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#### Editor

David S. Black, PhD, MPH

#### Highlights by

Seth Segall, PhD

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AMERICAN MINDFULNESS  
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## INTERVENTIONS

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

Basson, R. & Smith, K. B. (2014). **Incorporating mindfulness meditation into the treatment of provoked vestibulodynia.** *Current Sexual Health Reports.* [link]

Bazzano, A., Wolfe, C., Zylowska, L.,... Lehrer, D. (2014). **Mindfulness based stress reduction (MBSR) for parents and caregivers of individuals with developmental disabilities: A community-based approach.** *Journal of Child and Family Studies.* [link]

Byrne, J., Hauck, Y., Fisher, C.,... Schutze, R. (2014). **Effectiveness of a mindfulness-based childbirth education pilot study on maternal self-efficacy and fear of childbirth.** *Journal of Midwifery & Women's Health.* [link]

Evans-Chase, M. (2013). **Internet-based mindfulness meditation and self-regulation: A randomized trial with juvenile justice involved youth.** *Journal of Juvenile Justice,* 3(1), 63-79. [link]

Foulik, M. A., Ingersoll-Dayton, B., Kavanagh, J.,... Kales, H. C. (2014). **Mindfulness-Based cognitive therapy with older adults: An exploratory study.** *Journal of Gerontological Social Work.* [link]

Hou, R. J., Wong, S. Y., Yip, B. H.,... Ma, S. H. (2014). **The effects of mindfulness-based stress reduction program on the mental health of family caregivers: A randomized controlled trial.** *Psychotherapy and Psychosomatics,* 83(1), 45-53. [link]

Howells, F. M., Rauch, H. G. L., Ives-Deliperi, V. L.,... Stein, D. J. (2014). **Mindfulness based cognitive therapy may improve emotional processing in bipolar disorder: Pilot ERP and HRV study.** *Metabolic Brain Disease.* [link]

Lotan, G., Tanay, G., & Bernstein, A. (2013). **Mindfulness and distress tolerance: Relations in a mindfulness preventive intervention.** *International Journal of Cognitive Therapy,* 6(4), 371-385. [link]

Manotas, M., Segura, C., Eraso, M.,... McGovern, K. (2014). **Association of brief mindfulness training with reductions in perceived stress and distress in Colombian health care professionals.** *International Journal of Stress Management.* [link]

Marchiori, D., & Papias, E. K. (2014). **A brief mindfulness intervention reduces unhealthy eating when hungry, but not the portion size effect.** *Appetite.* [link]

Mitchell, J. T., McIntyre, E. M., English, J. S.,... Kollins, S. H. (2014). **A pilot trial of mindfulness meditation training for ADHD in adulthood: Impact on core symptoms, executive functioning, and emotion dysregulation.** *Journal of Attention Disorders.* [link]

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2014). **Cognitive behavioral therapy (CBT) and meditation awareness training (MAT) for the treatment of co-occurring schizophrenia and pathological gambling: A case study.** *International Journal of Mental Health and Addiction.* [link]

Williams, J. M., Crane, C., Barnhofer, T.,... Russell, I. T. (2014). **Mindfulness-based cognitive therapy for preventing relapse in recurrent depression: A randomized dismantling trial.** *Journal of Consulting and Clinical Psychology.* [link]

Wongtongkam, N., Ward, P. R., Day, A., & Winefield, A. H. (2014). **A trial of mindfulness meditation to reduce anger and violence in Thai youth.** *International Journal of Mental Health and Addiction.* [link]

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## ASSOCIATIONS

Articles examining the correlation and mechanism  
between mindfulness and other variables

Beitel, M., Bogus, S., Hutz, A., Green, D.,... Barry, D. T. (2014). **Stillness and motion: An empirical investigation of mindfulness and self-actualization.** *Person-Centered & Experiential Psychotherapies.* [link]

Dimidjian, S. & Goodman, S. H. (2014). **Preferences and attitudes toward approaches to depression relapse/recurrence prevention among pregnant women.** *Behaviour Research and Therapy.* [link]

Evans, D. R., Eisenlohr-Moul, T. A., Button, D. F.,... Segerstrom, S. C. (2014). **Self-regulatory deficits associated with unpracticed mindfulness strategies for coping with acute pain.** *Journal of Applied Social Psychology.* [link]

Hafenbrack, A. C. Kinias, Z., & Barsade, S. G. (2014). **Debiasing the mind through meditation mindfulness and the sunk-cost bias.** *Psychological Science.* [link]

