness movement and the question of nonself.** *Transcultural Psychiatry.* [\[link\]](#)

Shonin, E., Van Gordon, W., Compare, A.,...Griffiths, M. D. (2014). **Buddhist-derived loving-kindness and compassion meditation for the treatment of psychopathology: A systematic review.** *Mindfulness.* [\[link\]](#)

## TRIALS

Research studies newly funded by the National Institutes of Health (DEC 2014)

Veterans Affairs Medical Center San Francisco (T. Novakovic-Agopian, PI). **Rehabilitation of executive function in veterans with PTSD and mild traumatic brain injury.** Veterans Affairs project #5I01RX001111-02. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

The human brain starts atrophying in the third decade of life, losing an average of 5% of its volume in each succeeding decade. Any technique that can slow or reverse that trajectory might have important benefits in terms of maintaining brain structural integrity across the lifespan. **Luders et al.**

**[Frontiers in Psychology]** compared magnetic resonance imaging (MRI) scans of the brains of long-term meditators and a control group to determine if the correlations between age and gray matter volume differed between groups. Gray matter is the part of the brain consisting primarily of neuronal cell bodies, dendrites, and glial cells, in contrast to cerebral white matter, which consists mostly of myelinated axons.

The authors measured the volume of whole-brain gray matter and specific region gray matter in the MRI scans of 50 meditators (mean age = 50) with an average of 19 years of Zen, Vipassana, or Shamatha meditation experience – practices similar to those used in mindfulness based interventions. They then compared the gray matter volumes of the meditators with those of 50 age-matched controls drawn from a MRI database of normal adults.

Age was significantly negatively correlated with whole brain gray matter volume for both controls ( $r = -0.77$ ) and meditators ( $r = -0.58$ ), but the slope was significantly steeper for controls, with meditators showing less of a relationship between age and atrophy. Differences between controls and meditators were apparent in the frontal, parietal, and temporal lobes, the midbrain, and the cerebellum.

There are a range of possible explanations for these results including enhanced dendritic and synaptic growth or reduced stress-related degradation in meditators, and pre-existing differences between people who choose to become long-term meditators and those who don't. The findings of the study support previous results suggesting that meditation may slow normal brain atrophy associated with aging, but there was a lack of evidence to suggest that meditation might actually reverse such atrophy. Longitudinal research is needed to examine if these differences are actually caused by rather than correlated with meditation. Research is

also needed to determine whether these brain differences are associated with meaningful differences in psychological functioning.



Most patients with mild to moderate psychological ailments are treated in primary care settings where treatment may involve medication and/or a limited number of therapy sessions, most likely using some form of cognitive behavioral therapy (CBT). Therapists can be scarce, however, and one-to-one clinical interventions can be costly. **Sundquist et al.** **[British Journal of Psychiatry]** explored whether a group-delivered mindfulness-based intervention (MBI) offered within a primary care setting might have equivalent outcomes to routine standard treatment.

The authors recruited 215 primary care patients from 16 different Swedish primary care settings. The patients had mild to moderate depressive, anxiety, and adjustment disorders and were seeking therapy. The patients were largely middle-aged, female, and well-educated. Participants were randomly assigned to either a MBI or routine standard care, mainly CBT. The MBI was an 8-week group treatment modeled after Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) and delivered by primary care psychologists and social counselors who underwent a six-session training.

The three symptom rating scales were administered before and after the 8-week intervention period. Both treatment groups improved significantly on all three scales. There were no significant differences between the MBI and standard care groups over time. The MBI treatment response was dose dependent – patients attending 5 or fewer sessions improved on only one of the three anxiety and depression measures, while those attending 6-8 sessions improved on all three. The equivalence between the MBI and standard care groups persisted even when reanalyzed using only those standard care members receiving CBT.

The findings suggest that 8 sessions of a group-delivered MBI provide essentially the same symptomatic relief as an average of six sessions of individually-delivered CBT when delivered as usual within a primary care setting. There was no long-term follow-up, so it remains to be seen whether this equivalence persists over time.

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## Events & Conferences

### Mindfulness Research Meeting in Seattle

April 17-18, 2015 Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators, practitioners. Keynotes: Adele Diamond, Robert Roeser. Symposia: Cultivating mindfulness in youth, parenting, communities experiencing trauma. Poster session.

**INFO:** <http://bit.ly/CCFW-2015-Conference>

### Research call - 2015 CMRP conference

Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 "A chance to refresh yourself, learn from others and share experiences."

**INFO:** For details and registration: <http://www.bangor.ac.uk/mindfulness/Conference2015.php>

### Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the

neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

**INFO:** Contact: [info@mcc2015.org](mailto:info@mcc2015.org)  
[www.mcc2015.org](http://www.mcc2015.org)

### Introduction to MBCP Professional Retreat

This 6-day retreat is designed for those who are interested in learning about Mindfulness-Based Childbirth and Parenting (MBCP) or applying mindfulness to other settings. This retreat may be of interest to medical and mental health professionals seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine, and clinical psychology. 18-24 January 2015, Petaluma, CA 26 March - 1 April 2015, Vesseaux, France

**INFO:** Visit: [www.mindfulbirthing.org](http://www.mindfulbirthing.org)

### ADHD & Mindfulness Tele-Class

Join a 9-session tele-class to learn about and practice mindfulness for ADHD. The winter session will be held February 3 through March 31, 2015, on Tuesday evenings, from 7:30 to 9 pm Eastern. Classes include lecture, discussion and mindfulness exercises.

**INFO:** Register at [www.lizahmann.com/mindfulness.html](http://www.lizahmann.com/mindfulness.html)

### Mindfulness-Based Inquiry Training

This 3-day training is for teachers of mindfulness-based interventions and mindfulness-based psychotherapists. This training intensive will provide participants the opportunity to develop an understanding of the theories, intentions and specific elements of mindful inquiry, as well to develop skill and confidence in facilitating the inquiry process. The training, facilitated by Diane Reibel, PhD, director of Jefferson's Mindfulness Institute will be held on Thursday April 30th through Saturday May 2nd, 2015, in Philadelphia, PA.

**INFO:** For more information and registration visit: [www.jefferson.edu/mindfulness](http://www.jefferson.edu/mindfulness) ("professional training")

## Research & Education

### Advanced teacher training in MYmind

Advanced teacher training for mental health practitioners in MYmind: a Mindfulness training for children with ADHD/Autism and their parents by prof. Dr. Susan Bögels and Dr. Joke Hellemans in Amsterdam. September 7<sup>th</sup> - 11<sup>th</sup> 2015.

**INFO:** Visit: <http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals>  
Contact: [info@uvamindsyou.nl](mailto:info@uvamindsyou.nl)

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## Online Community for Mindful Scientists

The Center for Mindfulness at UMASS Medical School is happy to announce the start of cfmHOME, a new online community dedicated to supporting mindfulness practitioners, teachers, and researchers. For scientists in particular, a dedicated room of HOME (the "Science Corner") has been designed for exploring and sharing peer-level, cutting-edge conversation and information about timely topics such as mindfulness in basic scientific research, clinical trials/case studies, public presentation/perception, and applied medical practices.

INFO: [www.cfmHOME.org](http://www.cfmHOME.org)

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## Books & Media

### Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

INFO: <http://www.florencepress.com>

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

Bakosh, L. S., Snow, R. M., Tobias, J. M.,...Barbosa-Leiker, C. (2015). **Maximizing mindful learning: Mindful awareness intervention improves elementary school students' quarterly grades.** *Mindfulness.* [\[link\]](#)

Blum, H. A. (2015). **Mindfulness equity and western Buddhism: Reaching people of low socioeconomic status and people of color.** *International Journal of Dharma Studies.* [\[link\]](#)

Bluth, K., Campo, R. A., Pruteanu-Malinici, S.,...Broderick, P. C. (2015). **A school-based mindfulness pilot study for ethnically diverse at-risk adolescents.** *Mindfulness.* [\[link\]](#)

Botta, A. A., Cadet, T. J., Maramaldi, P. (2015). **Reflections on a quantitative, group-based mindfulness study with social work students.** *Social Work with Groups.* [\[link\]](#)

Cotton, S., Luberto, C. M., Sears, R. W.,...Delbello, M. P. (2015). **MBCT for youth with anxiety disorders at risk for bipolar disorder: A pilot trial.** *Early Intervention in Psychiatry.* [\[link\]](#)

Crescentini, C., Matiz, A., Fabbro, F. (2014). **Improving personality/character traits in individuals with alcohol dependence: The influence of mindfulness-oriented meditation.** *Journal of Addictive Diseases.* [\[link\]](#)

Dowd, H., Hogan, M. J., McGuire, B. E.,...Zautra, A. J. (2015). **Comparison of an online MBCT intervention with online pain management psychoeducation: A randomized controlled study.** *The Clinical Journal of Pain.* [\[link\]](#)

Ivarsson, A., Johnson, U., Andersen, M. B.,...Altemyr, M. (2015). **It pays to pay attention: A mindfulness-based program for injury prevention with soccer players.** *Journal of Applied Sport Psychology.* [\[link\]](#)

Kingston, T., Collier, S., Hevey, D.,...ODwyer, A. M. (2015). **MBCT for psycho-oncology patients: An exploratory study.** *Irish Journal of Psychological Medicine.* [\[link\]](#)

Kozasa, E. H., Lacerda, S. S., Menezes, C.,...Sato, J. R. (2015). **Effects of a 9-day Shamatha Buddhist meditation retreat on attention, mindfulness and self-compassion in participants with a broad range of meditation experience.** *Mindfulness.* [\[link\]](#)

Lehto, R. H., Wyatt, G., Sikorskii, A.,...Kaufman, V. H. (2015). **Home-based mindfulness therapy for lung cancer symptom management: A randomized feasibility trial.** *Psycho-oncology.* [\[link\]](#)

Lewallen, A. C., Neece, C. L. (2015). **Improved social skills in children with developmental delays after parent participation in MBSR: The role of parent-child relational factors.** *Journal of Child and Family Studies.* [\[link\]](#)

Malpass, A., Kessler, D., Sharp, D., Shaw, A. (2015). **MBCT for patients with respiratory conditions who experience anxiety and depression: A qualitative study.** *Mindfulness.* [\[link\]](#)

Meland, A., Fonne, V., Wagstaff, A., Pensgaard, A. M. (2015). **Mindfulness-based mental training in a high-performance combat aviation population: A one-year intervention study and 2-year follow-up.** *The International Journal of Aviation Psychology.* [\[link\]](#)

Mitchell, M., Heads, G. (2015). **Staying well: A follow up of a 5-week MBSR programme for a range of psychological issues.** *Community Mental Health Journal.* [\[link\]](#)

Schonert-Reichl, K. A., Oberle, E., Lawlor, M. S.,...Diamond, A. (2015). **Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized controlled trial.** *Developmental Psychology.* [\[link\]](#)

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- Cameron, C. D., Fredrickson, B. L. (2015). **Mindfulness facets predict helping behavior and distinct helping-related emotions.** *Mindfulness.* [link]
- Garland, E. L. (2015). **Mindfulness training promotes upward spirals of positive affect and cognition: Multilevel and autoregressive latent trajectory modeling analysis.** *Frontiers in Psychology.* [link]
- Grecucci, A., De Pisapia, N., Kusalagnana, T. D.,...Job, R. (2014). **Baseline and strategic effects behind mindful emotion regulation: Behavioral and physiological investigation.** *PLoS ONE.* [link]
- Hauswald, A., Übelacker, T., Leske, S., Weisz, N. (2015). **What it means to be Zen: Marked modulations of local and interareal synchronization during open monitoring meditation.** *NeuroImage.* [link]
- Khaddouma, A., Gordon, K. C., Bolden, J. (2014). **Zen and the art of sex: Examining associations among mindfulness, sexual satisfaction, and relationship satisfaction in dating relationships.** *Sexual and Relationship Therapy.* [link]
- Kirk, U., Montague, R. (2015). **Mindfulness meditation modulates reward prediction errors in the striatum in a passive conditioning task.** *Frontiers in Psychology.* [link]
- Malinowski, P., Lim, H. J. (2015). **Mindfulness at work: Positive affect, hope, and optimism mediate the relationship between dispositional mindfulness, work engagement, and well-being.** *Mindfulness.* [link]
- Millon, G., Halewood, A. (2015). **Mindfulness meditation and countertransference in the therapeutic relationship: A small-scale exploration of therapists' experiences using**

**grounded theory methods.** *Counselling and Psychotherapy Research.* [link]

Parent, J., McKee, L. G., Rough, J. N., Forehand, R. (2015). **The association of parent mindfulness with parenting and youth psychopathology across three developmental stages.** *Journal of Abnormal Child Psychology.* [link]

Patterson, P., McDonald, F. E. (2015). **"Being mindful" does it help adolescents and young adults who have completed cancer treatment?** *Journal of Pediatric Oncology Nursing.* [link]

Prakash, R. S., Hussain, M. A., Schirda, B. (2014). **The role of emotion regulation and cognitive control in the association between mindfulness disposition and stress.** *Psychology & Aging.* [link]

Roos, C. R., Pearson, M. R., Brown, D. B. (2014). **Drinking motives mediate the negative associations between mindfulness facets and alcohol outcomes among college students.** *Psychology of Addictive Behaviors.* [link]

Snippe, E., Nyklíček, I., Schroevers, M. J., Bos, E. H. (2015). **The temporal order of change in daily mindfulness and affect during MBSR.** *Journal of Counseling Psychology.* [link]

Tak, S. R., Hendrieckx, C., Nefs, G.,...Pouwer, F. (2015). **The association between types of eating behaviour and dispositional mindfulness in adults with diabetes: Results from diabetes miles-the Netherlands.** *Appetite.* [link]

Tsafou, K. E., De Ridder, D. T., van Ee, R., Lacroix, J. P. (2015). **Mindfulness and satisfaction in physical activity: A cross-sectional study in the Dutch population.** *Journal of Health Psychology.* [link]

van den Heuvel, M. I., Johannes, M. A.,...Van den Bergh, B. H. (2015). **Maternal mindfulness during pregnancy and infant socio-emotional development and temperament: The mediating role of maternal anxiety.** *Early Human Development.* [link]

Yusainy, C., Lawrence, C. (2015). **Brief mindfulness induction could reduce aggression after depletion.** *Consciousness and Cognition.* [link]



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

Carissoli, C., Villani, D., Riva, G. (2015). **Does a meditation protocol supported by a mobile application help people reduce stress? Suggestions from a controlled pragmatic trial.** *Cyberpsychology, Behavior, and Social Networking*. [link]

Jo, H. G., Hinterberger, T., Wittmann, M., Schmidt, S. (2015). **Do meditators have higher awareness of their intentions to act?** *Cortex*. [link]

Kiken, L. G., Garland, E. L., Bluth, K.,...Gaylord, S. A. (2015). **From a state to a trait: Trajectories of state mindfulness in meditation during intervention predict changes in trait mindfulness.** *Personality and Individual Differences*. [link]

Mak, W. W., Chan, A. T., Cheung, E. Y.,...Ngai, K. C. (2015). **Enhancing web-based mindfulness training for mental health promotion with the health action process approach: Randomized controlled trial.** *Journal of Medical Internet Research*. [link]

Tamagawa, R., Speca, M., Stephen, J.,...Carlson, L. E. (2015). **Predictors and effects of class attendance and home practice of yoga and meditation among breast cancer survivors in a mindfulness-based cancer recovery (MBCR) program.** *Mindfulness*. [link]

Waszczuk, M. A., Zavos, H., Antonova, E.,...Eley, T. C. (2015). **A multivariate twin study of trait mindfulness, depressive symptoms, and anxiety sensitivity.** *Depression and Anxiety*. [link]

## REVIEWS

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

Black, D. S. (2015). **Mental resilience training modulates stress physiology of active duty marines preparing for deployment.** *Evidence Based Mental Health*. [link]

Bostic, J. Q., Nevarez, M. D., Potter, M. P.,...Aguirre, B. A. (2015). **Being present at school: Implementing mindfulness in schools.** *Child Adolesc Psychiatric Clinics of North America*. [link]

Crescentini, C., Capurso, V. (2015). **Mindfulness meditation and explicit and implicit indicators of personality and self-concept changes.** *Frontiers in Psychology*. [link]

Gu, J., Strauss, C., Bond, R., Cavanagh, K. (2015). **How do MBCT and MBSR improve mental health and wellbeing? A systematic review and meta-analysis of mediation studies.** *Clinical Psychology Review*. [link]

Kennedy, A. B., Resnick, P. B. (2015). **Mindfulness and physical activity.** *American Journal of Lifestyle Medicine*. [link]

Mantzios, M., Wilson, J. C. (2015). **Mindfulness, eating behaviours, and obesity: A review and reflection on current findings.** *Current Obesity Reports*. [link]

Roeser, R. W., Eccles, J. S. (2015). **Mindfulness and compassion in human development: Introduction to the special section.** *Developmental Psychology*. [link]

## TRIALS

Research studies newly funded by the National Institutes of Health (FEB 2015)

Stanford University (S. Mackey, PI). **Stanford CAM center for chronic back pain.** NIH/NCCAM project #3P01AT006651-04S1. [link]

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

People are less able to control themselves after an act of self-restraint. One attempt at self-restraint may deplete the emotional resources needed to engage in self-restraint again on a subsequent try. **Yousainy et al. [Consciousness and Cognition]** explored whether mindfulness might lessen this effect by helping people to reduce aggressive responding after a prior act of self-control.

One hundred and ten participants (mean age = 20 years) were shown a six-minute video while irrelevant words flashed on the screen. Half of the participants were instructed to ignore the words (the self-restraint condition), while the other half did not have to ignore them. Then half of the participants in each condition listened to a mindfulness meditation audiotape (the mindfulness condition), while the other half listened to an educational tape. Afterward, participants engaged in a computerized contest against a simulated "opponent". Each time participants lost, they received a noxious noise of predetermined loudness over their headphones. When the participants won, they could retaliate against the opponent by selecting a noxious sound of their own to deliver at different loudness intensities.

As a rule, the louder the opponent's provocation, the louder the participant's retaliation. Participants in the self-restraint condition chose significantly louder retaliations in response to provocations than did controls. Participants in the self-restraint condition who subsequently listened to the mindfulness tape delivered significantly lower intensity retaliations than their non-mindful self-restraint condition peers. These group differences existed for low and moderate noise intensities but disappeared for high intensity.

Findings from this study demonstrate that mindfulness induction can decrease some



aggressive retaliation behavior following prior acts of self-restraint. Mindfulness may restore the emotional resources needed to maintain self-control, and thus may have an important role to play in anger management by helping people to mindfully respond to provocation rather than react with anger.

--

Educators and administrators seek out school-based programs that help students develop self-awareness, self-regulation, relationship, and decision-making skills. **Schonert-Reichl et al. [Developmental Psychology]** evaluated a mindfulness-based social and emotional learning curriculum (MindUP) to see if it improved children's cognitive control, well-being, prosocial behavior, and academic performance.

Ninety-nine British Columbian public school 4th and 5th graders had their classrooms randomly assigned to either the MindUP program or a routine social responsibility curriculum. The 4-month MindUP intervention included 3-minute mindfulness exercises (breathing and listening) repeated 3 times daily. It also included twelve 40-50 minute weekly lessons on mindfulness, perspective taking, optimism, empathy, gratitude, kindness, and community service. The control group followed the standard British Columbian public school curriculum. The children were assessed before and after the interventions on computerized tests of executive function, self-report measures of pro-sociality, and year-end math grades were also obtained from school records.

The MindUP children showed significantly greater improvement in executive function reaction time. They also showed significant moderate-sized improvements on self-report measures of empathy, perspective taking, optimism, emotional control, self-concept depressive symptoms, and mindfulness. In contrast, controls decreased over time on these self-report measures. MindUP children were significantly more likely to show moderate to large improvements on peer behavioral nominations for sharing, trustworthiness, helpfulness, and taking other's points of view, while exhibiting significantly greater decreases in rule breaking and starting fights. There was also a trend towards higher math scores for MindUP participants relative to controls.

These results show that mindfulness training may provide added value to programs aimed at improving children's emotional and social competencies. Classroom interventions like MindUp offer the promise of making a meaningful contribution to children's future academic and social success.

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## Events & Conferences

### Mindfulness Research Meeting in Seattle

April 17-18, 2015 Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators, practitioners. Keynotes: Adele Diamond, Robert Roeser. Symposia: Cultivating mindfulness in youth, parenting, communities experiencing trauma. Poster session.

**INFO:** <http://bit.ly/CCFW-2015-Conference>

### Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

**INFO:** Contact: [info@mcc2015.org](mailto:info@mcc2015.org)  
[www.mcc2015.org](http://www.mcc2015.org)

### Mindfulness in Society conference, UK

Hosted in July 2015 by Bangor University's Centre for Mindfulness Research and Practice, this 5 day conference will integrate the science and practice of mindfulness. Leading

experts will combine workshops with research and keynote speeches with a full practice day led by Professor Mark Williams. Topics for the popular 'all day' events include: the role of mindfulness in compassionate living, transforming suffering, the workplace, birthing, pain & long-term health conditions and exploring cutting edge neuroscience. Location: Chester, UK.

**INFO:** Programme, registration & research submission:  
<http://www.bangor.ac.uk/mindfulness/conference.php.en>

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Pendle Hill Retreat Center near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, PhD, and Don McCown, PhD, co-authors of Teaching Mindfulness:

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**INFO:** For more information and registration visit:  
[www.jefferson.edu/mindfulness](http://www.jefferson.edu/mindfulness)  
("professional training")

### Research & Education

#### Advanced teacher training in MYmind

Advanced teacher training for mental health practitioners in MYmind: a Mindfulness training for children with ADHD/Autism and their parents by prof. Dr. Susan Bögels and Dr. Joke Hellemans in Amsterdam. September 7<sup>th</sup> - 11<sup>th</sup> 2015.

**INFO:** Visit:  
<http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals>  
Contact: [info@uvamindsyou.nl](mailto:info@uvamindsyou.nl)

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## Books & Media

### Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

**INFO:** <http://www.florencepress.com>

### New Book! Mindfulness for Teachers

Mindfulness for Teachers by University of Virginia Associate Professor Patricia Jennings is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** Visit: <http://books.wwnorton.com/books/Mindfulness-for-Teachers/>

## Employment & Volunteer

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## INTERVENTIONS

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

Ainsworth, B., Marshall, J. E., Meron, D.,...Garner, M. (2015). **Evaluating psychological interventions in a novel experimental human model of anxiety.** *Journal of Psychiatric Research.* [\[link\]](#)

Banks, J. B., Welhaf, M. S., Srouf, A. (2015). **The protective effects of brief mindfulness meditation training.** *Consciousness and Cognition.* [\[link\]](#)

Bergen-Cico, D., Razza, R., Timmins, A. (2015). **Fostering self-regulation through curriculum infusion of mindful yoga: A pilot study of efficacy and feasibility.** *Journal of Child and Family Studies.* [\[link\]](#)

Black, D. S., O'Reilly, G. A., Olmstead, R.,...Irwin, M. R. (2015). **Mindfulness meditation and improvement in sleep quality and daytime impairment among older adults with sleep disturbances: A randomized clinical trial.** *JAMA Internal Medicine.* [\[link\]](#)

Hwang, Y. S., Kearney, P., Klieve, H.,...Roberts, J. (2015). **Cultivating mind: Mindfulness interventions for children with autism spectrum disorder and problem behaviours, and their mothers.** *Journal of Child and Family Studies.* [\[link\]](#)

Jha, A. P., Morrison, A. B., Dainer-Best, J.,...Stanley, E. A. (2015). **Minds at attention: Mindfulness training curbs attentional lapses in military cohorts.** *PLoS ONE.* [\[link\]](#)

Khaddouma, A., Gordon, K. C., Bolden, J. (2015). **Mindful M&Ms mindfulness and parent training for a preschool child with disruptive behavior disorder.** *Clinical Case Studies.* [\[link\]](#)

Le, T. N., Proulx, J. (2015). **Feasibility of mindfulness-based intervention for incarcerated mixed-ethnic native Hawaiian/pacific islander youth.** *Asian American Journal of Psychology.* [\[link\]](#)

Nakamura, Y., Lipschitz, D. L., Kanarowski, E.,...Melow-Murchie, M. (2015). **Investigating impacts of incorporating an adjuvant mind-body intervention method into treatment as usual at a community-based substance abuse treatment facility.** *SAGE Open.* [\[link\]](#)

Phang, C. K., Mukhtar, F., Ibrahim, N.,...Sidik, S. M. (2015). **Effects of a brief mindfulness-based intervention program for stress management among medical students: The mindful-gym randomized controlled study.** *Advances in Health Sciences Education.* [\[link\]](#)

Rosenstreich, E. (2015). **Mindfulness and false-memories: The impact of mindfulness practice on the DRM paradigm.** *The Journal of Psychology.* [\[link\]](#)

Schwarze, M. J., Gerler Jr, E. R. (2015). **Using MBCT in individual counseling to reduce stress and increase mindfulness: An exploratory study with nursing students.** *The Professional Counselor.* [\[link\]](#)

van den Hurk, D. G., Schellekens, M. P., Molema, J.,...van der Drift, M. A. (2015). **MBSR for lung cancer patients and their partners: Results of a mixed methods pilot study.** *Palliative Medicine.* [\[link\]](#)

Yoon, B. S. (2014). **The effect of Korean version of MBSR program on stress and distraction of university students.** *Korean Journal of Stress Research.* [\[link\]](#)

Zhang, J. X., Liu, X. H., Xie, X. H.,...Cui, H. (2015). **MBSR for chronic insomnia in older adults 75+ years of age: A randomized controlled single-blind clinical trial.** *Explore.* [\[link\]](#)

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## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bao, X., Xue, S., Kong, F. (2015). **Dispositional mindfulness and perceived stress: The role of emotional intelligence.** *Personality and Individual Differences.* [link]

Brennan, K., Barnhofer, T., Crane, C.,...Williams, J. M. (2015). **Memory specificity and mindfulness jointly moderate the effect of reflective pondering on depressive symptoms in individuals with a history of recurrent depression.** *Journal of Abnormal Psychology.* [link]

Charoensukmongkol, P. (2015). **Mindful facebooking: The moderating role of mindfulness on the relationship between social media use intensity at work and burnout.** *Journal of Health Psychology.* [link]

Greeson, J. M., Smoski, M. J., Suarez, E. C.,...Wolever, R. Q. (2015). **Decreased symptoms of depression after MBSR: Potential moderating effects of religiosity, spirituality, trait mindfulness, sex, and age.** *Journal of Alternative and Complementary Medicine.* [link]

Jazaieri, H., Lee, I. A., Goldin, P. R., Gross, J. J. (2015). **Pre-treatment social anxiety severity moderates the impact of MBSR and aerobic exercise.** *Psychology and Psychotherapy: Theory, Research and Practice.* [link]

Koval, S. R., Todman, M. (2015). **Induced boredom constrains mindfulness: An online demonstration.** *Psychology and Cognitive Sciences.* [link]

Lim, D., Condon, P., DeSteno, D. (2015). **Mindfulness and compassion: An examination of mechanism and scalability.** *PLoS ONE.* [link]

Luders, E., Thompson, P. M., Kurth, F. (2015). **Larger hippocampal dimensions in meditation practitioners: Differential effects in women and men.** *Frontiers in Psychology.* [link]

Macaulay, C. B., Watt, M. C., MacLean, K., Weaver, A. (2015). **Mindfulness mediates associations**

**between attachment and anxiety sensitivity.** *Mindfulness.* [link]

Nestler, S., Sierra, M., Jay, E. L., David, A. S. (2015). **Mindfulness and body awareness in depersonalization disorder.** *Mindfulness.* [link]

Okamoto, H., Fisher, F. D., Hernandez, D. C.,...Businelle, M. S. (2015). **Trait mindfulness and stress among homeless adults.** *Health Behavior and Policy Review.* [link]

Olano, H. A., Kachan, D., Tannenbaum, S. L.,...Lee, D. J. (2015). **Engagement in mindfulness practices by U.S. Adults: Sociodemographic barriers.** *Journal of Alternative and Complementary Medicine.* [link]

Olson, K., Kemper, K. J., Mahan, J. D. (2015). **What factors promote resilience and protect against burnout in first-year pediatric and medicine-pediatric residents?** *Journal of Evidence-based Complementary & Alternative Medicine.* [link]

Robb, S. W., Benson, K., Middleton, L.,...Hebert, J. R. (2015). **MBSR teachers, practice characteristics, cancer incidence, and health: A nationwide ecological description.** *BMC Complementary and Alternative Medicine.* [link]

Tang, Y., Tang, R., Lu, Q.,...Posner, M. (2015). **Short-term meditation increases blood flow in anterior cingulate cortex and insula.** *Frontiers in Psychology.* [link]

## METHODS

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

de Barros, V. V., Kozasa, E. H., de Souza, I. C., Ronzani, T. M. (2015). **Validity evidence of the brazilian version of the mindful attention awareness scale (MAAS).** *Psicologia.* [link]

Burrows, L. (2015). **Inner alchemy transforming dilemmas in education through mindfulness.** *Journal of Transformative Education.* [link]

Hartelius, G. (2015). **Body maps of attention: Phenomenal markers for two varieties of mindfulness.** *Mindfulness.* [link]

Kuhlmann, S. M., Bürger, A., Esser, G., Hammerle, F. (2015). **A mindfulness-based stress prevention**

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**training for medical students (medimind): Study protocol for a randomized controlled trial.** *Trials*. [link]

Lehto, J. E., Uusitalo-Malmivaara, L., Repo, S. (2015). **Measuring mindfulness and well-being in adults: The role of age and meditation experience.** *Journal of Happiness and Wellbeing*. [link]

Quaglia, J. T., Goodman, R. J., Brown, K. W. (2015). **Trait mindfulness predicts efficient top-down attention to and discrimination of facial expressions.** *Journal of Personality*. [link]

Raja-Khan, N., Agito, K., Shah, J.,...Legro, R. S. (2015). **MBSR for overweight/obese women with and without polycystic ovary syndrome: Design and methods of a pilot randomized controlled trial.** *Contemporary Clinical Trials*. [link]

Salmoirago-Blotcher, E., Druker, S., Meyer, F.,...Pbert, L. (2015). **Design and methods for "commit to get fit" A pilot study of a school-based mindfulness intervention to promote healthy diet and physical activity among adolescents.** *Contemporary Clinical Trials*. [link]

Watanabe, N., Furukawa, T. A., Horikoshi, M.,...Hamazaki, K. (2015). **A mindfulness-based stress management program and treatment with omega-3 fatty acids to maintain a healthy mental state in hospital nurses (happy nurse project): Study protocol for a randomized controlled trial.** *Trials*. [link]

## REVIEWS

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

Bankard, J. (2015). **Training emotion cultivates morality: How loving-kindness meditation hones compassion and increases prosocial behavior.** *Journal of Religion and Health*. [link]

Bearance, D., Holmes, K. (2015). **Ontology through a mindfulness process.** *Interchange*. [link]

Cheng, F. K., Tse, S. (2015). **Applying the Buddhist four immeasurables to mental**

**health care: A critical review.** *Journal of Religion & Spirituality in Social Work*. [link]

Lofgren, I. E. (2015). **Mindful eating an emerging approach for healthy weight management.** *American Journal of Lifestyle Medicine*. [link]

Mascaro, J. S., Darcher, A., Negi, L. T., Raison, C. (2015). **The neural mediators of kindness-based meditation: A theoretical model.** *Frontiers in Psychology*. [link]

O'Leary, K., O'Neill, S., Dockray, S. (2015). **A systematic review of the effects of mindfulness interventions on cortisol.** *Journal of Health Psychology*. [link]

Sohl, S. J., Birdee, G., Elam, R. (2015). **Complementary tools to empower and sustain behavior change motivational interviewing and mindfulness.** *American Journal of Lifestyle Medicine*. [link]

Spira, A. P. (2015). **Being mindful of later-life sleep quality and its potential role in prevention.** *JAMA Internal Medicine*. [link]

van der Velden, A. M., Kuyken, W., Wattar, U.,...Piet, J. (2015). **A systematic review of mechanisms of change in MBCT in the treatment of recurrent major depressive disorder.** *Clinical Psychology Review*. [link]

White, N. D. (2015). **MBCT for depression, current episodes, and prevention of relapse.** *American Journal of Lifestyle Medicine*. [link]

Williams, H., Simmons, L. A., Tanabe, P. (2015). **MBSR in advanced nursing practice: A nonpharmacologic approach to health promotion, chronic disease management, and symptom control.** *Journal of Holistic Nursing*. [link]

## TRIALS

Research studies newly funded by the National Institutes of Health (FEB 2015)

None reported.

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Can mindfulness training increase real-life compassionate behavior? To address this question, **Lem et al. [PLOS One]** randomly assigned 69 college undergraduates to either a mindfulness meditation (MM) or cognitive skills (CS) program. Both programs were delivered over self-guided web-based smartphone apps. A total of 56 participants completed the three week long interventions. The MM participants engaged in 14 mindfulness meditation sessions lasting an average of 12 minutes each. The sessions did not include loving-kindness or compassion content. The CS participants engaged in 14 game-playing sessions designed to enhance memory, attention, speed, and problem solving.

After completing the intervention, participants were asked to visit a waiting area that contained three chairs, two of which were already occupied by alleged "participants," who were actually researcher confederates (actors who played participants), and the third of which was to be occupied by the participant. As they sat waiting, another confederate entered with crutches and a walking boot, acting as if in pain. The seated confederates showed indifference to the newcomer. Researchers then observed whether or not the participants yielded their seats to the newcomer.

MM participants were more than twice as likely to yield their chairs than were CS participants (37% vs. 14%). This increase in compassionate behavior was not accompanied by an increased ability to judge other's emotions; MM and CS participants did not differ on that variable.

The results support the ability of mindfulness training to help a person to act compassionately to others. Smartphone apps can potentially extend the benefits of mindfulness training to those who would otherwise lack access to and the time for more immersive programs. Future research can determine whether more immersive programs might result in larger benefits and help clarify the underlying mechanisms for enhancement of compassion through mindfulness training.

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Half of adults aged 55 and over report some difficulty falling and/or staying asleep. Moderate

sleep disturbances are often accompanied by daytime fatigue and disturbances in mood. Current treatments for sleep disturbances include medications which can have residual daytime effects and lead to dependency, and cognitive and behavioral treatments which can be costly and require access to skilled therapists. There is an ongoing need for novel treatments that are safe, effective, and accessible in the broader community.



In a randomized, controlled study, **Black et al. [JAMA Internal Medicine]** evaluated the Mindfulness Awareness Practices for Daily Living (MAPs) program as a treatment for moderate sleep disturbance in older adults. Individuals aged 55 and above were screened for the presence of moderate sleep disturbance and the absence of other diagnoses that could adversely affect sleep (e.g., sleep apnea, restless leg syndrome). Forty-nine participants (average age = 66 years) were randomly assigned to either MAPs or to Sleep Hygiene Education (SHE), an educational intervention designed to match MAPs in format, participant involvement, and participant expectations for sleep benefit. The programs were delivered in six two-hour group sessions that included home practice or study. MAPs participants practiced sitting, walking, movement, eating, and loving-kindness meditations. SHE participants were instructed in sleep education and sleep self-monitoring, relaxation techniques, and sleep hygiene strategies. Pittsburgh Sleep Quality Index scores served as the primary outcome measure. Self-report measures of depression, anxiety, stress, fatigue, and mindfulness (the Five Factor Mindfulness Questionnaire, or FFMQ) were also included.

MAPs participants showed a significant increase in mindfulness compared to SHE participants (Cohen's  $d = 0.76$ ). Sleep quality improved significantly more for MAPs participants ( $d = 0.89$ ), and the MAPs participants' improvements were correlated with their change in mindfulness skills ( $r = -0.46$ ). MAPs participants also reported significantly less severe daytime fatigue ( $d = 1.5$ ) and depression ( $d = 0.68$ ) compared to SHE participants.

This is the first randomized, controlled study of a mindfulness-based intervention targeting sleep disturbance in an older adult population. Improvement in the mindfulness condition was large, clinically meaningful, and on a par with the typical effect sizes for both sleep medications and cognitive behavioral therapy. Future research can help determine whether this improvement is long lasting.



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### Events & Conferences

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**INFO:** For more information and registration visit:  
[www.jefferson.edu/mindfulness](http://www.jefferson.edu/mindfulness)  
("professional training")

#### 2015 Mindfulness Based Art Institute

Explore three stages of Mindfulness through Mindful Art practices. Vancouver Canada  
Course focus: cultivating social and emotional health, self-management skills, gratitude and compassion. Level 1: July 14; Level 2: July 16

**INFO:** For information or to register:  
<http://www.truepnt.ca> (programs) or  
[truepnt@yahoo.ca](mailto:truepnt@yahoo.ca)

#### Koru Mindfulness Teacher Certification Training

Koru Mindfulness is the evidence-based mindfulness training program developed in the Duke University student counseling center specifically for college-age adults. Koru, now established at more than 30 universities nationwide, is a popular and practical program for introducing mindfulness to this sometimes-skeptical developmental stage. Certification training appropriate for those who work with young adults in any setting. Apply now for 2015 certification workshops in Boston, MA and Petaluna, CA.

**INFO:**  
<http://korumindfulness.org/teacher-certification/benefits/>

# ANNOUNCEMENTS

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Categories: Events & Conferences, Research & Education, Books & Media, and Employment & Volunteer

## Research & Education

### Advanced teacher training in MYmind

Advanced teacher training for mental health practitioners in MYmind: a Mindfulness training for children with ADHD/Autism and their parents by prof. Dr. Susan Bögels and Dr. Joke Helleman in Amsterdam. September 7<sup>th</sup> - 11<sup>th</sup> 2015.

**INFO:** Visit:

<http://www.uvaminsyou.nl/site/english-training/mindfulness-training-for-professionals>

Contact: [info@uvaminsyou.nl](mailto:info@uvaminsyou.nl)

### Brown University Contemplative Pedagogy Program

Educators attend a week of Brown Contemplative Studies courses, receive training in: first-person pedagogies; contemplative science and research, course design July 12 – July 18, 2015 Tuition: \$600 APPLICATION:

1) CV, 2) Description of proposed contemplative pedagogy course

**INFO:** Send to:

[Contemplative\\_Studies@brown.edu](mailto:Contemplative_Studies@brown.edu)

Deadline: 5/1/15

<http://www.contemplativestudies.org>

### Online Mindfulness Course April 2015

Mindfulness Without Meditation. One month course. Tutor: Padraig O'Morain, Mindfulness teacher, psychotherapist and author of "Mindfulness on the Go" and "Light Mind." Cost: €59.99 (approx US\$70, UK£45)

**INFO:** Details and signup:

<http://www.padraigomorain.com>

## Books & Media

### New Book! Mindfulness for Teachers

Mindfulness for Teachers by University of Virginia Associate Professor Patricia Jennings is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

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Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

**INFO:** <http://www.florencepress.com>

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

### Connecting the Mindfulness Movement

Now there is a new way to easily connect and share across organizational and professional boundaries around the topic of mindfulness: TheMindfulness.NET is a non-profit, vertical network platform equipped with features as they are known on Facebook.

**INFO:** Check it out:

<https://thefmindfulness.net>

## Employment & Volunteer

Post your ad here.