Keye, M. D. & Pidgeon, A. M. (2013). **Investigation of the relationship between resilience, mindfulness, and academic self-efficacy.** *Open Journal of Social Sciences, 1*(6), 1-4. [link]

Leong, K., Chan, P., Grabovac, A.,... Perri, M. (2013). **Changes in mindfulness following repetitive transcranial magnetic stimulation for mood disorders.** *Canadian Journal of Psychiatry, 58*(12), 687-91. [link]

Martin, R., Prichard, I., Hutchinson, A. D., & Wilson, C. (2013). **The role of body awareness and mindfulness in the relationship between exercise and eating behavior.** *Journal of Sport & Exercise Psychology, 35*(6), 655-60. [link]

Masuda, A., Mandavia, A., & Tully, E. C. (2014). **The role of psychological inflexibility and mindfulness in somatization, depression, and anxiety among Asian Americans in the**

**United States.** *Asian American Journal of Psychology.* [link]

Moore, B. A. (2013). **Propensity for experiencing flow: The roles of cognitive flexibility and mindfulness.** *The Humanistic Psychologist, 41*(4), 319-332. [link]

Rajesh, S. K., Ilavarasu, J. V., & Srinivasan, T. M. (2013). **Dispositional mindfulness and its relation to impulsivity in college students.** *International Journal of Yoga, 1*(1), 49. [link]

Walker, S. P. (2013). **Mindfulness and burnout among competitive adolescent tennis players.** *South African Journal of Sports Medicine, 25*(4), 105-108. [link]

## METHODS

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

Chittaro, L. & Vianello, A. (2014). **Computer-supported mindfulness: Evaluation of a mobile thought distancing application on naive meditators.** *International Journal of Human-Computer Studies.* [link]

Cox, C. E., Porter, L. S., Buck, P. J.,... Greeson, J. M. (2014). **Development and preliminary evaluation of a telephone-based mindfulness training intervention for survivors of critical illness.** *Annals of the American Thoracic Society.* [link]

Garland, E. L. (2014). **Mindfulness research in social work: Conceptual and methodological recommendations.** *Social Work Research.* [link]

McCann, W. J., Marion, G. S., Davis, S. W.,... Hildebrandt, C. A. (2013). **Applied relaxation & applied mindfulness (ARAM): A practical and engaging approach for mind-body regulation training in medical education.** *Annals of Behavioral Science and Medical Education, 19*(2), 10-15. [link]

Melloni, M., Sedeño, L., Couto, B.,... Ibanez, A. (2013). **Preliminary evidence about the effects of meditation on interoceptive**

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**sensitivity and social cognition.** *Behavioral and Brain Functions*, 9(47). [\[link\]](#)

Morrison, A. B., Goolsarran, M., Rogers, S. L., & Jha, A. P. (2014). **Taming a wandering attention: Short-form mindfulness training in student cohorts.** *Frontiers in Human Neuroscience*. [\[link\]](#)

Pagnini, F., Di Credico, C., Gatto, R.,... Tagliaferri, A. (2013). **Meditation training for people with amyotrophic lateral sclerosis and their caregivers.** *The Journal of Alternative and Complementary Medicine*. [\[link\]](#)

Schoenberg, P. L., Hepark, S., Kan, C. C.,... Speckens, A. E. (2013). **Effects of mindfulness-based cognitive therapy on neurophysiological correlates of performance monitoring in adult attention-deficit/hyperactivity disorder.** *Clinical Neurophysiology*. [\[link\]](#)

Schoultz, M., Atherton, I. M., Hubbard, G., & Watson, A. J. (2013). **The use of mindfulness-based cognitive therapy for improving quality of life for inflammatory bowel disease patients: Study protocol for a pilot randomised controlled trial with embedded process evaluation.** *Trials*, 14, 431. [\[link\]](#)

## REVIEWS

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

Ergas, O. (2013). **Mindfulness in education at the intersection of science, religion, and healing.** *Critical Studies in Education*, 55(1), 58-72. [\[link\]](#)

Harris, W. (2013). **Mindfulness-Based existential therapy: Connecting mindfulness and existential therapy.** *Journal of Creativity in Mental Health*, 8(4), 349-362. [\[link\]](#)

Jennings, J. L., Apsche, J. A., Blossom, P., & Bayles, C. (2013). **Using mindfulness in the treatment of adolescent sexual abusers: Contributing common factor or a primary**