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## INTERVENTIONS

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

- Anderson, S. B., Guthery, A. M. (2015). **Mindfulness-based psychoeducation for parents of children with ADHD: An applied clinical project.** *Journal of Child and Adolescent Psychiatric Nursing.* [link]
- Bogosian, A., Chadwick, P., Windgassen, S.,...Moss-Morris, R. (2015). **Distress improves after mindfulness training for progressive MS: A pilot randomised trial.** *Multiple Sclerosis.* [link]
- Chan, R. R., Giardino, N., Larson, J. L. (2015). **A pilot study: Mindfulness meditation intervention in COPD.** *International Journal of Chronic Obstructive Pulmonary Disease.* [link]
- Dobos, G., Overhamm, T., Büssing, A.,...Cramer, H. (2015). **Integrating mindfulness in supportive cancer care: A cohort study on a mindfulness-based day care clinic for cancer survivors.** *Supportive Care in Cancer.* [link]
- Eames, C., Crane, R. S., Gold, E.,...Axford, N. (2015). **Mindfulness-based wellbeing for socio-economically disadvantaged parents: A pre-post pilot study.** *Journal of Children's Services.* [link]
- Falsafi, N., Leopard, L. (2015). **Pilot study use of mindfulness, self-compassion, and yoga practices with low-income and/or uninsured patients with depression and/or anxiety.** *Journal of Holistic Nursing.* [link]
- Kemper, K. J., Khirallah, M. (2015). **Acute effects of online mind-body skills training on resilience, mindfulness, and empathy.** *Journal of Evidence-based Complementary & Alternative Medicine.* [link]
- Kimmes, J. G., Mallory, A. B., Cameron, C., Köse. (2015). **A treatment model for anxiety-related sexual dysfunctions using mindfulness**

**meditation within a sex-positive framework.** *Sexual and Relationship Therapy.* [link]

Luedtke, B., Davis, L., Monson, C. (2015). **Mindfulness-based cognitive-behavioral conjoint therapy for posttraumatic stress disorder: A case study.** *Journal of Contemporary Psychotherapy.* [link]

Meize-Grochowski, R., Shuster, G., Boursaw, B.,...Prasad, A. (2015). **Mindfulness meditation in older adults with postherpetic neuralgia: A randomized controlled pilot study.** *Geriatric Nursing.* [link]

Murray, G., Leitan, N. D., Berk, M.,...Allen, N. B. (2015). **Online mindfulness-based intervention for late-stage bipolar disorder: Pilot evidence for feasibility and effectiveness.** *Journal of Affective Disorders.* [link]

Phang, C. K., Chiang, K. C.,...Oei, T. P. S. (2015). **Effects of brief group MBCT for stress reduction among medical students in a Malaysian university.** *Mindfulness.* [link]

Przekop, P., Przekop, A., Haviland, M. G. (2015). **Multimodal compared to pharmacologic treatments for chronic tension-type headache in adolescents.** *Journal of Bodywork and Movement Therapies.* [link]

Quintana Hernández, D. J., Miró Barrachina, M. T., Ibáñez Fernández, I.,...Quintana, M. D. (2015). **Mindfulness-based stimulation in advanced Alzheimer's disease: A comparative, non-inferiority, clinical pilot study [Spanish].** *Revista Espanola De Geriatria Y Gerontologia.* [link]

Ramler, T. R., Tennison, L. R., Lynch, J., Murphy, P. (2015). **Mindfulness and the college transition: The efficacy of an adapted MBSR intervention in fostering adjustment among first-year students.** *Mindfulness.* [link]

Roland, L. T., Lenze, E. J., Hardin, F. M.,...Piccirillo, J. F. (2015). **Effects of MBSR therapy on subjective bother and neural connectivity in chronic tinnitus.** *Otolaryngology-Head and Neck Surgery.* [link]

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Sgalla, G., Cerri, S., Ferrari, R.,...Petropulacos, K. (2015). **MBSR in patients with interstitial lung diseases: A pilot, single-centre observational study on safety and efficacy.** *BMJ Open Respiratory Research.* [\[link\]](#)

van Dijk, I., Lucassen, P. L., Speckens, A. E. (2015). **Mindfulness training for medical students in their clinical clerkships: Two cross-sectional studies exploring interest and participation.** *BMC Medical Education.* [\[link\]](#)

Würtzen, H., Dalton, S. O., Christensen, J.,...Johansen, C. (2015). **Effect of MBSR on somatic symptoms, distress, mindfulness and spiritual wellbeing in women with breast cancer: Results of a randomized controlled trial.** *Acta Oncologica.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Cosme, D., Wiens, S. (2015). **Self-reported trait mindfulness and affective reactivity: A motivational approach using multiple psychophysiological measures.** *PLoS ONE.* [\[link\]](#)

Dorjee, D., Lally, N., Darrall-Rew, J., Thierry, G. (2015). **Dispositional mindfulness and semantic integration of emotional words: Evidence from event-related brain potentials.** *Neuroscience Research.* [\[link\]](#)

Grund, A., Grunschel, C., Bruhn, D., Fries, S. (2015). **Torn between want and should: An experience-sampling study on motivational conflict, well-being, self-control, and mindfulness.** *Motivation and Emotion.* [\[link\]](#)

Janz, P., Pepping, C. A., Halford, W. K. (2015). **Individual differences in dispositional mindfulness and initial romantic attraction: A speed dating experiment.** *Personality and Individual Differences.* [\[link\]](#)

Krishnakumar, S., Robinson, M. D. (2015). **Maintaining an even keel: An affect-mediated model of mindfulness and hostile work behavior.** *Emotion.* [\[link\]](#)

Long, E. C., Christian, M. S. (2015). **Mindfulness buffers retaliatory responses to injustice: A regulatory approach.** *Journal of Applied Psychology.* [\[link\]](#)

McGillivray, C. J., Pidgeon, A. M. (2015). **Resilience attributes among university students: A comparative study of psychological distress, sleep disturbances and mindfulness.** *European Scientific Journal.* [\[link\]](#)

Mohammadkhani, P., Khanipour, H., Azadmehr, H.,...Naseri, E. (2015). **Trait mindfulness, reasons for living and general symptom severity as predictors of suicide probability in males with substance abuse or dependence.** *Iranian Journal of Psychiatry.* [\[link\]](#)

Neale-Lorello, D., Haaga, D. A. (2015). **The observing facet of mindfulness moderates stress/symptom relations only among meditators.** *Mindfulness.* [\[link\]](#)

Pepping, C. A., Davis, P. J., O'Donovan, A. (2015). **The association between state attachment security and state mindfulness.** *PLoS ONE.* [\[link\]](#)

Rodriguez, M. A., Xu, W., Wang, X., Liu, X. (2015). **Self-acceptance mediates the relationship between mindfulness and perceived stress.** *Psychological Reports.* [\[link\]](#)

Sahdra, B. K., Ciarrochi, J., Parker, P. D., Heaven, P. (2015). **Empathy and nonattachment independently predict peer nominations of prosocial behaviour of adolescents.** *Frontiers in Psychology.* [\[link\]](#)

Sairanen, E., Tolvanen, A., Karhunen, L.,...Lappalainen, R. (2015). **Psychological flexibility and mindfulness explain intuitive eating in overweight adults.** *Behavior Modification.* [\[link\]](#)

Schirda, B., Nicholas, J. A., Prakash, R. S. (2015). **Examining trait mindfulness, emotion**

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### **dysregulation, and quality of life in multiple sclerosis.** *Health Psychology.* [\[link\]](#)

Song, Y., Song, T., Lee, J. Y.,...Kwon, S. H. (2015). **Mindfulness meditation experiences among patients with coronary artery disease: A phenomenological study.** *Korean Journal of Adult Nursing.* [\[link\]](#)

Wenzel, M., von Versen, C., Hirschmüller, S., Kubiak, T. (2015). **Curb your neuroticism-mindfulness mediates the link between neuroticism and subjective well-being.** *Personality and Individual Differences.* [\[link\]](#)

## METHODS

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

Aguado, J., Luciano, J. V., Cebolla, A.,...Garcia Campayo, J. (2015). **Bifactor analysis and construct validity of the five-facet mindfulness questionnaire (FFMQ) in non-clinical Spanish samples.** *Frontiers in Psychology.* [\[link\]](#)

Klein, R., Dubois, S., Gibbons, C.,...Bédard, M. (2015). **The Toronto and Philadelphia mindfulness scales: Associations with satisfaction with life and health-related symptoms.** *International Journal of Psychology and Psychological Therapy.* [\[link\]](#)

## REVIEWS

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

Chan, R. R., Larson, J. L. (2015). **Meditation interventions for chronic disease populations: A systematic review.** *Journal of Holistic Nursing.* [\[link\]](#)

Deuster, P. A., Schoemaker, E. (2015). **Mindfulness: A fundamental skill for**

### **performance sustainment and enhancement.** *Journal of Special Operations Medicine.* [\[link\]](#)

Felver, J. C., Hoyos, C. E., Tezanos, K., Singh, N. N. (2015). **A systematic review of mindfulness-based interventions for youth in school settings.** *Mindfulness.* [\[link\]](#)

Griffiths, M., Shonin, E., Van Gordon, W. (2015). **Mindfulness as a treatment for gambling disorder: Current directions and issues.** *Journal of Gambling and Commercial Gaming Research.* [\[link\]](#)

Khoury, B., Sharma, M., Rush, S. E., Fournier, C. (2015). **MBSR for healthy individuals: A meta-analysis.** *Journal of Psychosomatic Research.* [\[link\]](#)

Malachowski, M. G. (2015). **Mindfulness for pediatrics: Evidence-based resources.** *Journal of Consumer Health on the Internet.* [\[link\]](#)

McCorquodale, L. L. (2015). **Mindfulness and professional practice: A generative dialogue.** *Reflective Practice.* [\[link\]](#)

Panaioti, A. (2015). **Mindfulness and personal identity in the western cultural context: A plea for greater cosmopolitanism.** *Transcultural Psychiatry.* [\[link\]](#)

Redstone, L. (2015). **Mindfulness meditation and aromatherapy to reduce stress and anxiety.** *Archives of Psychiatric Nursing.* [\[link\]](#)

Shobitha, M., Kohli, S. K. (2015). **Physiological effects of practice of loving-kindness meditation.** *International Journal of Physiology.* [\[link\]](#)

de Souza, I. C., de Barros, V. V., Gomide, H. P.,...Noto, A. R. (2015). **Mindfulness-based interventions for the treatment of smoking: A systematic literature review.** *The Journal of Alternative and Complementary Medicine.* [\[link\]](#)

Tang, Y. Y., Hölzel, B. K., Posner, M. I. (2015). **The neuroscience of mindfulness meditation.** *Nature Reviews Neuroscience.* [\[link\]](#)

Van Gordon, W., Shonin, E., Griffiths, M. D. (2015). **Towards a second generation of mindfulness-**

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**based interventions.** *The Australian and New Zealand Journal of Psychiatry.* [\[link\]](#)

Will, A., Rancea, M., Monsef, I.,...Skoetz, N. (2015).

**Mindfulness-based stress reduction for women diagnosed with breast cancer.** *The Cochrane Library.* [\[link\]](#)

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## TRIALS

*Research studies newly funded by the National Institutes of Health (MARCH 2015)*

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Johns Hopkins University (E.M. Sibinga, PI).

**Improving treatment adherence in HIV-positive youth through mindfulness training.** NIH/NCCIH project #5R01AT007888-03. [\[link\]](#)

Oregon Health & Science University (M. Fried-Oken, PI). **Clinic interactions of a brain-computer interface for communication.**

NIH/NIDCD project #2R01DC009834-06A1. [\[link\]](#)

Ralph H Johnson VA Medical Center (K.T. Brady, PI). **Mindfulness-based recovery in veterans with substance use disorders.** Veteran Affairs project #11O1RX001292-01A2. [\[link\]](#)

UMASS Medical School, Worcester (J. Brewer PI).

**Mobile mindfulness for smoking cessation.** NIH/NCI project #5R21CA184254-02. [\[link\]](#)

Wake Forest University (F. Zeidan, PI). **Brain mechanisms supporting mindfulness-based pain relief.** NIH/NCCIH project #5K99AT008238-02. [\[link\]](#)

University of North Carolina Chapel Hill (D.L. Penn, PI). **Targeting stress reactivity in schizophrenia: Integrated coping awareness therapy.** NIH/NIMH project #5R21MH100250-02. [\[link\]](#)

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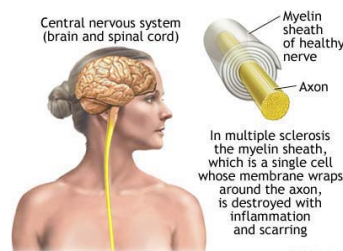
## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Multiple Sclerosis (MS) is an autoimmune disease that damages the integrity of nerve cells in the brain and spinal cord resulting in a variety of sensory and motor deficits and often leading to mobility impairment, pain, and fatigue. MS patients frequently suffer from depression and anxiety, and there is some evidence that stress may play a role in precipitating tissue damage. MS can manifest as either a relapsing and remitting disease with symptoms that wax and wane, or as a progressive disease with a degenerative course.

**Bogosian et al. [Multiple Sclerosis Journal]** completed a pilot study of the effectiveness of a mindfulness-based intervention (MBI) for reducing distress in patients with progressive MS. The intervention, adapted from Mindfulness-Based Cognitive Therapy (MBCT) and tailored to the specific needs of MS patients, was delivered via eight teleconferenced one-hour group sessions. Meditations were kept brief (10-20 minutes) and the mindful movement component was eliminated. Forty British patients with progressive MS were randomly assigned to either the MBI or a waitlist control. They completed a variety of self-report measures at baseline, immediate post-intervention, and three-month follow-up. The cohort was 90% Caucasian and 55% female (average age = 53 years).

The MBI participants reported significantly lower rates of distress at immediate post-intervention (moderate effect size) and three-month follow-up (large effect size) compared to the waitlist controls. They also reported significantly greater reductions in depression and the psychological impact of their MS (moderate to large effect sizes) at both assessment points. Anxiety was significantly lower (moderate effect size) at three month follow-up, but not at post-intervention. Group differences in physical symptoms (e.g., pain and fatigue) tended to be non-significant except for pain at three-months (less for MBI participants, moderate effect size) and the



physical impact of MS (less for MBI participants, small effect size) at post-intervention. The cumulative cost of care was lower for MBI participants as compared to controls by an average of \$3,400, but the difference was not statistically significant.

The pilot study demonstrated the ability of a teleconference-delivered MBI to reduce mental distress in progressive MS patients. MBIs may be a cost effective way of reducing the cumulative consumption of health care services. The study was limited by its lack of both an active control group and a measure to quantify changes in mindfulness.

Cancer survivors often suffer from mental distress, and there is a growing interest in evidence-based integrative approaches that address survivor's psychological, social, and spiritual needs. **Dobos et al. [Supportive Care in Cancer]** tracked the emotional well-being of 117 cancer survivors referred to an 11-week Mindfulness-Based Day Care (MBDC) offered at a clinic in Essen, Germany. Participants were assessed before, immediately after, and three months following treatment on a variety of self-report questionnaires. The clinic, which combined Mindfulness-Based Stress Reduction (MBSR) with relaxation, cognitive restructuring, diet, exercise, and naturopathic interventions, met once weekly for six hours over the 11 week period. Participants were mostly female (91%) and mostly breast cancer survivors (65%) (average age = 54 years).

Over the course of the study, the cancer survivors reported significant improvements in their physical, emotional, role, social, and cognitive quality of life, and significant decreases in their depression, anxiety, fatigue, pain, and insomnia. The magnitude of improvements ranged from an 8% improvement in physical quality of life to a 34% decrease in depression. They also reported significantly greater life and health satisfaction, greater mindfulness (on the Freiburg Mindfulness Inventory) and improved adaptive coping, including spiritual and religious coping.

The study documented a significant improvement in the quality of life and mental well being of the cancer survivors attending the MBDC clinic. Since it lacked a control arm, no definitive inference can be made as to whether the improvements were due to participation in the program or confounding factors such as the passage of time. Effect sizes were not reported, so it is challenging to evaluate the clinical significance of the improvements. Lastly, the combination of so many different therapeutic modalities may have improved the MBDC's effectiveness, but makes it harder to tease out the program's active ingredients.

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## Events & Conferences

### Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

**INFO:** Contact: [info@mcc2015.org](mailto:info@mcc2015.org)  
[www.mcc2015.org](http://www.mcc2015.org)

### Mindfulness in Society conference, UK

Hosted in July 2015 by Bangor University's Centre for Mindfulness Research and Practice, this 5 day conference will integrate the science and practice of mindfulness. Leading experts will combine workshops with research and keynote speeches with a full practice day led by Professor Mark Williams. Topics for the popular 'all day' events include: the role of mindfulness in compassionate living, transforming suffering, the workplace, birthing, pain & long-term health conditions and exploring cutting edge neuroscience. Location: Chester, UK.

**INFO:** Programme, registration & research submission:  
<http://www.bangor.ac.uk/mindfulness/conference.php.en>

### Deepening Our Practice

A 5-day silent retreat for MBSR/MBCT teachers, clinicians, and educators. Sunday, June 21 to Friday, June 26, 2015.

Pendle Hill Retreat Center near Philadelphia, Pennsylvania.

Facilitated by Diane Reibel, PhD, and Don McCown, PhD, co-authors of Teaching Mindfulness:

A practical guide for clinicians and educators. Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions. Time for participants to meet individually with teachers.

Facilitated small group discussions on practice themes. Free time for contemplation and rest in beautiful surroundings: <http://www.pendlehill.org>

**INFO:** Register at  
<http://www.mindfulnessandmore.com>

### II International Meeting on Mindfulness

II International Meeting on Mindfulness Sao Paulo, Brazil, June 24-27, 2015

**INFO:** <http://www.mindfulnessmeeting.com>

### Koru Mindfulness Teacher Certification Training

Koru Mindfulness is the evidence-based mindfulness training program developed in the Duke University student counseling center specifically for college-age adults. Koru, now established at more than 30 universities nationwide, is a popular and practical program for introducing mindfulness to this sometimes-skeptical developmental stage. Certification training appropriate for

those who work with young adults in any setting. Apply now for 2015 certification workshops in Boston, MA and Petaluma, CA.

**INFO:** Visit:  
<http://korumindfulness.org/teacher-certification/benefits/>

### Learning to BREATHE Workshop

Mindfulness for YOU and Mindfulness for YOUTH, a workshop introduction to Learning to BREATHE, will be held on June 13 and 14 in Philadelphia, PA. Facilitators are Trish Broderick and Diane Reibel.

**INFO:** Search this event's name at <http://www.ticketleap.com> for registration information.

## Research & Education

### Brown University Contemplative Pedagogy Program

Educators attend a week of Brown Contemplative Studies courses, receive training in: first-person pedagogies; contemplative science and research, course design July 12 – July 18, 2015 Tuition: \$600 APPLICATION:

1) CV, 2) Description of proposed contemplative pedagogy course

**INFO:** Send to:  
[Contemplative\\_Studies@brown.edu](mailto:Contemplative_Studies@brown.edu)  
Deadline: 5/1/15  
<http://www.contemplativestudies.org>

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## Cultivating Emotional Balance Teacher Training

The fifth Cultivating Emotional Balance Teacher Training (CEBTT), led by B. Alan Wallace, Ph.D and Eve Ekman, Ph.D, will take place in Australia from June 23 – July 28, 2015. There are still a few spaces available.

**INFO:** For more info or to request an application: [retreats@sbinstitute.com](mailto:retreats@sbinstitute.com)

## Bangor University Mindfulness Postgraduate Programme

The Centre for Mindfulness Research and Practice at Bangor University (UK) is now open for student applications for two courses in 2015/2016: Masters in Mindfulness-Based approaches and Postgraduate Diploma in Teaching Mindfulness-Based courses. Our established postgraduate programmes are designed to provide experiential learning and theoretical knowledge of mindfulness-based approaches. The deadline for postgraduate applications is 30th April 2015. We are also holding an open day in Bangor on 17th April 2015 for prospective students or anyone who wishes to learn about the work at CMRP. All are welcome.

**INFO:** Visit: <http://www.bangor.ac.uk/mindfulness/>

## Books & Media

### New Book! Mindfulness for Teachers

Mindfulness for Teachers by University of Virginia Associate Professor Patricia Jennings is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** Visit: <http://books.wwnorton.com/books/Mindfulness-for-Teachers/>

### Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

**INFO:** <http://www.florencepress.com>

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book

offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

### New Book by Sasha Loring

RELIEF: Release Stress and Harmful Habits and Awaken Your Best Self. An evidence based guide to updating how your brain and body communicate, leading to improved health and wellbeing. Learn to reduce reactivity to stressors and to re-orient your body for greater ease.

**INFO:** <http://www.amazon.com/Relief-Release-Stress-Harmful-Habits/dp/1500407984>

## Employment & Volunteer

### Mindfulness Post Doctoral Research Fellow

The Cambridge Health Alliance Center for Mindfulness and Compassion is seeking a post-doctoral research fellow to serve as a program manager for a system transformation project that seeks to integrate mindfulness into CHA's primary care patient-centered medical homes throughout metro-north Boston.

**INFO:** <http://www.challiance.org/Careers/HAJobListings.aspx>

Keyword: Mindfulness

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## INTERVENTIONS

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

Aaldereen, J. R., Donders, A. R., Peffer, K., Speckens, A. E. (2015). **Long-term outcome of mindfulness-based cognitive therapy in recurrently depressed patients with and without a depressive episode at baseline.** *Depression and Anxiety.* [\[link\]](#)

Atkinson, M., Wade, T. (2015). **Mindfulness-based prevention for eating disorders: A school-based cluster randomised controlled study.** *International Journal of Eating Disorders.* [\[link\]](#)

Bluth, K., Gaylord, S., Nguyen, K.,...Girdler, S. (2015). **Mindfulness-based stress reduction as a promising intervention for amelioration of premenstrual dysphoric disorder symptoms.** *Mindfulness.* [\[link\]](#)

Chesin, M. S., Sonmez, C. C., Benjamin-Phillips, C. A.,...Stanley, B. (2015). **Preliminary effectiveness of adjunct mindfulness-based cognitive therapy to prevent suicidal behavior in outpatients who are at elevated suicide risk.** *Mindfulness.* [\[link\]](#)

Delgado-Pastor, L. C., Ciria, L. F., Blanca, B.,...Vila, J. (2015). **Dissociation between the cognitive and interoceptive components of mindfulness in the treatment of chronic worry.** *Journal of Behavior Therapy and Experimental Psychiatry.* [\[link\]](#)

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Erwin, E. J., Robinson, K. A. (2015). **The joy of being: Making way for young children's natural mindfulness.** *Early Child Development and Care.* [\[link\]](#)

Gotink, R. A., Chu, P., Busschbach, J. J.,...Hunink, M. G. (2015). **Standardised mindfulness-based interventions in healthcare: An overview of systematic reviews and meta-analyses of RCTs.** *PLoS ONE.* [\[link\]](#)

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## TRIALS

Research studies newly funded by the National Institutes of Health (APRIL 2015)

Bodimojo, Inc. (E. Donovan & J. Tsao, PIs). **Mobile self-management of irritable bowel syndrome for adolescents.** NIH/NIDDK project #1R43DK105623-01. [\[link\]](#)

University of Iowa (S. Lutgendorf, PI). **Development of a web based group intervention to support ovarian cancer survivors.** NIH/NCI project #1R03CA184306-01A1. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Mindfulness-Based Cognitive Therapy (MBCT) is an eight-week group psychosocial intervention combining mindfulness training with cognitive therapy elements to reduce the risk of relapse and remission in major depressive illness. Prior research demonstrates that MBCT reduces relapse and recurrence in patients with three or more depressive episodes, but MBCT's efficacy relative to conventional antidepressant therapy has never been tested. This is important because many patients would prefer not to take medication if an effective alternative were available. **Kuyken et al. [The Lancet]** directly compared MBCT to pharmacotherapy in a randomized, controlled, single-blind clinical trial.

The researchers randomly assigned 424 primarily Caucasian, middle-aged British men and women with a history of three or more major depressive episodes and who were currently receiving maintenance antidepressant therapy to a continued maintenance antidepressant therapy (ADM) condition or a MBCT with support for tapering or discontinuing medication (MBCT-TS) condition. MBCT-TS patients were supported for reducing or stopping their medication in the sixth week of the MBCT protocol. ADM patients were encouraged to continue their medication throughout the two-year study. Eighty-seven percent of MBCT-TS patients discontinued or tapered their medication, while 76% of the ADM patients continued their medication. Participants were assessed at baseline and five times over 24 months for signs of depressive relapse and recurrence and other illness-related outcomes using clinical interviews and self-report measures.

There was no significant difference in relapse or recurrence between the treatments: 44% of the MBCT-TS group relapsed, and 47% of the ADM group relapsed. Both rates are lower than those typically found for patients with multiple prior depressive episodes. There were also no significant differences between treatments in residual symptoms, depression-free days, medical comorbidity, quality of life, adverse events, or fiscal costs of illness and treatment. MBCT-TS was more effective for patients with a history of childhood

physical or sexual abuse, whereas ADM was more effective for patients without abuse histories.



The study shows MBCT to be an effective psychosocial alternative to antidepressant maintenance therapy, especially for patients with adverse childhood histories. This may benefit patients who are distressed by medication side effects and would prefer a non-pharmacological intervention to help them manage their depressive thoughts and emotions.

Rising health care costs threaten to strain federal, state, and family budgets. Can helping patients become more proactive in their health care help to contain costs? **Knight et al. [Mindfulness]** investigated whether MBSR produces long-term health cost savings through stress reduction and enhanced personal responsibility for well-being.

The researchers examined physician visit and laboratory utilization data for 1,730 Canadians (75% female, mean age = 45) who had taken an MBSR course at a Toronto health center. Data was obtained from the Ontario Health Insurance Program (OHIP) administrative database. MBSR participant healthcare utilization was compared with similar utilization data from three comparison cohorts also drawn from the OHIP database and matched on variables such as age, sex, illness severity and complexity of care. The data were analyzed at one and two years prior to MBSR involvement and at one and two years after participation.

MBSR participants were heavy service utilizers prior to starting MBSR, generating more than twice the costs and nearly twice the medical visits of the matched comparison groups. In the year after MBSR, participants showed a decrease in costs (between \$244 to \$279 per person), physician visits, and laboratory usage, while the cost for the comparison groups increased (\$3 to \$18 per person). Most of these differences vanished when the data were analyzed for the full two years after MBSR, except for slightly lower laboratory utilization in the MBSR group.

The study shows decreased healthcare utilization costs in the first year after people participate in MBSR. The study is limited by a lack of random assignment and the non-inclusion of data for inpatient stays, emergency room visits, and medication.

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## Events & Conferences

### Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

**INFO:** Contact: [info@mcc2015.org](mailto:info@mcc2015.org)  
[www.mcc2015.org](http://www.mcc2015.org)

### Koru Mindfulness Teacher Certification Training

Koru Mindfulness is the evidence-based mindfulness training program developed in the Duke University student counseling center specifically for college-age adults. Koru, now established at more than 30 universities nationwide, is a popular and practical program for introducing mindfulness to this sometimes-skeptical developmental stage. Certification training appropriate for those who work with young adults in any setting. Apply now for 2015 certification workshops in Boston, MA and Petaluma, CA.

**INFO:** Visit:  
<http://korumindfulness.org/teacher-certification/benefits/>

## Learning to BREATHE Workshop

Mindfulness for YOU and Mindfulness for YOUTH, a workshop introduction to Learning to BREATHE, will be held on June 13 and 14 in Philadelphia, PA. Facilitators are Trish Broderick and Diane Reibel.

**INFO:** Search this event's name at <http://www.ticketleap.com> for registration information.

## Research & Education

### Health-Care Choices Study: Participants Needed

Researchers from Bishop's University in Canada need participants to complete an online research survey examining how health-care attitudes are related to health-care choices. Participation is anonymous and participants will have a chance to win one of two \$50 online bookstore vouchers.

**INFO:** Visit  
<http://www.ubishops.ca/HealthCareStudy>

## Books & Media

### Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

**INFO:** <http://www.florencepress.com>

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

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## INTERVENTIONS

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

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Bluth, K., Roberson, P. N., Gaylord, S. G. (2015). **A pilot study of a mindfulness intervention for adolescents and the potential role of self-compassion in reducing stress.** *Explore.* [\[link\]](#)

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Davis, L. W., Lysaker, P. H., Kristeller, J. L.,...Woller, S. (2015). **Effect of mindfulness on vocational rehabilitation outcomes in stable phase schizophrenia.** *Psychological Services.* [\[link\]](#)

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Kuo, C. Y., Yeh, Y. Y. (2015). **Reset a task set after five minutes of mindfulness practice.** *Consciousness and Cognition.* [\[link\]](#)

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Pickut, B., Vanneste, S., Hirsch, M. A.,...Cras, P. (2015). **Mindfulness training among individuals with Parkinson's disease: Neurobehavioral effects.** *Parkinson's Disease.* [\[link\]](#)

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Steinberg, J., Lin, M., Arimitsu, K.,...Stangier, U. (2015). **Loving-kindness meditation to target affect in mood disorders: A proof-of-concept study.** *Evidence-based Complementary and Alternative Medicine.* [\[link\]](#)

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de Castro, J. M. (2015). **Meditation has stronger relationships with mindfulness, kundalini, and**



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Bergomi, C., Tschacher, W., Kupper, Z. (2015). **Meditation practice and self-reported mindfulness: A cross-sectional investigation of meditators and non-meditators using the comprehensive inventory of mindfulness experiences (CHIME).** *Mindfulness.* [\[link\]](#)

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Cachia, R. L., Anderson, A., Moore, D. W. (2015). **Mindfulness, stress and well-being in parents of children with autism spectrum disorder: A systematic review.** *Journal of Child and Family Studies.* [\[link\]](#)

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Perlman, A. (2015). **Informed mindfulness as the foundation for leadership.** *Explore.* [\[link\]](#)

Russell, T. A., Psych, P. D., Arcuri, S. M., Psychiatrist, M. D. P. (2015). **A neurophysiological and neuropsychological consideration of mindful movement: Clinical and research implications.** *Frontiers in Human Neuroscience.* [\[link\]](#)

Slomski, A. (2015). **Meditation promotes better sleep in older adults.** *JAMA.* [\[link\]](#)

Willgens, A. M. (2015). **Failure in clinical education: Using mindfulness as a conceptual framework to explore the lived experiences of 8 physical therapists.** *Journal of Physical Therapy Education.* [\[link\]](#)

Wittenauer, J., Ascher, M., Briggie, A.,...Chavez, J. (2015). **The role of complementary and alternative medicine in adolescent substance use disorders.** *Adolescent Psychiatry.* [\[link\]](#)

W Kanen, J., Nazir, R., Sedky, K., K Pradhan, B. (2015). **The effects of mindfulness-based interventions on sleep disturbance: A meta-analysis.** *Adolescent Psychiatry.* [\[link\]](#)

## TRIALS

Research studies newly funded by the National Institutes of Health (MAY 2015)

RLR VA Medical Center (L. Davis, PI). **Effects of a mindfulness-based cognitive-behavioral conjoint therapy on PTSD and RE.** VA project #5101RX000273-04. [\[link\]](#)

University of Pittsburg (K. Mctigue & N. Morone, PIs). **Minding goals: An internet-assisted mind-body behavior program for blood pressure control.** NIH/NHLBI project # 1R34HL123500-01A1. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Eating is often an enjoyable experience, and at times we eat more for pleasure (“hedonic eating”) than to provide nutrition or reduce hunger. Since pleasure occurs in response to the brain’s release of endogenous opioids (morphine-like neurotransmitters manufactured in the brain), the opioid system plays an important role in hedonic eating. This activity can be measured indirectly by administering naltrexone, an opioid-blocking drug that triggers cortisol secretion and sensations of nausea. Prior research has shown that overweight women with larger cortisol or nausea responses to naltrexone are more prone to binge and emotional eating and less likely to gain weight during a mindfulness-based overeating intervention. **Mason et al. [Appetite]** sought to replicate and extend these findings in a large-scale randomized, controlled study of weight-loss programs with and without a mindfulness component.

Eighty-eight obese women (mean age = 47, mean BMI = 36 kg/m<sup>2</sup>) were randomly assigned to five-month diet-and-exercise-based weight-loss programs with included either a mindfulness component (based on MBSR and MB-EAT) or an active control component that included cognitive-behavioral techniques and progressive muscle relaxation. Both programs involved sixteen 2 to 2.5 hour-long group sessions and one all-day session. Prior to randomization, participants were assessed for their naltrexone-induced salivary cortisol and nausea responses. Participants self-rated their food addiction, binge-eating, and reward-based, mindful, and emotional eating before and after treatment.

Participants’ naltrexone-induced cortisol responses were significantly correlated positively with reward-based eating and food addiction, and negatively with mindful eating. Participants with the largest cortisol responses in the mindfulness group showed significantly greater reduction in food addiction symptoms than participants with the largest cortisol responses in the control group. Women who experienced naltrexone-induced nausea reported a statistically greater reduction of food addiction symptoms in the mindfulness condition than in the control condition. They also trended towards greater weight loss, losing an

average of 10 lbs., whereas their control peers lost only an average of 4 lbs.

The study supports the use of naltrexone reactivity as a biomarker for hedonic eating, and supports the hypothesis that obese female hedonic eaters may derive greater benefit in terms of weight loss and reduced addictive eating from eating programs with a mindfulness component.



Parkinson’s Disease (PD) in a neurological disorder affecting movement, cognition, and mood. It is caused by the loss of dopamine-secreting neurons deep within the brain. It is primarily managed with medication, but psychological factors like stress and depression can exacerbate its symptoms, and 40% of American PD patients turn to complementary and integrative medicine for help. **Pickut et al. [Parkinson’s Disease]** conducted a randomized, controlled exploratory study of whether a mindfulness-based intervention (MBI) can help reduce the disability and suffering associated with PD.

Thirty cognitively intact men and women with PD (mean age = 62) were randomly assigned to either an eight-week MBI closely following the MBSR protocol, or a treatment-as-usual control. Participants completed the Five Facet Mindfulness Questionnaire (FFMQ) and rated their PD symptoms, depression, and quality of life at baseline and at eight-weeks. Their motor symptoms (e.g., tremor, rigidity, agility, gait) were rated by movement disorder specialists who were blind to treatment assignment.

The MBI participants showed a significant 20% decrease in their objectively rated motor symptoms and a significant 13% increase on the FFMQ “Observe” scale. There were no significant group differences in self-rated depression or quality of life.

This is one of the first studies to explore the efficacy of a MBI in PD patients, and it supports the use of a MBI as a complementary treatment option. It is unclear whether the clinically meaningful decrease in motor symptoms seen in this study was due to either stress reduction, the MBI-induced grey matter growth seen in previous MBI research with PD patients., or the placebo effect. The study is limited by its small sample size and lack of active controls.

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## Events & Conferences

### Mindfulness in Society Conference 2015

The CMRP has an established reputation for hosting world class conferences and this year will not disappoint! With keynote presentations from Tony Bates, Christina Feldman and Saki Santorelli; day long events with John Teasdale, Nancy Bardacke and Breathworks and conference workshops with experts in the field discussing topics from supervision, policy, workplace and compassion to life threatening illness and many, many more. This is set to be rich and wonderfully fruitful event bringing together research and practice from across the globe.

**INFO:** For further information and to register, please visit <http://www.bangor.ac.uk/mindfulness/conference.php.en>

## Research & Education

### Grants for Mindfulness Teachers and Researchers

The American Mindfulness Research Association (AMRA) is now accepting applications for its Professional Development Award program. This competitive award provides \$500 stipends to promising researchers and teachers for their commitment to the field. Application deadline is July 20, 2015.

**INFO:** For details and to apply, visit <https://goamra.org/about/grants/>

## Books & Media

### Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

**INFO:** <http://www.florencepress.com>

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

### Mindfulness for Carers (Caregivers)

Written specifically for carers and caregivers from parents, family or relatives to nurses, physicians or other healthcare professionals, this simple step-by-step guide will appeal to those who have little time or knowledge of the subject. It offers a fresh and novel approach as a way of managing a demanding and exhausting role and preventing burnout and fatigue. A good quality

audio download of different meditation practices is included.

**INFO:** Purchase at <http://www.amazon.com/dp/1849056544>

### Buddha in Dairyland

The new book, Buddha in Dairyland: A Psychologist, a Monk, and the Roots of a Silent Revolution, is available at Amazon. A true account of how the migration of Tibetan Buddhism to America, and White House negotiations, sowed the seeds for the mindfulness revolution.

**INFO:** Purchase at <http://www.amazon.com/dp/B00VUEE5GU>

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## INTERVENTIONS

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

Banth, S., Ardebil, M. D. (2015). **Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain.** *International Journal of Yoga.* [link]

Cludius, B., Hottenrott, B., Alsleben, H.,...Moritz, S. (2015). **Mindfulness for OCD? No evidence for a direct effect of a self-help treatment approach.** *Journal of Obsessive-Compulsive and Related Disorders.* [link]

Czajkowski, A. L., Greasley, A. E. (2015). **Mindfulness for singers: The effects of a targeted mindfulness course on learning vocal technique.** *British Journal of Music Education.* [link]

Fan, Y., Tang, Y. Y., Tang, R., Posner, M. (2015). **Time course of conflict processing modulated by brief meditation training.** *Frontiers in Psychology.* [link]

Jee, S. H., Couderc, J. P., Swanson, D.,...Heinert, S. (2015). **A pilot randomized trial teaching MBSR to traumatized youth in foster care.** *Complementary Therapies in Clinical Practice.* [link]

Peterson, C. (2015). **Walkabout: Looking in, looking out: A mindfulness-based art therapy program.** *Art Therapy.* [link]

Randal, C., Bucci, S., Morera, T.,...Pratt, D. (2015). **MBCT for psychosis: Measuring psychological change using repertory grids.** *Clinical Psychology & Psychotherapy.* [link]

Schussler, D. L., Jennings, P. A., Sharp, J. E., Frank, J. L. (2015). **Improving teacher awareness and well-being through CARE: A qualitative analysis of the underlying mechanisms.** *Mindfulness.* [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,...Nugent, K. (2015). **Effects of Samantha meditation on active academic engagement and math performance of students with attention deficit/hyperactivity disorder.** *Mindfulness.* [link]

Taren, A. A., Gianaros, P. J., Greco, C. M.,...Marsland, A. L. (2015). **Mindfulness meditation training alters stress-related amygdala resting state functional connectivity: A RCT.** *Social Cognitive and Affective Neuroscience.* [link]

van der Zwan, J. E., de Vente, W., Huizink, A. C.,...de Bruin, E. I. (2015). **Physical activity, mindfulness meditation, or heart rate variability biofeedback for stress reduction: A RCT.** *Applied Psychophysiology and Biofeedback.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Azam, M. A., Katz, J., Fashler, S.,...Ritvo, P. (2015). **Heart rate variability is enhanced in controls but not maladaptive perfectionists during brief mindfulness meditation following stress-induction: A stratified-randomized trial.** *International Journal of Psychophysiology.* [link]

Barbaro, N., Pickett, S. M. (2015). **Mindfully green: Examining the effect of connectedness to nature on the relationship between mindfulness and engagement in pro-environmental behavior.** *Personality and Individual Differences.* [link]

Basharpoor, S., Shafiei, M., Daneshvar, S. (2015). **The comparison of experimental avoidance, mindfulness and rumination in trauma-exposed individuals with and without PTSD in an Iranian sample.** *Archives of Psychiatric Nursing.* [link]

Bowen, S., Bergman, A. L., Witkiewitz, K. (2015). **Engagement in Buddhist meditation practices among non-Buddhists: Associations with**

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**religious identity and practice.** *Mindfulness.* [link]

Camilleri, G. M., Méjean, C., Bellisle, F.,...Péneau, S. (2015). **Association between mindfulness and weight status in a general population from the Nutrinet-santé study.** *PLoS ONE.* [link]

Dunkley, C. R., Goldsmith, K. M., Gorzalka, B. B. (2015). **The potential role of mindfulness in protecting against sexual insecurities.** *The Canadian Journal of Human Sexuality.* [link]

Fulton, C. L., Cashwell, C. S. (2015). **Mindfulness-based awareness and compassion: Predictors of counselor empathy and anxiety.** *Counselor Education and Supervision.* [link]

Kemper, K. J., Mo, X., Khayat, R. (2015). **Are mindfulness and self-compassion associated with sleep and resilience in health professionals?** *Journal of Alternative and Complementary Medicine.* [link]

Moskowitz, J. T., Duncan, L. G., Moran, P. J.,...Folkman, S. (2015). **Dispositional mindfulness in people with HIV: Associations with psychological and physical health.** *Personality and Individual Differences.* [link]

Murakami, H., Katsunuma, R., Oba, K.,...Moriguchi, Y. (2015). **Neural networks for mindfulness and emotion suppression.** *PLoS ONE.* [link]

Muris, P., Meesters, C., Pierik, A., de Kock, B. (2015). **Good for the self: Self-Compassion and other self-related constructs in relation to symptoms of anxiety and depression in non-clinical youths.** *Journal of Child and Family Studies.* [link]

OConnor, L. E., Rangan, R. K., Berry, J. W.,...Li, T. (2015). **Empathy, compassionate altruism and psychological well-being in contemplative practitioners across five traditions.** *Psychology.* [link]

Peters, J. R., Eisenlohr-Moul, T. A., Smart, L. M. (2015). **Dispositional mindfulness and rejection sensitivity: The critical role of nonjudgment.** *Personality and Individual Differences.* [link]

Rosenstreich, E., Margalit, M. (2015). **Loneliness, mindfulness, and academic achievements: A moderation effect among first-year college students.** *Open Psychol.* [link]

Slonim, J., Kienhuis, M., Di Benedetto, M., Reece, J. (2015). **The relationships among self-care, dispositional mindfulness, and psychological distress in medical students.** *Medical Education Online.* [link]

Takebe, M., Takahashi, F., Sato, H. (2015). **Mediating role of anger rumination in the associations between mindfulness, anger-in, and trait anger.** *Psychology.* [link]

Zedelius, C. M., Schooler, J. W. (2015). **Mind wandering" ahas" versus mindful reasoning: Alternative routes to creative solutions.** *Frontiers in Psychology.* [link]

## METHODS

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

Lebois, L. A., Papiés, E. K., Gopinath, K.,...Barsalou, L. W. (2015). **A shift in perspective: Decentering through mindful attention to imagined stressful events.** *Neuropsychologia.* [link]

Martinez, M. E., Kearney, D. J., Simpson, T.,...Sayre, G. (2015). **Challenges to enrollment and participation in MBSR among veterans: A qualitative study.** *Journal of Alternative and Complementary Medicine.* [link]

Simon, R., Engström, M. (2015). **The default mode network as a biomarker for monitoring the therapeutic effects of meditation.** *Frontiers in Psychology.* [link]

Steinfeld, M., Brewer, J. (2015). **The psychological benefits from reconceptualizing music-making as mindfulness practice.** *Medical Problems of Performing Artists.* [link]

Viñas, F., Malo, S., González, M.,...Casas, F. (2015). **Assessing mindfulness on a sample of Catalan-speaking Spanish adolescents: Validation of the**

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**Catalan version of the child and adolescent mindfulness measure.** *The Spanish Journal of Psychology.* [\[link\]](#)

Wolters, M., Bruggeman-Everts, F. Z., Van der Lee, M. L.,...Vollenbroek-Hutten, M. M. (2015).

**Effectiveness, mediators, and effect predictors of internet interventions for chronic cancer-related fatigue: The design and an analysis plan of a 3-armed RCT.** *JMIR Research Protocols.* [\[link\]](#)

## REVIEWS

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

Baer, R. (2015). **Ethics, values, virtues, and character strengths in mindfulness-based interventions: A psychological science perspective.** *Mindfulness.* [\[link\]](#)

Decker, E., Philippot, P., Bourgey-Trouillet, M.,...Trouillet, R. (2015). **Interventions based on mindfulness for the elderly chronic pain: Review of the literature.** *Geriatric Et Psychologie Neuropsychiatrie Du Vieillessement.* [\[link\]](#)

Gallegos, A. M., Cross, W., Pigeon, W. R. (2015). **MBSR for veterans exposed to military sexual trauma: Rationale and implementation considerations.** *Military Medicine.* [\[link\]](#)

Gueldner, B. A., Feuerborn, L. L. (2015). **Integrating mindfulness-based practices into social and emotional learning: A case application.** *Mindfulness.* [\[link\]](#)

Hemanth, P., Fisher, P. (2015). **Mindfulness as a way of addressing the deficits in clinical psychology training programmes: A review.** *Journal of Tropical Psychology.* [\[link\]](#)

Hyland, T. (2015). **The limits of mindfulness: Emerging issues for education.** *British Journal of Educational Studies.* [\[link\]](#)

Marikar Bawa, F., Mercer, S., Atherton, R.,...Bond, C. (2015). **Does mindfulness improve**

**outcomes in chronic pain patients? Systematic review and meta-analysis.** *The British Journal of General Practice.* [\[link\]](#)

Newby, J. M., McKinnon, A., Kuyken, W.,...Dalgleish, T. (2015). **Systematic review and meta-analysis of transdiagnostic psychological treatments for anxiety and depressive disorders in adulthood.** *Clinical Psychology Review.* [\[link\]](#)

Rouleau, C. R. (2015). **The impact of mindfulness-based interventions on symptom burden, positive psychological outcomes, and biomarkers in cancer patients.** *Cancer Management and Research.* [\[link\]](#)

Rösner, S., Willutzki, R., Zgierska, A. (2015). **Mindfulness-based interventions for substance use disorders.** *The Cochrane Library.* [\[link\]](#)

Stella, M. (2015). **Befriending death: A mindfulness-based approach to cultivating self-awareness in counselling students.** *Death Studies.* [\[link\]](#)

Taylor, J. A., Sims, J., Hill, H. (2015). **Reflective practice and its relationship to mindfulness, situation/movement awareness and person-centeredness during mobility care in nursing homes: A discussion paper.** *Reflective Practice.* [\[link\]](#)

van der Velden, A. M., Roepstorff, A. (2015). **Neural mechanisms of mindfulness meditation: Bridging clinical and neuroscience investigations.** *Nature Reviews Neuroscience.* [\[link\]](#)

## TRIALS

Research studies newly funded by the National Institutes of Health (JUN 2015)

Kent State University (D. Fresco, PI). **Mindfulness based stress reduction for high blood pressure: A two-site RCT.** NIH/NHLBI project #5R01HL119977-02. [\[link\]](#)

# 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 findings*

Does mindfulness reduce stress by altering brain function? The amygdala—a small, almond-shaped structure located in the brain's limbic system—is known to play a key role in the stress response. Previous research has shown that increased connectivity (the degree to which brain structures inter-coordinate) between the amygdala and other limbic and cortical structures is associated with greater stress levels. In two separate studies, **Taren et al. [Social Cognitive and Affective Neuroscience]** investigated how the amygdala's connectivity with nearby brain structures correlates with stress, and whether that connectivity changes in response to a mindfulness-based intervention (MBI). In doing so, the researchers aimed to identify one of the main brain pathways underlying the effect of mindfulness practice on stress levels.

In an initial study, 130 healthy men and women self-reported perceived stress levels and underwent functional magnetic resonance imaging (fMRI) to assess the resting functional connectivity between the amygdala and nearby brain structures. In a second randomized, controlled, single-blind study, 35 unemployed adults with moderate-to-high levels of perceived stress were assigned to either a three-day intensive residential mindfulness retreat modeled after MBSR which included the body scan, sitting and walking meditation, and mindful eating and yoga, or a three day intensive relaxation retreat which included walking, stretching, and didactics. Amygdala connectivity was assessed by fMRI before and after each intervention. Four months later, hair samples were taken and assayed for stress hormone (cortisone and cortisol) levels over the post-intervention period.

This study demonstrated that participants with higher levels of perceived stress had significantly greater degrees of connectivity between the right side of the amygdala and the subgenual anterior cingulate cortex (ACC) — a brain structure implicated in mood and affect disorders. The randomized, controlled study showed that MBI participants, in comparison to controls, significantly decreased their amygdala-ACC connectivity. The greater the decrease in connectivity, the less cortisone and cortisol was found in hair samples

four months later, strengthening the case for amygdala connectivity as a useful stress biomarker that can be modified through MBIs.

This study adds a crucial piece to our knowledge of the observable brain changes underlying the reported benefits of mindfulness practices.



More than two-thirds of the U.S. population is overweight or obese. While much of the accountability for obesity can be placed on dietary patterns and food access, **Camilleri et al. [PLOS ONE]** investigated whether there might also be a link between dispositional mindfulness and weight. People who generally tend to be mindful might also be more attentive to and aware of hunger and satiety cues that help determine what and how much food they consume.

The researchers drew data from 63,628 French men and women participating in a 10-year, web-based, NutriNet-Santé study on eating, weight, and health who also completed the Five Facet Mindfulness Questionnaire (FFMQ). Participants submitted annual data on their height and weight. Body Mass Index (BMI) scores of 25-30 kg/m<sup>2</sup> were considered overweight, and BMIs over 30 kg/m<sup>2</sup> were considered obese. Participants also completed questionnaires on a variety of other demographic and health variables.

Higher mindfulness was associated with being older, more active, better educated, more likely to be an ex-smoker, and more likely to make use of various relaxation techniques. Women who were more mindful were significantly less likely to be overweight or obese, and had significantly lower BMIs (mean BMI for lowest FFMQ quartile = 24.1 kg/m<sup>2</sup>; mean BMI for highest FFMQ quartile = 23.5 kg/m<sup>2</sup>). Mindful men were not less likely to be overweight, but were significantly less likely to be obese. In women, the FFMQ Observing, Describing, Acting with Awareness, and Non-Reactivity subscales were all inversely correlated with overweight and obesity. In men, only the FFMQ Observing and Non-Reactivity subscales correlated inversely with overweight or obesity.

This large study identifies a small yet significant inverse relationship between dispositional mindfulness and obesity in both men and women. Although other behavioral and environmental factors feed most of the obesity epidemic, mindfulness in daily life has a small, yet possibly important, effect when considering its influence on the population at large.



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## *Joogal Kids Meditation in Motion*

New research shows that practices of movement and mindfulness decrease stress, anxiety and depression in children, while improving emotional regulation, focus and social skill Joogal Kids focuses on this. It is a fun method that improves concentration, emotional balance and a better kind of life. It is a way to strengthen their body, mind and soul while learning universal values through play and meditation. Devora Benchimol created this method after working 30 years with kids in body expression and 12 in meditation and mindfulness with them. Joogal Kids has their own system to train teachers.

**INFO:** <http://www.joogalkids.org>  
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## Books & Media

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** Go to <http://amzn.com/0393708071>

## Mindful Medical Practice: Clinical Narratives

Patricia Dobkin's new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.

**INFO:** Go to <http://www.springer.com/us/book/9783319157764>

## Buddha in Dairyland

The new book, Buddha in Dairyland: A Psychologist, a Monk, and the Roots of a Silent Revolution, is available at Amazon. A true account of how the migration of Tibetan Buddhism to America, and White House negotiations, sowed the seeds for the mindfulness revolution.

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## INTERVENTIONS

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

Bennett, K., Dorjee, D. (2015). **The impact of a MBSR on well-being and academic attainment of sixth-form students.** *Mindfulness.* [\[link\]](#)

Brown, K. W., Coogle, C. L., Wegelin, J. (2015). **A pilot randomized controlled trial of MBSR for caregivers of family members with dementia.** *Aging & Mental Health.* [\[link\]](#)

Bueno, V. F., Kozasa, E. H., da Silva, M. A.,...Pompéia, S. (2015). **Mindfulness meditation improves mood, quality of life, and attention in adults with attention deficit hyperactivity disorder.** *BioMed Research International.* [\[link\]](#)

Burnett, M., Pettijohn, C. (2015). **Investigating the efficacy of mind-body therapies and emotional intelligence on worker stress in an organizational setting: An experimental approach.** *Journal of Organizational Culture, Communications and Conflict.* [\[link\]](#)

Costa, A., Barnhofer, T. (2015). **Turning towards or turning away: A comparison of mindfulness meditation and guided imagery relaxation in patients with acute depression.** *Behavioural and Cognitive Psychotherapy.* [\[link\]](#)

George, B. (2015). **Efficacy of acceptance and mindful based relapse prevention program on emotion regulation difficulty among alcoholics in Kerala India.** *J Alcohol Drug Depend.* [\[link\]](#)

Hauge, C. R., Rasmussen, A., Piet, J.,...Skovbjerg, S. (2015). **MBCT for multiple chemical sensitivity (MCS): Results from a RCT with 1-year follow-up.** *Journal of Psychosomatic Research.* [\[link\]](#)

Heeren, A., Busana, C., Coussement, C., Philippot, P. (2015). **MBCT for trichotillomania: A**

**Bayesian case-control study.** *Psychologica Belgica.* [\[link\]](#)

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Pacific University (M. Christopher, PI). **A pilot trial of mindfulness-based resilience training among police officers.** NIH/NCCIH project #1R21AT008854-01. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

The high emotional demands of public school teaching can contribute to impaired teacher morale, professional burnout, and the fact that 40-50% of teachers quit teaching within their first five years on the job. Prior research supports the efficacy of mindfulness-based interventions (MBIs) in improving teacher well-being and reducing burnout, but what processes underlie their effectiveness? In a randomized, controlled trial, **Taylor et al. [Mindfulness]** tested how a MBI affected teachers' emotional regulation, forgiveness, and compassion, and whether these factors contributed, in turn, to reducing stress.

The researchers randomly assigned a predominantly female cohort of 59 Canadian elementary and secondary school teachers to either a Stress Management and Relaxation Training (SMART) program or a wait-list control. The 9-week SMART program shared components with MBSR (the body scan, sitting, walking, movement and eating meditations) and included specific training in emotional regulation, forgiveness and loving-kindness. Participants completed self-report measures before and after training and at four-month follow-up. Participants were also interviewed after training about job stress and attitudes towards difficult students and colleagues.

The teachers found the SMART program "quite helpful." SMART program teachers showed significant and large declines in occupational stress compared to controls, a difference that remained marginally significant at four month follow-up. In post-training interviews, SMART participants used significantly fewer negative emotional words than controls when discussing work stressors, and used significantly more positive emotional words than controls when describing challenging students. SMART participants also showed significant and moderately sized improvements on measures of emotional regulation efficacy and dispositional forgiveness compared to controls. Dispositional forgiveness was significantly associated with decreased stress.

This study extends previous findings supporting the efficacy of MBIs in reducing teacher stress, and clarifies distinct processes contributing to their

potential efficacy. It is limited by its small sample size, lack of active controls and lack of in-classroom behavioral measures.



Adolescence is a time of rapid growth in young people's capacity to self-regulate their emotions and maintain focus on goals, as well as a time of rapid brain development. In a longitudinal study, **Friedel et al. [Developmental Cognitive Neuroscience]** explored the relationship between changes in brain areas previously linked to mindfulness and the development of the tendency to be mindful of experience (dispositional mindfulness) in adolescents. The researchers studied the prefrontal cortex (an area involved in goal directed behavior and emotional regulation) and the insula (an area involved in the awareness of internal bodily states). As adolescents mature, their cerebral cortexes tend to thin out as neurons are selectively pruned and circuits become more efficient. The researchers predicted that a higher degree of cortical thinning would correlate with higher levels of dispositional mindfulness.

The researchers analyzed the magnetic resonance images (MRIs) of 82 male and female adolescents who were scanned at ages 16 and 19, and also completed the Mindfulness Attention and Awareness Scale (MAAS) at age 19. The participants were also assessed on measures of temperament and intelligence.

Dispositional mindfulness was positively correlated with measures of cognitive reappraisal, attention, and inhibitory control, and negatively correlated with frustration, aggression, and depressed mood. The researchers analyzed possible relationships between cortical thinning and dispositional mindfulness in twenty regions of the prefrontal and insular cortex. Prefrontal cortical thinning proved unrelated to dispositional mindfulness, but was correlated with IQ. There was a significant correlation between a lesser degree of left anterior insular thinning and greater dispositional mindfulness. Although not predicted, this finding partially accords with prior cross-sectional research showing a relationship between greater insular thickness and mindfulness and meditation practice in adults.

This is the first longitudinal study exploring the linkage between brain development and dispositional mindfulness in adolescence. It suggests that while greater prefrontal cortical thinning is related to higher general intelligence, reduced insular cortical thinning is related to greater dispositional mindfulness.

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### Rotman's Leadership Renewal Retreat

Rotman's Leadership Renewal Retreat provides participants with two and a half days to step outside their environment and their usual way of thinking and use new lenses to distinguish and seize opportunities for themselves and their organizations. Leaders with reflective ability are better equipped to see change, disruption and conflict as opportunities for generative thinking and innovation. Through experiential training, reflection and conversations with similarly motivated senior executives, Rotman's Leadership Renewal Retreat is designed to provide you with skills, discipline and courage to reframe yourself and your role.

**INFO:**

<http://www.rotmanexecutive.com/retreat>

### Search Inside Yourself in LA!

Developed at Google and based on neuroscience research, SIY uses mindfulness practice to train emotional intelligence skills, leading to resilience, well-being, and centered leadership. In the midst of complexity, it's about finding the inner capacity to create, thrive, and lead. Backed by leading experts in neuroscience and mindfulness, SIY is changing thousands of lives in over a dozen countries. October 2-3 at University of Southern California in Los Angeles.

**INFO:** Registration:

[SIYLosAngeles.eventbrite.com](http://SIYLosAngeles.eventbrite.com)

## Research & Education

### Funding for Mindfulness Teachers and Researchers: Now Closed

The American Mindfulness Research Association (AMRA) Professional Development Award program is now closed. We have received applications from an impressive pool of early career professionals, which are now under review. This competitive grant provides \$500 awards to promising researchers and teachers for their commitment to excellence in mindfulness research and practice. Application deadline was July 20, 2015.

**INFO:** For details visit

<https://goamra.org/about/grants/>

## Books & Media

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** Go to

<http://amzn.com/0393708071>

## Mindful Medical Practice: Clinical Narratives

Patricia Dobkin's new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.

**INFO:** Go to

<http://www.springer.com/us/book/9783319157764>

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## INTERVENTIONS

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

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#### study of college students in shanghai.

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**systematic review of evidence for engagement, acceptability, effectiveness and mechanisms of change for mindfulness-based interventions for people distressed by hearing voices.**

*Frontiers in Psychology.* [\[link\]](#)

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COG Analytics, LLC (J. Obermayer, PI). **Mobile mindfulness based smoking cessation.** NIH/NCI project #1R43CA195849-01. [\[link\]](#)

Rush University Medical Center (J. Burns, PI). **Mechanisms of psychosocial chronic pain treatments.** NIH/NINR project #5R01NR013910-03. [\[link\]](#)

University of Massachusetts Amherst (S. Bernecker, PI). **Crowdsourcing mental health with a web-based peer-delivered intervention.** NIH/NIMH project #5F31MH103927-02. [\[link\]](#)

University of Michigan (Q. Epstein-Ngo, PI). **Remote therapy for alcohol and dating aggression in non-college emerging adults.** NIH/NIAAA project #1K23AA022641-01A1. [\[link\]](#)

University of Utah (E. Garland, PI). **Targeting military opioid misuse with mindfulness-oriented recovery enhancement.** NIH/NIDA project #5R34DA037005-03. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Nearly a quarter of veterans returning from combat deployment suffer from post-traumatic stress disorder (PTSD). While the Veterans Administration treats many of these veterans with prolonged exposure or cognitive processing therapy, dropout rates remain high (30-44%) and up to half of those receiving therapy fail to improve. There is a need for new therapies that are well tolerated and effective. **Polusny et al. [JAMA]** tested the impact of MBSR compared to Present-Centered Group Therapy (PCGT) on PTSD symptoms in a randomized, controlled trial.

Participants were 116 mostly Caucasian, male, and predominantly Vietnam era veterans with PTSD who were recruited from the Minneapolis VA Medical Center and randomly assigned to either MBSR or PCGT, a group treatment focused on resolving current life problems. Participants completed checklists assessing PTSD symptoms, depression, quality of life, and mindfulness (FFMQ) at baseline and again at 3, 6, 9, and 17 weeks. Additionally, participants were interviewed by clinicians before and after treatment and again at two-month follow-up to obtain independent evaluations of diagnoses and symptom severity.

Dropout rates were lower than previously observed with either prolonged exposure or cognitive processing therapy, but the dropout rate was significantly higher for MBSR (22%) than for PCGT (7%). Self-rated PTSD severity improved for both groups from baseline to two-month

follow-up, but the average improvement was significantly greater for MBSR (9 points) than PCGT (3 points) participants (Cohen's  $d=.40$ ). Clinician symptom ratings showed significantly greater improvement for MBSR participants (Cohen's  $d=.41$ ). MBSR participants also reported significantly greater improvements in mindfulness and quality of life. Increases in mindfulness were significantly associated with improvements in PTSD ( $r=-.46$ ), depressive symptoms ( $r=-.44$ ), and quality of life ( $r=-.42$ ). Using a 10-point improvement as the cut-off for a clinically meaningful effect, more MBSR (49%) participants improved than PCGT (28%) participants.



This experimental study demonstrates MBSR to have a modest but clinically meaningful impact on PTSD symptoms when compared to a more conventional group therapy. The relatively low dropout rate suggests that MBSR may also be better tolerated than other frequently used PTSD treatments for veterans. Study limitations include fewer treatment hours for controls (13.5 hours) than MBSR participants (26.5 hours) and a relatively short follow-up period.

Skilled athletes must retain focus and maintain bodily awareness while resisting distractions. Using functional magnetic resonance imaging (fMRI), **Haase et al. [Frontiers in Behavioral Neuroscience]**

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explored whether a Mindful Performance Enhancement, Awareness, and Knowledge (mPEAK) intervention improved elite athletes' bodily awareness and examined the underlying brain patterns associated with improved awareness.

Seven young adult, male members of the USA BMX cycling team underwent fMRI scans before and after participating in a 7-week mPEAK intervention. The intervention included traditional mindfulness practices along with didactic presentations on topics such as mindfulness, mind-wandering, self-compassion, and self-criticism. Athletes were assessed before and after training on measures of bodily awareness, emotional awareness, and mindfulness (FFMQ).



During fMRI scanning, athletes engaged in a computer-assisted attentional focus task while breathing through a mouthpiece that could variably restrict airflow making breathing more labored and effortful. At various times during the task they were given visual cues about the likelihood of future airflow restriction, so that the fMRI measured the brain changes associated with anticipating, experiencing, and recovering from restricted airflow.

Following mPEAK training, the athletes significantly improved their abilities to identify feelings (Cohen's  $d = 1.1$ ), self-regulate distress by attending to the body (Cohen's  $d = 1.5$ ), trust bodily sensations (Cohen's  $d = 1.0$ ), and describe emotions (Cohen's  $d = 0.8$ ). Right insula and left anterior cingulate cortex (ACC) activation increased after mPEAK training during the time periods when athletes were anticipating restricted airflow. The magnitude of increased ACC activation during anticipation periods correlated with increases in the ability to describe emotions ( $\rho = .78$ ).

There was also a negative association between increased insula activation during periods of recovery from restricted breathing and the ability to identify feelings ( $\rho = -.76$ ). Decreased functional connectivity was observed following mPEAK training between the right medial frontal cortex and ACC and the posterior cingulate cortex, a brain structure associated with mind-wandering and self-referential thinking.

This pilot study suggests that an adapted mindfulness-based training is associated with greater attention to bodily sensations, feelings, and increased neural processing while anticipating and recovering from the distractions associated with restricted breathing. Future research is needed to clarify whether this increased bodily focus translates into improved athletic performance. The study is limited by a small sample size and the absence of a control group.

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## Search Inside Yourself in LA!

Developed at Google and based on neuroscience research, SIY uses mindfulness practice to train emotional intelligence skills, leading to resilience, well-being, and centered leadership. In the midst of complexity, it's about finding the inner capacity to create, thrive, and lead. Backed by leading experts in neuroscience and mindfulness, SIY is changing thousands of lives in over a dozen countries. October 2-3 at University of Southern California in Los Angeles.

**INFO:** Registration and details at [SIYLosAngeles.eventbrite.com](http://SIYLosAngeles.eventbrite.com)

## Research & Education

### Funding for Mindfulness Teachers and Researchers: Now Closed

The American Mindfulness Research Association (AMRA) Professional Development Award program is now closed. This competitive grant provides \$500 awards to promising researchers and teachers for their commitment to excellence in mindfulness research and practice.

**INFO:** For details visit <https://goamra.org/about/grants/>

## Books & Media

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher

educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

### Mindful Medical Practice: Clinical Narratives

Patricia Dobkin's new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.

**INFO:** Go to <http://www.springer.com/us/book/9783319157764>

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## INTERVENTIONS

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

Beshai, S., McAlpine, L., Weare, K., Kuyken, W. (2015). **A non-randomised feasibility trial assessing the efficacy of a mindfulness-based intervention for teachers to reduce stress and improve well-being.** *Mindfulness.* [\[link\]](#)

Cucarella, S. P., Giannini, M. C. (2015). **Effectiveness of a pilot mindfulness program in volunteers of a breast cancer association.** *Journal of Evidence-based Complementary & Alternative Medicine.* [\[link\]](#)

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Ruffault, A., Grégoire, S., Hendrickson, K., Flahault, C. (2015). **Cognitive behavioral therapy with daily mindfulness training: A case report of comorbid binge eating and bipolar disorders.** *Mindfulness.* [\[link\]](#)

Russell, K. C., Gillis, H. L., Heppner, W. (2015). **An examination of mindfulness-based experiences through adventure in substance use disorder treatment for young adult males: A pilot study.** *Mindfulness.* [\[link\]](#)

Schofield, T. P., Creswell, J. D., Denson, T. F. (2015). **Brief mindfulness induction reduces inattention blindness.** *Consciousness and Cognition.* [\[link\]](#)

Schomaker, S. A., Ricard, R. J. (2015). **Effect of a mindfulness-based intervention on counselor--client attunement.** *Journal of Counseling & Development.* [\[link\]](#)

Short, M. M., Mazmanian, D., Ozen, L. J., Bédard, M. (2015). **Four days of mindfulness meditation training for graduate students: A pilot study examining effects on mindfulness, self-regulation, and executive function.** *The Journal of Contemplative Inquiry.* [\[link\]](#)

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Tang, V., Poon, W. S., Kwan, P. (2015). **Mindfulness-based therapy for drug-resistant epilepsy an assessor-blinded randomized trial.** *Neurology.* [link]

Wisner, B. L., Starzec, J. J. (2015). **The process of personal transformation for adolescents practicing mindfulness skills in an alternative school setting.** *Child and Adolescent Social Work Journal.* [link]

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Articles examining the correlation and mechanism between mindfulness and other variables

Atanes, A. C., Andreoni, S., Hirayama, M. S.,...Garcia-Campayo, J. (2015). **Mindfulness, perceived stress, and subjective well-being: A correlational study in primary care health professionals.** *BMC Complementary and Alternative Medicine.* [link]

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Campos, D., Cebolla, A., Quero, S.,...Baños, R. M. (2015). **Meditation and happiness: Mindfulness and self-compassion may mediate the meditation--happiness relationship.** *Personality and Individual Differences.* [link]

Daniel, L., Borders, L. D., Willse, J. (2015). **The role of supervisors' and supervisees' mindfulness in clinical supervision.** *Counselor Education and Supervision.* [link]

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**rejection sensitivity.** *Psychiatria Danubina.* [\[link\]](#)

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#### development of psychotherapists' empathy?

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#### family caregivers: Systematic review.

*Archives of Psychiatric Nursing*. [\[link\]](#)

Martires, J., Zeidler, M. (2015). **The value of mindfulness meditation in the treatment of insomnia.** *Current Opinion in Pulmonary Medicine*. [\[link\]](#)

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Brown University (E. Loucks, PI). **Mindfulness influences on self-regulation: mental and physical health implications.** NIH/NCCIH project #1UH2AT009145-01. [\[link\]](#)

Carnegie-Mellon University (J. D. Creswell, PI). **Mindfulness meditation training in lonely older adults.** NIH/NCCIH project #1R01AT008685-01. [\[link\]](#)

Duke University (H. A. Williams, PI). **Mindfulness-based intervention for pain catastrophizing in sickle cell disease.** NIH/NINR project #5F31NR014954-02. [\[link\]](#)

Johns Hopkins University (M. Rosen, PI). **Simulation for building leadership capacity for patient safety.** NIH/AHRQ project # 5R18HS023159-02. [\[link\]](#)

Medical University of South Carolina (T. K. Killeen, PI). **Mindfulness meditation for the treatment of women with PTSD and SUD.** NIH/NIDA project #1R01DA040968-01. [\[link\]](#)

University of Denver (K. A. Bender, PI). **Randomized clinical trial: substance use victimization in homeless youth.** NIH/NIDA project #1R15DA039355-01. [\[link\]](#)

University of Southern California (H. Amaro, PI). **Neural mechanisms in women's treatment and early recovery.** NIH/NIDA project #1R01DA038648-01A1. [\[link\]](#)

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*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Epileptic disorders are neurological disorders characterized by recurrent seizures. About 30% of people with epilepsy are drug resistant, meaning that despite trials of at least two different anti-epileptic medications, they are unable to rid themselves of seizures. Because people with epilepsy are prone to depression and anxiety, and because stress plays a significant role in provoking seizures, people with epilepsy may benefit from mindfulness-based interventions (MBIs).

In a randomized, controlled study, **Tang, et al. [Neurology]** tested the impact of a MBI on quality of life, seizure frequency, and cognition in drug-resistant epileptics.

The researchers recruited 60 drug-resistant epileptics (53% female, average age = 35) from neurology practices in Hong Kong, and randomly assigned them to either a 6-week MBI program that included social support or a 6-week program of social support (SS) alone. Both interventions provided didactic information about epilepsy along with the opportunity to share experiences related to seizures and their management. The MBI also offered practice in the body scan, mindful breathing, listening, and eating, and non-judgmental awareness of thoughts.

Both interventions were offered in four 2.5-hour biweekly classes, and in addition, MBI participants were encouraged to practice mindfulness for 45 minutes per day at home. Participants kept daily diaries of seizure frequency for 6 weeks prior to the intervention and during a 6-week post-intervention follow-up. They also completed a battery of self-report and cognitive measures at baseline and post-intervention.

Both groups showed significant improvement on a 100-point Quality of Life (QOL) scale, but a significantly greater percentage of MBI participants (37%) showed clinically meaningful QOL improvement (a 12-point or greater increase) compared to SS participants (13%). Both groups significantly reduced their symptoms of depression and anxiety, but MBI participants reduced their symptoms significantly more (anxiety partial  $\eta^2=0.11$ ; depression partial  $\eta^2=0.67$ ). These between-group differences were large enough to be clinically meaningful for anxiety, but not for depression.



The MBI participants reduced their seizure frequency (partial  $\eta^2=0.31$ ) by a significantly greater percent (40%) than did SS participants (19%). The researchers also measured the participants' ability to recall a list of unrelated words after a time delay and after hearing a list of interfering words. MBI participants significantly improved more on this measure, both after delay (partial  $\eta^2=0.31$ ) and interference (partial  $\eta^2=0.10$ ). Mindfulness may have increased their ability to attend to and retain verbal information, or the increase may be due to improved neurological functioning given their decreased seizure frequency.

This randomized, controlled study demonstrates that a standardized six-week mindfulness training improves short-term seizure control and quality of life in a drug-resistant epileptic population better than a social support program alone. Reduced emotional reactivity to seizure symptoms may be instrumental in both reducing seizure frequency and improving emotional well-being.

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The basic mindfulness instruction to “attend to the present moment without judgment” seems straightforward, but novices are often unsure whether they are practicing mindfulness “correctly.” There are no existing objective behavioral markers of mindfulness, and descriptions of what mindfulness “feels like” are often metaphorical (e.g., “spacious” or “intimate”) and hard to interpret.

This lends a hit-or-miss quality to training, and has led some to wonder whether neurofeedback (a form of biofeedback that uses electroencephalogram (EEG) data to alter brain rhythms) might be a useful way to support mindfulness practice. Previous research has identified a group of EEG parameters (e.g., the appearance of alpha frequencies, increasing alpha amplitude, and a gradual shift towards lower alpha and theta frequencies) that accompany the meditative state. Neurofeedback devices that help meditators achieve these EEG patterns may help assist in cultivating mindfulness.

**Sas & Chopra [*Personal and Ubiquitous Computing*]** developed a wearable mindfulness neurofeedback device (MeditAid) and tested it with novice and experienced meditators. The MeditAid prototype includes a wearable, wireless headset to record scalp EEGs and software to translate EEG patterns into auditory feedback. The auditory feedback is delivered as either monaural beats (sounds of differing frequencies presented to both ears simultaneously) or binaural beats (sounds of differing frequencies presented to each ear separately) through headphones. Each method produces a rhythmic pattern of beats that corresponds to the user’s EEG frequency.

The difference between monaural and binaural beats is that monaural beat perception is a function of the mechanics of the inner ear, whereas binaural beat perception is a function of the integrative activity of the brain. Listeners hear lower monaural and binaural beat frequencies as having a lower pitch. MeditAid users move their EEGs toward slower, more “mindful” brain rhythms by attempting to lower the pitch of the beats. The beats do more than just provide feedback, however. They also stimulate the brain to match and echo their

frequencies, a phenomenon known as “entrainment.”



The researchers recruited 16 participants (62% female, average age = 41) with a range of from 1 month to 40 years of meditation experience. Those with over 8 years of experience were designated “experienced;” those with less were deemed “novices.” Participants used the MeditAid device under three different conditions: without auditory feedback, with monaural beats, and with binaural beats. The deepest meditative level attained under each condition was assessed by EEG, and participants were interviewed and asked to rate how “still” their minds were under each condition.

All of the participants achieved significantly “deeper” EEG levels with binaural feedback than with either no feedback or monaural feedback ( $\eta^2=0.80$ ). Experienced meditators achieved significantly “deeper” EEG levels than novices ( $\eta^2=0.44$ ), but binaural feedback was of significantly more benefit to novices ( $\eta^2=0.26$ ). EEG levels were significantly associated (correlations ranged from 0.51 to 0.55) with subjective judgments of the percentage of time participants experienced their minds as being “still.” Participants reported significantly greater “stillness” with binaural beats than either monaural or no beats ( $\eta^2=0.38$ ). While participants rated the prototype as “useful,” some complained of physical discomfort or found the beats distracting.

This study demonstrates neurofeedback’s potential value in cultivating mindfulness. Neurofeedback increases lower alpha and theta rhythms, and binaural beat feedback is more effective for novices. More research is needed, however, to determine the degree to which lower alpha and theta rhythms mirror the subjective experience of mindfulness.

# ANNOUNCEMENTS

Submit your announcements online at [goAMRA.org/publications/](http://goAMRA.org/publications/)

**Categories:** Events & Conferences, Research & Education, Books & Media, and Employment & Volunteer

## Events & Conferences

### Search Inside Yourself in LA!

Developed at Google and based on neuroscience research, SIY uses mindfulness practice to train emotional intelligence skills, leading to resilience, well-being, and centered leadership. In the midst of complexity, it's about finding the inner capacity to create, thrive, and lead. Backed by leading experts in neuroscience and mindfulness, SIY is changing thousands of lives in over a dozen countries. October 2-3 at University of Southern California in Los Angeles.

**INFO:** Registration and details at [SIYLosAngeles.eventbrite.com](http://SIYLosAngeles.eventbrite.com)

### Mindful Mental Health Professionals

If you are a Mental Health Professional (Masters' level or higher) with an ongoing mindfulness practice for at least 2 months, please take 15-20 minutes to fill out the following anonymous survey. After survey completion, sign up to receive a useful electronic booklet on mindfulness.

**INFO:** Complete the survey here: [https://mnsu.co1.qualtrics.com/SE/?SID=SV\\_3DeCdiP55wKEknj](https://mnsu.co1.qualtrics.com/SE/?SID=SV_3DeCdiP55wKEknj)

### Announce your events in Mindfulness Research Monthly

Get your message out to our mindfulness community of over 10,700 subscribers (includes researchers, physicians, teachers, other professionals, students, and

the general public) in our monthly open-access publication.

**INFO:** For details and info, visit <https://goamra.org/publications/advertising/>

## Research & Education

### Funding for Mindfulness Teachers and Researchers: Now Closed

The American Mindfulness Research Association (AMRA) Professional Development Award program is now closed. This competitive grant provides \$500 awards to promising researchers and teachers for their commitment to excellence in mindfulness research and practice. Congratulations to awardees that have now been selected. Award notices will be posted on the AMRA website soon.

**INFO:** For details visit <https://goamra.org/about/grants/>

## Books & Media

### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

## Mindful Medical Practice: Clinical Narratives

Patricia Dobkin's new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.

**INFO:** Go to <http://www.springer.com/us/book/9783319157764>

## Employment & Volunteer

### Post Doc Fellow Needed UofCalgary

We are looking for a postdoctoral fellow in the area of Integrative Oncology, under Dr. Linda E. Carlson, Professor at University of Calgary and holder of the Enbridge Research Chair in Psychosocial Oncology as study coordinator for the research study Preference-Based Multi-Site Randomized Comparative Effectiveness Trial (CET) of Mindfulness-Based Cancer Recovery (MBCR) vs. Tai Chi/Qigong (TCQ) in Cancer Survivors.

**INFO:** Contact Linda E. Carlson to apply or for more information: [lcarlso@ucalgary.ca](mailto:lcarlso@ucalgary.ca)

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## INTERVENTIONS

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

Cash, T. V., Ekouevi, V. S., Kilbourn, C., Lageman, S. K. (2015). **Pilot study of a mindfulness-based group intervention for individuals with Parkinson's disease and their caregivers.** *Mindfulness.* [\[link\]](#)

Chung, S., Zhu, S., Friedmann, E., Kelleher, C.,...Griffith, K. A. (2015). **Weight loss with mindful eating in african american women following treatment for breast cancer: A longitudinal study.** *Supportive Care in Cancer.* [\[link\]](#)

Colgan, D. D., Christopher, M., Michael, P., Wahbeh, H. (2015). **The body scan and mindful breathing among veterans with PTSD: Type of intervention moderates the relationship between changes in mindfulness and post-treatment depression.** *Mindfulness.* [\[link\]](#)

Cousin, G., Crane, C. (2015). **Changes in disengagement coping mediate changes in affect following mindfulness-based cognitive therapy in a non-clinical sample.** *British Journal of Psychology.* [\[link\]](#)

Cox, A. E., Ullrich-French, S., Cole, A. N., D'Hondt-Taylor, M. (2015). **The role of state mindfulness during yoga in predicting self-objectification and reasons for exercise.** *Psychology of Sport and Exercise.* [\[link\]](#)

Eliassen, B. K., Sørli, T., Sexton, J., Høifødt, T. S. (2015). **The effect of training in mindfulness and affect consciousness on the therapeutic environment for patients with psychoses: An explorative intervention study.** *Scandinavian Journal of Caring Sciences.* [\[link\]](#)

Ferszt, G. G., Miller, R. J., Hickey, J. E.,...Crisp, K. (2015). **The impact of a mindfulness based**

**program on perceived stress, anxiety, depression and sleep of incarcerated women.** *International Journal of Environmental Research and Public Health.* [\[link\]](#)

Furrer, P., Moen, F., Firing, K. (2015). **How mindfulness training may mediate stress, performance and burnout.** *Sport Journal.* [\[link\]](#)

Huang, S. L., Li, R. H., Huang, F. Y., Tang, F. C. (2015). **The potential for mindfulness-based intervention in workplace mental health promotion: Results of a randomized controlled trial.** *PLoS ONE.* [\[link\]](#)

Mongrain, M., Komeylian, Z., Barnhart, R. (2015). **Happiness vs. Mindfulness exercises for individuals vulnerable to depression.** *The Journal of Positive Psychology.* [\[link\]](#)

Murrell, A. R., Lester, E. G., Sandoz, E. K. (2015). **Grounding turbulent minds: The challenges of mindfulness-based interventions for college students with ADHD and how to overcome them.** *Journal of College Student Psychotherapy.* [\[link\]](#)

Pinazo, D., Bresó, E. (2015). **The effects of a self-observation-based meditation intervention on acceptance or rejection of the other.** *International Journal of Psychology.* [\[link\]](#)

Roberts, L. R., Neece, C. L. (2015). **Feasibility of mindfulness-based stress reduction intervention for parents of children with developmental delays.** *Issues in Mental Health Nursing.* [\[link\]](#)

Schellekens, M. P., Jansen, E. T., Willemse, H. H.,...Speckens, A. E. (2015). **A qualitative study on mindfulness-based stress reduction for breast cancer patients: How women experience participating with fellow patients.** *Supportive Care in Cancer.* [\[link\]](#)

Tincher, M. M., Lebois, L. A., Barsalou, L. W. (2015). **Mindful attention reduces linguistic intergroup bias.** *Mindfulness.* [\[link\]](#)

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Tong, A. C., Lin, J. J., Cheung, V. Y.,...Chen, E. Y. (2015). **A low-intensity mindfulness-based intervention for mood symptoms in people with early psychosis: Development and pilot evaluation.** *Clinical Psychology & Psychotherapy.* [\[link\]](#)

Volanen, S. M., Hankonen, N., Knittle, K.,...Suominen, S. (2015). **Building resilience among adolescents: First results of a school-based mindfulness intervention.** *The European Journal of Public Health.* [\[link\]](#)

Wasylikiw, L., Holton, J., Azar, R.,...Dickinson, H. (2015). **The impact of mindfulness on leadership effectiveness in a health care setting: A pilot study.** *Journal of Health Organization and Management.* [\[link\]](#)

Zhang, C. Q., Si, G., Duan, Y.,...Chan, D. K. (2016). **The effects of mindfulness training on beginners' skill acquisition in dart throwing: A randomized controlled trial.** *Psychology of Sport and Exercise.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlates and mechanisms of mindfulness

Ataria, Y., Dor-Ziderman, Y., Berkovich-Ohana, A. (2015). **How does it feel to lack a sense of boundaries? A case study of a long-term mindfulness meditator.** *Consciousness and Cognition.* [\[link\]](#)

Bellin, Z. J. (2015). **The meaning connection between mindfulness and happiness.** *The Journal of Humanistic Counseling.* [\[link\]](#)

Bhambhani, Y., Cabral, G. (2015). **Evaluating nonattachment and decentering as possible mediators of the link between mindfulness and psychological distress in a nonclinical college sample.** *Journal of Evidence-based Complementary & Alternative Medicine.* [\[link\]](#)

Dahm, K. A., Meyer, E. C., Neff, K. D.,...Morissette, S. B. (2015). **Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in US Iraq and Afghanistan war veterans.** *Journal of Traumatic Stress.* [\[link\]](#)

Kharlas, D. A., Frewen, P. (2015). **Trait mindfulness correlates with individual differences in multisensory imagery vividness.** *Personality and Individual Differences.* [\[link\]](#)

Kong, D. T. (2015). **Ostracism perception as a multiplicative function of trait self-esteem, mindfulness, and facial emotion recognition ability.** *Personality and Individual Differences.* [\[link\]](#)

Loucks, E. B., Britton, W. B., Howe, C. J.,...Buka, S. L. (2015). **Associations of dispositional mindfulness with obesity and central adiposity: The new England family study.** *International Journal of Behavioral Medicine.* [\[link\]](#)

Lutz, J., Brühl, A. B., Dörig, N.,...Herwig, U. (2015). **Altered processing of self-related emotional stimuli in mindfulness meditators.** *NeuroImage.* [\[link\]](#)

Mahmoudzadeh, S., Mohammadkhani, P., Dolatshahi, B., Moradi, S. (2015). **Prediction of psychological well-being based on dispositional mindfulness and cognitive emotion regulation strategies in students.** *Practice in Clinical Psychology.* [\[link\]](#)

Medvedev, O. N., Siegert, R. J., Feng, X. J.,...Krägeloh, C. U. (2015). **Measuring trait mindfulness: How to improve the precision of the mindful attention awareness scale using a rasch model.** *Mindfulness.* [\[link\]](#)

Morera, T., Bucci, S., Randal, C.,...Pratt, D. (2015). **Exploring views about mindfulness groups for voice-hearing from the perspective of service users and staff: A Q-methodology study.** *Psychotherapy Research.* [\[link\]](#)

Nitzan-Assayag, Y., Aderka, I. M., Bernstein, A. (2015). **Dispositional mindfulness in trauma**

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**recovery: Prospective relations and mediating mechanisms.** *Journal of Anxiety Disorders.* [\[link\]](#)

Richardson, M., Sheffield, D. (2015). **Reflective self-attention: A more stable predictor of connection to nature than mindful attention.** *Ecopsychology.* [\[link\]](#)

Satlof-Bedrick, E., Johnson, C. N. (2015). **Children's metacognition and mindful awareness of breathing and thinking.** *Cognitive Development.* [\[link\]](#)

Schötz, E., Otten, S., Wittmann, M.,...Meissner, K. (2015). **Time perception, mindfulness and attentional capacities in transcendental meditators and matched controls.** *Personality and Individual Differences.* [\[link\]](#)

Solem, S., Hagen, R., Wang, C. E.,...Halvorsen, M. (2015). **Metacognitions and mindful attention awareness in depression: A comparison of currently depressed, previously depressed and never depressed individuals.** *Clinical Psychology & Psychotherapy.* [\[link\]](#)

## METHODS

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

Chan, H. L., Lo, L. Y., Lin, M., Thompson, N. (2015). **Revalidation of the cognitive and affective mindfulness scale revised (CAMS-R) with its newly developed Chinese version (ch-cams-r).** *Journal of Pacific Rim Psychology.* [\[link\]](#)

Cox, A. E., Ullrich-French, S., French, B. F. (2015). **Validity evidence for the state mindfulness scale for physical activity.** *Measurement in Physical Education and Exercise Science.* [\[link\]](#)

Davidson, R. J., Kaszniak, A. W. (2015). **Conceptual and methodological issues in research on mindfulness and meditation.** *American Psychologist.* [\[link\]](#)

Gockel, A. (2015). **Teaching note--practicing presence: A curriculum for integrating**

**mindfulness training into direct practice instruction.** *Journal of Social Work Education.* [\[link\]](#)

Goldberg, S. B., Wielgosz, J., Dahl, C.,...Davidson, R. J. (2015). **Does the five facet mindfulness questionnaire measure what we think it does? Construct validity evidence from an active controlled randomized clinical trial.** *Psychological Assessment.* [\[link\]](#)

Janssen, L., Kan, C. C., Carpentier, P. J.,...Speckens, A. E. (2015). **Mindfulness based cognitive therapy versus treatment as usual in adults with attention deficit hyperactivity disorder (ADHD).** *BMC Psychiatry.* [\[link\]](#)

Lavin, D. (2015). **The challenges of facilitating a mindfulness programme in a psychiatric inpatient unit.** *Irish Journal of Psychological Medicine.* [\[link\]](#)

Li, M. J., Black, D. S., Garland, E. L. (2015). **The applied mindfulness process scale (AMPS): A process measure for evaluating mindfulness-based interventions.** *Personality and Individual Differences.* [\[link\]](#)

Tanaka, G. K., Maslahati, T., Gongora, M.,...Campayo, J. G. (2015). **Effortless attention as a biomarker for experienced mindfulness practitioners.** *PLoS ONE.* [\[link\]](#)

Tedder, M., Shi, L., Si, M.,...Chen, L. (2015). **E-Mindfulness therapy: A study on efficacy of blood pressure and stress control using mindful meditation and eating apps among people with high blood pressure.** *Medicines.* [\[link\]](#)

## REVIEWS

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

Barnhofer, T., Huntenburg, J. M., Lifshitz, M.,...Margulies, D. S. (2015). **How mindfulness training may help to reduce vulnerability for**



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**recurrent depression A neuroscientific perspective.** *Clinical Psychological Science.* [link]

Buchholz, L. (2015). **Exploring the promise of mindfulness as medicine.** *JAMA.* [link]

Crowe, M., Jordan, J., Burrell, B.,...Harris, S. (2015). **Mindfulness-based stress reduction for long-term physical conditions: A systematic review.** *Australian and New Zealand Journal of Psychiatry.* [link]

Dimidjian, S., Segal, Z. V. (2015). **Prospects for a clinical science of mindfulness-based intervention.** *American Psychologist.* [link]

Dyga, K., Stupak, R. (2015). **Meditation and psychosis: Trigger or cure?** *Archives of Psychiatry and Psychotherapy.* [link]

Ivey, G. (2015). **The mindfulness status of psychoanalytic psychotherapy.** *Psychoanalytic Psychotherapy.* [link]

Lebuda, I., Zabelina, D. L., Karwowski, M. (2015). **Mind full of ideas: A meta-analysis of the mindfulness-creativity link.** *Personality and Individual Differences.* [link]

Lomas, T., Ivtzan, I., Fu, C. H. (2015). **A systematic review of the neurophysiology of mindfulness on EEG oscillations.** *Neuroscience & Biobehavioral Reviews.* [link]

Loucks, E. B., Schuman-Olivier, Z., Britton, W. B.,...Fulwiler, C. (2015). **Mindfulness and cardiovascular disease risk: State of the evidence, plausible mechanisms, and theoretical framework.** *Current Cardiology Reports.* [link]

Lutz, A., Jha, A. P., Dunne, J. D., Saron, C. D. (2015). **Investigating the phenomenological matrix of mindfulness-related practices from a neurocognitive perspective.** *American Psychologist.* [link]

Maynard, B. R., Wilson, A. N., Labuzienski, E., Whiting, S. W. (2015). **Mindfulness-Based approaches in the treatment of disordered gambling A systematic review and meta-analysis.** *Research on Social Work Practice.* [link]

Muñoz, S. J. A., Oreja-Guevara, C., Cebolla, L. S.,...Bayón, P. C. (2015). **Psychotherapeutic and psychosocial interventions for managing stress in multiple sclerosis: The contribution of mindfulness-based interventions.** *Neurologia.* [link]

Pradhan, B., Parikh, T., Makani, R., Sahoo, M. (2015). **Ketamine, transcranial magnetic stimulation, and depression specific yoga and mindfulness based cognitive therapy in management of treatment resistant depression: Review and some data on efficacy.** *Depression Research and Treatment.* [link]

Rinske, A. R., Paula, P., van Busschbach, J.,...Hunink, M. (2015). **Standardised mindfulness-based interventions in healthcare.** *PLoS ONE.* [link]

Sappington, R., Longshore, K. (2015). **Systematically reviewing the efficacy of mindfulness-based interventions for enhanced athletic performance.** *Journal of Clinical Sport Psychology.* [link]

Skaer, T. L. (2015). **Research findings using mindfulness-based interventions for chronic pain.** *Pain Studies and Treatment.* [link]

Zimmermann, F. (2015). **Mindfulness-Based practices as a resource for health and well-being.** *Medical Acupuncture.* [link]

## TRIALS

Research studies newly funded by the National Institutes of Health (OCT 2015)

Johnson VA Medical Center (K.T. Brady, PI). **Mindfulness based recovery in veterans with substance use disorders.** Veterans Affairs project #5I01RX001292-02. [link]

VA Medical Center San Francisco (T. Novakovic-Agopian, PI). **Rehabilitation of executive functioning in veterans with PTSD and mild TBI.** Veterans Affairs project #5I01RX001111-03. [link]

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Employee psychological distress negatively affects workplace productivity, absenteeism, and disability. Employers, therefore, have a financial stake in their employee's levels of distress and emotional well-being. Mindfulness-based interventions (MBIs) may have the potential to reduce job stress and improve employee psychological health in ways that benefit both employee and employer.

**Huang et al. [PloS One]** investigated the potential of a MBI to reduce emotional distress and job strain in a randomized controlled trial of factory employees with previously identified poor mental health.

The researchers screened almost 3,000 employees at two Taiwanese factories using self-report measures of psychological distress (anxiety, depression, sleep disturbance, relationship problems, and somatic concerns) and job strain (job demandingness and lack of personal control on the job), and then invited those workers with the highest distress and strain levels to participate in an 8-week MBI based on the Mindfulness-Based Stress Reduction program.

A sample of 144 employees (59% male, predominantly college educated and "white-collar," average age = 42) agreed to participate and were randomly assigned to either the MBI or a wait-list control. Participants were assessed on the original screening measures and on measures of prolonged fatigue and perceived stress (how unpredictable, uncontrollable, and overloaded they found their lives) at mid-intervention, post-intervention, and 4-week and 8-week follow-up. The intervention groups met during paid work hours, and 78% of the participants successfully completed the program. At program's end, MBI participants had significantly greater

improvements over time in levels of psychological distress (6.3 vs. 1.4 mean change in scores), prolonged fatigue (9.6 vs. 2.0), and perceived stress (2.5 vs. 0.9) compared to controls. Those group differences persisted at 4-week and 8-week follow-up. The MBI did not significantly improve the participants' sense of job control or job demandingness once age, gender, and education were included as covariates.



The findings demonstrate that psychologically distressed employees who participated in a MBI program offered during regular paid work hours showed reduced anxiety, depression, stress, and fatigue. Interestingly, improvement in psychological distress was uncoupled from any changes in their perceptions of job control and demands; meaning, the MBI helped employees deal more skillfully with their emotions even while reports of job demand remained unchanged. Future studies could benefit from employing active controls and tailoring MBSR content more specifically to workplace concerns.

Depending on the arena of combat in which they were deployed, up to 31% of all veterans suffer from posttraumatic stress disorder (PTSD). The symptoms of PTSD include hyperarousal, emotional numbing, flashbacks, and nightmares coupled with avoidance of the cues that trigger them. Veterans are also at increased risk for comorbid depression, substance abuse, relationship difficulties, and medical illness. While the Department of Defense and the Veterans Administration employ several empirically-supported PTSD treatments, less than 30% of those who start treatment complete it, and up to 60% of those who complete treatment fail to obtain significant symptom relief.

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There is a growing interest in exploring mindfulness-based interventions (MBIs) as integrative treatments for PTSD. MBIs are multidimensional interventions, however, and there is a lack of knowledge as to the relative benefit of their various intervention components (e.g., the body scan, breath awareness) on symptoms. **Colgan et al. [Mindfulness]** examined the efficacy of two stand-alone MBSR components (the body scan and mindful breathing) in a randomized controlled trial of veterans with PTSD.

The researchers randomly assigned 102 predominantly male (96%), middle-aged (average age = 52), Caucasian (77%) combat veterans with chronic PTSD to one of four treatment groups: two “mindful” conditions — either the Body Scan or Mindful Breathing, and two “non-mindful” control conditions — either Slow Breathing or Sitting Quietly. The groups met for six one-hour sessions over a six-week period. Each group session included 20 minutes of practice in the designated technique along with reviews of home practice and, for the mindfulness groups only, discussions of the principles of mindfulness.

The Slow Breathing condition learned how to reduce their respiration rate through biofeedback, and the Sitting Quietly group sat quietly while listening to a neutral content book on tape. All participants were assessed before and after treatment on self-report measures of depression symptoms, mindfulness (the Five Facet Mindfulness Questionnaire), and a PTSD symptom self-report checklist.

The changes in outcome measures over time did not differ significantly between the different groups. Since this was an exploratory study, the researchers examined the pattern of significant individual pre-post and between group comparisons to see how closely they conformed to their hypotheses. The Body Scan group showed a significant increase in levels of overall mindfulness (Cohen’s  $d=0.44$ ) and Acting with Awareness ( $d=0.68$ ) from pre- to post-assessment. At post-intervention, the Mindful Breathing group reported higher levels of overall mindfulness than the Slow Breathing ( $d=0.55$ ) and Sitting Quietly ( $d=0.83$ ) groups.

Depression scores decreased for the Body Scan ( $d=0.65$ ) and Mindful Breathing ( $d=0.41$ ) groups, and at post-intervention, the Body Scan group reported lower depression scores than the Slow Breathing group ( $d=0.74$ ). There were significant decreases in PTSD symptoms for the Body Scan group ( $d=0.47$ ), the Mindful Breathing group ( $d=0.47$ ), and the Sitting Quietly group ( $d=0.43$ ). The finding for the Sitting Quietly control was surprising since it was not conceived of as a credible active treatment. In the Body Scan group, improvements in Acting with Awareness were significantly correlated with decreased depression ( $r=-0.53$ ), while within the Mindful Breathing group, increases in Describing ( $r=-0.42$ ) and Non-reactivity ( $r=-0.45$ ) were significantly correlated with decreased PTSD symptoms.



These findings only partially support the hypotheses that stand-alone mindfulness practices can increase mindfulness and reduce PTSD and depressive symptoms, and that increased mindfulness is associated with clinical improvement. The study also suggests that stand-alone mindfulness components may be less powerful in inducing change than fully integrated multi-component programs.

These results need to be interpreted with caution, however. The lack of overall significant differences in changes to the outcome measures over time between groups coupled with the large number of individual pre-post and between group comparisons increases the risk of spurious findings. The small sample size per treatment group also increases the risk of failing to detect actual differences.

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#### Interoceptive Awareness: Professional Training

Mindful Awareness in Body-oriented Therapy (MABT), is an evidence-based protocol designed to teach interoceptive awareness and related mindfulness-based practice for emotion regulation. Developed by Dr. Cynthia Price at University of WA, this approach is delivered individually and particularly useful for individuals who are disconnected from their bodies due to stress, pain, trauma. An intensive 5-day course, January 11-15 2016, in Seattle WA for somatic practitioners (bodyworkers, mindfulness and yoga teachers, and body psychotherapists).

**INFO:** <http://www.cmbaware.org>

### Books & Media

#### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

### Buddhist Foundations of Mindfulness

Edited by Edo Shonin, William Van Gordon and Nirbhay Singh, the volume deepens contemporary understanding of mindfulness by exploring it in context of the traditional Buddhist teachings. The volume also examines how mindfulness can be more meaningfully incorporated into research and applied settings.

**INFO:**  
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We are looking for a postdoctoral fellow in the area of Integrative Oncology, under Dr. Linda E. Carlson, Professor at University of Calgary and holder of the Enbridge Research Chair in Psychosocial Oncology as study coordinator for the research study Preference-Based Multi-Site Randomized Comparative Effectiveness Trial (CET) of Mindfulness-Based Cancer Recovery (MBCR) vs. Tai Chi/Qigong (TCQ) in Cancer Survivors.

**INFO:** Contact Linda E. Carlson to apply or for more information:  
[lcarlso@ucalgary.ca](mailto:lcarlso@ucalgary.ca)

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## INTERVENTIONS

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

Bablas, V., Yap, K., Cunningham, D.,...Greenwood, K. M. (2015). **Mindfulness-Based stress reduction for restless legs syndrome: A proof of concept trial.** *Mindfulness.* [[link](#)]

Bell, T. P. (2015). **Meditative practice cultivates mindfulness and reduces anxiety, depression, blood pressure, and heart rate in a diverse sample.** *Journal of Cognitive Psychotherapy.* [[link](#)]

Brake, C. A., Sauer-Zavala, S., Boswell, J. F.,...Barlow, D. H. (2015). **Mindfulness-Based exposure strategies as a transdiagnostic mechanism of change: An exploratory alternating treatment design.** *Behavior Therapy.* [[link](#)]

Ching, H. H., Koo, M., Tsai, T. H., & Chen, C. Y. (2015). **Effects of a mindfulness meditation course on learning and cognitive performance among university students in Taiwan.** *Evidence-Based Complementary and Alternative Medicine.* [[link](#)]

Coholic, D. A., Eys, M. (2015). **Benefits of an arts-based mindfulness group intervention for vulnerable children.** *Child and Adolescent Social Work Journal.* [[link](#)]

Harris, A. R., Jennings, P. A., Katz, D. A.,...Greenberg, M. T. (2015). **Promoting stress management and wellbeing in educators: Feasibility and efficacy of a school-based yoga and mindfulness intervention.** *Mindfulness.* [[link](#)]

Helmes, E., Ward, B. G. (2015). **Mindfulness-based cognitive therapy for anxiety**

**symptoms in older adults in residential care.** *Aging & Mental Health.* [[link](#)]

Hepark, S., Janssen, L., de Vries, A.,...Speckens, A. E. (2015). **The efficacy of adapted MBCT on core symptoms and executive functioning in adults with ADHD A preliminary randomized controlled trial.** *Journal of Attention Disorders.* [[link](#)]

Ivanovic, M., Swift, J. K., Callahan, J. L., Dunn, R. (2015). **A multisite pre/post study of mindfulness training for therapists: The impact on session presence and effectiveness.** *Journal of Cognitive Psychotherapy.* [[link](#)]

Johns, S. A., Von Ah, D., Brown, L. F.,...Giesler, R. B. (2015). **Randomized controlled pilot trial of mindfulness-based stress reduction for breast and colorectal cancer survivors: Effects on cancer-related cognitive impairment.** *Journal of Cancer Survivorship.* [[link](#)]

Kearney, D. J., Simpson, T. L., Malte, C. A.,...Hunt, S. C. (2015). **Mindfulness-Based stress reduction in addition to usual care is associated with improvements in pain, fatigue and cognitive failures among veterans with gulf war illness.** *The American Journal of Medicine.* [[link](#)]

Marconi, A., Gragnano, G., Lunetta, C.,...Pagnini, F. (2015). **The experience of meditation for people with amyotrophic lateral sclerosis and their caregivers - a qualitative analysis.** *Psychology, Health & Medicine.* [[link](#)]

Mason, A. E., Epel, E. S., Kristeller, J.,...Hecht, F. M. (2015). **Effects of a mindfulness-based intervention on mindful eating, sweets consumption, and fasting glucose levels in obese adults: Data from the SHINE randomized controlled trial.** *Journal of Behavioral Medicine.* [[link](#)]

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Nassif, T., Chapman, J., Sandbrink, F.,...Blackman, M. (2015). **Mindfulness meditation and chronic pain management in Iraq and Afghanistan veterans with traumatic brain injury: A pilot study.** *Military Behavioral Health.* [\[link\]](#)

Neilson, K., Ftanou, M., Monshat, K.,...Mancuso, S. G. (2015). **A controlled study of a group mindfulness intervention for individuals living with inflammatory bowel disease.** *Inflammatory Bowel Diseases.* [\[link\]](#)

Penprase, B., Johnson, A., Pittiglio, L., Pittiglio, B. (2015). **Does mindfulness-based stress reduction training improve nurse satisfaction?** *Nursing Management.* [\[link\]](#)

Possemato, K., Bergen-Cico, D., Treatman, S.,...Pigeon, W. (2015). **A randomized clinical trial of primary care brief mindfulness training for veterans with PTSD.** *Journal of Clinical Psychology.* [\[link\]](#)

Quach, D., Mano, K. E. J., Alexander, K. (2015). **A randomized controlled trial examining the effect of mindfulness meditation on working memory capacity in adolescents.** *Journal of Adolescent Health.* [\[link\]](#)

Schmidt, S., Gmeiner, S., Schultz, C.,...Hinterberger, T. (2015). **Mindfulness-based stress reduction (MBSR) as treatment for chronic back pain-an observational study with assessment of thalamocortical dysrhythmia.** *Research in Complementary Medicine.* [\[link\]](#)

Shearer, A., Hunt, M., Chowdhury, M., Nicol, L. (2015). **Effects of a brief mindfulness meditation intervention on student stress and heart rate variability.** *International Journal of Stress Management.* [\[link\]](#)

Smith-Carrier, T. A., Koffler, T., Mishna, F.,...Axford, N. (2015). **Putting your mind at ease: Findings from a mindfulness training**

**program in Toronto area schools.** *Journal of Children's Services.* [\[link\]](#)

Van Gordon, W., Shonin, E., Griffiths, M. D. (2015). **Meditation awareness training for individuals with fibromyalgia syndrome: An interpretative phenomenological analysis of participants' experiences.** *Mindfulness.* [\[link\]](#)

Wimberley, T. E., Mintz, L. B., Suh, H. (2015). **Perfectionism and mindfulness: Effectiveness of a bibliotherapy intervention.** *Mindfulness.* [\[link\]](#)

Wong, M. Y., Ree, M. J., Lee, C. W. (2015). **Enhancing CBT for chronic insomnia: A randomised clinical trial of additive components of mindfulness or cognitive therapy.** *Clinical Psychology & Psychotherapy.* [\[link\]](#)

Wyner, D. R. (2015). **Pilot study of a university counseling center stress management program employing mindfulness and compassion-based relaxation training with biofeedback.** *Biofeedback.* [\[link\]](#)

Zeidan, F., Emerson, N. M., Farris, S. R.,...Coghill, R. C. (2015). **Mindfulness meditation-based pain relief employs different neural mechanisms than placebo and sham mindfulness meditation-induced analgesia.** *The Journal of Neuroscience.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlates and mechanisms of mindfulness

Bravo, A. J., Boothe, L. G., Pearson, M. R. (2015). **Getting personal with mindfulness: A latent profile analysis of mindfulness and psychological outcomes.** *Mindfulness.* [\[link\]](#)

Corthorn, C., Milicic, N. (2015). **Mindfulness and parenting: A correlational study of non-**

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**meditating mothers of preschool children.**

*Journal of Child and Family Studies.* [\[link\]](#)

Escudero-Pérez, S., León-Palacios, M. G., Úbeda-Gómez, J.,...Perona-Garcelán, S. (2015).

**Dissociation and mindfulness in patients with auditory verbal hallucinations.** *Journal of Trauma & Dissociation.* [\[link\]](#)

Gonzalez, A., Locicero, B., Mahaffey, B.,...Vujanovic, A. A. (2015). **Internalized HIV stigma and mindfulness associations with PTSD symptom severity in trauma-exposed adults with HIV/AIDS.** *Behavior Modification.* [\[link\]](#)

Isbel, B., Mahar, D. (2015). **Cognitive mechanisms of mindfulness: A test of current models.** *Consciousness and Cognition.* [\[link\]](#)

Prakash, R. S., Whitmoyer, P., Aldao, A., Schirda, B. (2015). **Mindfulness and emotion regulation in older and young adults.** *Aging & Mental Health.* [\[link\]](#)

Proudfoot, J., Fogarty, A. S., McTigue, I.,...Wilhelm, K. (2015). **Positive strategies men regularly use to prevent and manage depression: A national survey of Australian men.** *BMC Public Health.* [\[link\]](#)

Stolarski, M., Vowinckel, J., Jankowski, K. S., Zajenkowski, M. (2015). **Mind the balance, be contented: Balanced time perspective mediates the relationship between mindfulness and life satisfaction.** *Personality and Individual Differences.* [\[link\]](#)

Taylor, N. Z., Millear, P. M. R. (2016). **The contribution of mindfulness to predicting burnout in the workplace.** *Personality and Individual Differences.* [\[link\]](#)

van de Veer, E., van Herpen, E., van Trijp, H. C. (2015). **Body and mind: Mindfulness helps consumers to compensate for prior food intake by enhancing the responsiveness to**

**physiological cues.** *Journal of Consumer Research.* [\[link\]](#)

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## METHODS

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

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Cladder-Micus, M. B., Vrijzen, J. N., Becker, E. S.,...Speckens, A. E. (2015). **A randomized controlled trial of mindfulness-based cognitive therapy (MBCT) versus treatment-as-usual (TAU) for chronic, treatment-resistant depression: Study protocol.** *BMC Psychiatry.* [\[link\]](#)

Focan, C., Houbiers, G., Gilles, L.,...Graas, M. P. (2015). **Dietetic and psychological mindfulness workshops for the management of cachectic cancer patients. A randomized study.** *Anticancer Research.* [\[link\]](#)

Osman, A., Lamis, D. A., Bagge, C. L.,...Barnes, S. M. (2015). **The mindful attention awareness scale: Further examination of dimensionality, reliability, and concurrent validity estimates.** *Journal of Personality Assessment.* [\[link\]](#)

Pflugeisen, B. M., Drummond, D., Ebersole, D.,...Chen, D. (2015). **Brief video-module administered mindfulness program for physicians: A pilot study.** *Explore.* [\[link\]](#)

Rau, H. K., Williams, P. G. (2015). **Dispositional mindfulness: A critical review of construct validation research.** *Personality and Individual Differences.* [\[link\]](#)

Taylor, N. Z., Millear, P. M. R. (2016). **Validity of the five facet mindfulness questionnaire in an Australian, meditating, demographically diverse sample.** *Personality and Individual Differences.* [\[link\]](#)

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Van Dam, N. T., Brown, A., Mole, T. B.,...Brewer, J. A. (2015). **Development and validation of the behavioral tendencies questionnaire.** *PLoS ONE.* [link]

Waloszek, J. M., Schwartz, O., Simmons, J. G.,...Dudgeon, P. (2015). **The SENSE study (sleep and education: Learning new skills early): A community cognitive-behavioural therapy and mindfulness-based sleep intervention to prevent depression and improve cardiac health in adolescence.** *BMC Psychology.* [link]

## REVIEWS

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

Demarzo, M. M., Montero-Marín, J., Cuijpers, P.,...García-Campayo, J. (2015). **The efficacy of mindfulness-based interventions in primary care: A meta-analytic review.** *The Annals of Family Medicine.* [link]

Ergas, O. (2015). **Educating the wandering mind pedagogical mechanisms of mindfulness for a curricular blind spot.** *Journal of Transformative Education.* [link]

Garland, E. L., Farb, N. A., Philippe, P., Fredrickson, B. L. (2015). **Mindfulness broadens awareness and builds eudaimonic meaning: A process model of mindful positive emotion regulation.** *Psychological Inquiry.* [link]

Good, D. J., Lyddy, C. J., Glomb, T. M.,...Lazar, S. W. (2015). **Contemplating mindfulness at work an integrative review.** *Journal of Management.* [link]

Karremans, J. C., Schellekens, M. P., Kappen, G. (2015). **Bridging the sciences of mindfulness and romantic relationships A**

**theoretical model and research agenda.** *Personality and Social Psychology Review.* [link]

Pyke, R. E., Clayton, A. H. (2015). **Psychological treatment trials for hypoactive sexual desire disorder: A sexual medicine critique and perspective.** *The Journal of Sexual Medicine.* [link]

Segal, Z. V., Walsh, K. M. (2015). **Mindfulness-based cognitive therapy for residual depressive symptoms and relapse prophylaxis.** *Current Opinion in Psychiatry.* [link]

Tang, Y. Y., Leve, L. D. (2015). **A translational neuroscience perspective on mindfulness meditation as a prevention strategy.** *Translational Behavioral Medicine.* [link]

Zhang, M. F., Wen, Y. S., Liu, W. Y.,...Liu, Q. W. (2015). **Effectiveness of mindfulness-based therapy for reducing anxiety and depression in patients with cancer: A meta-analysis.** *Medicine.* [link]

## TRIALS

*Research studies newly funded by the National Institutes of Health (NOV 2015)*

Mount Sinai School of Medicine (J. Weiss, PI). **Effects of mindfulness training on chronic inflammation in HIV-infected adults.** NIH/NCCIH project 1R21AT008540-01A1. [link]

Northwestern University (D. Victorson, PI). **Reducing the effects of active surveillance stress, uncertainty and rumination through engagement in mindfulness education.** NIH/NCI project 1R01CA193331-01A1. [link]



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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

**Pain** is a common and often complex medical complaint. Previous studies demonstrate the possible pain-reducing effects of mindfulness-based interventions, but little is known about how these interventions actually work. Is mindful awareness their “active ingredient,” or is it slowed breathing, or even just the expectancy of a benefit?

**Zeidan et al. [Journal of Neuroscience]** compared the changes in pain sensitivity resulting from a genuine mindfulness intervention with the changes resulting from a sham mindfulness intervention and two other control conditions. Participants rated their subjective pain in response to an unpleasant heat stimulus while undergoing functional Magnetic Resonance Imaging (fMRI). They also completed the Freiburg Mindfulness Inventory prior to initial training and at the end of their final fMRI session.

A racially diverse cohort of 75 healthy, meditation-naïve young adult men and women were randomly assigned to either mindfulness meditation, a sham mindfulness meditation, placebo conditioning, or listening to an audio book. Genuine mindfulness meditation training consisted of four 20-minute sessions involving a breath-focused sitting meditation along with didactic instruction in non-judgmental attention.

Sham meditation training involved four 20-minute sessions of alleged “mindfulness meditation” that consisted of merely sitting upright and taking a deep breath every few minutes without any didactic instruction. Placebo conditioning involved four 20-minute conditioning sessions in which an

alleged “analgesic cream” (in actuality, only petrolatum jelly) was applied to the skin and participants were exposed to a series of heat stimuli that were covertly and progressively lowered in temperature over the course of the sessions. Control participants listen to four 20-minute audio recordings from a book.



In a separate final assessment session after training completion, all the participants underwent fMRI scanning while exposed to an unpleasant heat stimulus. This was done both before and after using the techniques (e.g., real or sham meditation or placebo) they had trained on. Participants rated their pain intensity and unpleasantness in response to the heat stimulus on a 10-point scale.

Mindfulness meditation produced significantly greater decreases in pain intensity (-27%) than sham meditation (-8%) or placebo (-11%), as well as significantly greater decreases in pain unpleasantness (-44%) than sham meditation (-27%) or placebo (-13%). The control group, in contrast, experienced increased pain intensity (+14%) and unpleasantness (+18%). Mindfulness meditators increased their mindfulness scores by 16%, a significantly greater increase than either the controls (2%), sham meditators (.03%) or the placebo (3%).

Brain imaging results showed that mindfulness participants had significantly greater left dorsolateral prefrontal cortex, thalamus, and periaqueductal gray matter deactivation and significantly greater anterior cingulate cortex, bilateral anterior insula, and putamen activation than controls, sham meditators, and placebo users. These differences reflect a deactivation of low-level sensory and pain processing areas, and increased activation of areas related to the cognitive control of pain. Mindfulness meditation also significantly reduced global cerebral blood flow (-21%) compared to sham meditation (-

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7%), placebo (-2%) or the control condition (-4%). Sham meditation pain reduction was significantly correlated with lowered respiration rate, whereas mindfulness pain relief was not, suggesting that sham meditation reduces pain via the relaxation response, whereas mindfulness meditation reduces pain via cognitive control.

This elegantly designed study demonstrates that mindfulness-based acute pain reduction is both greater than and distinct from placebo-based or relaxation-based acute pain reduction. Mindfulness meditation's unique, distinctive pattern of brain activation strengthens the case that mindfulness itself is an active ingredient over and above any relaxation or expectancy components.

**W**orking memory capacity is a measure of one's ability to temporarily hold information in mind while completing a cognitive task. There seems to be some conceptual overlap between the focused attention required for working memory and the moment-to-moment attention that is an integral part of mindfulness. Working memory plays crucial roles in learning, cognitive development, reasoning, comprehension, and academic performance, and any intervention that can improve working memory is of great interest to specialists in child development. In a randomized, controlled study, **Quach, et al. [Journal of Adolescent Health]** investigated whether an MBI can improve working memory in adolescents.

The 186 participants, primarily Hispanic and Asian junior high students (62% female; average age = 13) from predominantly low-income households, were randomly assigned to either mindfulness meditation, hatha yoga, or a wait-list control. The active intervention participants learned and practiced either mindfulness meditation or hatha yoga during eight 45-minute twice-a-week training sessions, while control participants attended their regular physical education classes. Mindfulness meditation training was based on a truncated, modified Mindfulness Based Stress Reduction (MBSR) curriculum that excluded hatha yoga. Hatha yoga training included an emphasis on

non-judgmental attention to body posture and movement. Both interventions encouraged 15-30 minutes of daily home practice.

Before and after the interventions, participants completed a computerized test of working memory requiring them to memorize series of visually presented letters while simultaneously solving arithmetic equations. Working memory capacity was measured by the total number of letters participants recalled in their correct order within each presentational set, yielding a working memory score that could range from 0 to 75. Participants also completed self-report measures of perceived stress and anxiety along with the Child Acceptance and Mindfulness Measure (CAMP), a self-report measure of nonjudgmental acceptance of internal experience.



Mindfulness meditation participants showed significant improvements in objectively assessed working memory scores (partial  $\eta^2 = .24$ ), whereas hatha yoga (partial  $\eta^2 = .11$ ) and control participants (partial  $\eta^2 = .01$ ) did not show significant improvements. Mindfulness participants increased their average working memory capacity by 29%, whereas yoga participants increased theirs by only 11% and control group scores declined by 5%. Although all groups improved over time on measures of perceived stress and anxiety, there were no differences in improvement between groups. The CAMP results were discarded due to low internal consistency.

This study shows that mindfulness meditation significantly improved an objective measure of working memory in a sample of low-income, predominantly minority adolescents. Follow-up studies have the opportunity to employ an alternative measure of mindfulness, explore whether the mindfulness-facilitated increase in working memory persists over time, and examine whether it impacts school performance.

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### Research & Education

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Cultivating Emotional Balance Teacher Training (CEBTT) next fall from October 17th November 20th, 2016 at Fundación Sakya in Pedreuer (Alicante), Spain, led by Dr. Alan Wallace and Eve Ekman, Ph.D.

**INFO:** More info or to apply, email [ceb.info@cultivatingemotionalbalance.org](mailto:ceb.info@cultivatingemotionalbalance.org)

### Books & Media

#### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

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**INFO:**  
<http://www.springer.com/gb/book/9783319185903#otherversion=9783319185910>

### Employment & Volunteer

#### Post Doc Fellow Needed UofCalgary

We are looking for a postdoctoral fellow in the area of Integrative Oncology, under Dr. Linda E. Carlson, Professor at University of Calgary and holder of the Enbridge Research Chair in Psychosocial Oncology as study coordinator for the research study Preference-Based Multi-Site Randomized Comparative Effectiveness Trial (CET) of Mindfulness-Based Cancer Recovery (MBCR) vs. Tai Chi/Qigong (TCQ) in Cancer Survivors.

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[lcarlso@ucalgary.ca](mailto:lcarlso@ucalgary.ca)