**modality?** *International Journal of Behavioral Consultation and Therapy*, 8(3-4). [\[link\]](#)

Napoli, M., & Bonifas, R. (2013). **Becoming culturally competent: Mindful engagement with American Indian clients.** *Journal of Ethnic and Cultural Diversity in Social Work*, 22(3-4), 198-212. [\[link\]](#)

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2013). **Meditation as medication: Are attitudes changing?** *British Journal of General Practice*, 63(617), 654-654. [\[link\]](#)

Solar, E. (2013). **An alternative approach to behavior interventions: Mindfulness-Based stress reduction.** *Beyond Behavior*, 22(2), 44-48. [\[link\]](#)

Thomas, C. (2013). **Role of mindfulness in reducing challenging behaviour.** *Learning Disability Practice*, 16(10), 33-37. [\[link\]](#)

Virgili, M. (2014). **Mindfulness-based interventions reduce psychological distress in working adults: A meta-analysis of intervention studies.** *Mindfulness*. [\[link\]](#)

Wyatt, C., Harper, B., & Weatherhead, S. (2014). **The experience of group mindfulness-based interventions for individuals with mental health difficulties: A meta-synthesis.** *Psychotherapy Research*. [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (DEC 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Charite University, Berlin, Germany (C. M. Witt, PI). **Effectiveness of app-based relaxation for patients with chronic low back pain.** Trial# NCT02019498. [\[link\]](#)

Seoul National University Hospital. (J. S. Kwon, PI). **Effect of mindfulness based treatment for obsessive-compulsive disorder.** Trial# NCT02006199. [\[link\]](#)

University of Southern California (J. Briere, PI). **Reducing PTSD in hospitalized burn patients.** Trial# NCT02026037. [\[link\]](#)

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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 a well-established prophylactic treatment against relapse in major depressive disorder (MDD), but issues persist over which depressive patients benefit most, whether it is also beneficial in other mental disorders such as bipolar disorder, and which of its active ingredients are most effective.

Previous research suggests that MBCT may only prevent depressive relapse in a vulnerable subgroup of people with MDD. This group includes people with the most frequent episodes, earliest onsets, greatest levels of childhood adversity, and most persistent residual symptoms. In addition, prior research has not dismantled MBCT to discover whether its mindfulness training component is absolutely necessary for its effectiveness. **Williams et al. [J Consult Clin Psychol.]** addressed these issues by comparing MBCT with Cognitive Psychological Education (CPE), an 8-week group treatment which included MBCT's cognitive educational component while excluding mindfulness training embedded in meditation practice.

The authors randomly assigned 274 currently remitted patients with a history of three or more episodes of MDD to either MBCT, CPE, or treatment-as-usual (TAU). At 12-month follow-up, roughly half of each group had suffered a relapse (as defined by meeting the full diagnostic criteria for MDD for at least a two week time period), and there were no significant differences in the relapse rates between the two treatment groups. Participants with higher residual symptoms at baseline and/or stronger histories of childhood trauma were significantly more likely to relapse. When the study compared participants with higher levels of childhood trauma to those with lower levels, the participants with higher levels benefited significantly more from MBCT than from TAU, with relapse rates of 41% (MBCT), 54% (CPE) and 65% (TAU) respectively. No significant differences between treatment groups emerged for participants with low levels of childhood

trauma. These results further clarify those who benefit most from MBCT, and support the value of mindfulness training in the MBCT treatment package.

Patients with bipolar disorder display irregularities in their emotional processing even when they appear overtly asymptomatic. **Howells et al. [Metab Brain Dis.]** explored the impact of MBCT on biological markers of emotional processing irregularities in a cohort of stably remitted bipolar patients. Prior to receiving MBCT, 12 bipolar patients in remission were compared with 9 healthy controls. Both groups underwent a monitoring process of electrical activity of the brain (electroencephalography; EEG) and heart (electrocardiography; ECG) while completing tasks involving matching

inanimate objects, matching facial expressions, and labeling emotions. The bipolar patients showed exaggerated negative event-related potentials (ERPs) on their EEGs at approximately 170 milliseconds after stimulus exposure (ERP N170) and higher heart rate variability high frequency (HRV-HF) peaks on their ECGs. Both differences were especially significant during the facial expression matching task, which may reflect impaired communication between the cerebral cortex and the amygdala during emotional processing. This functional impairment may limit the ability of bipolar patients to control their affective reactivity, rendering them vulnerable to relapse.

The bipolar patients were then retested after completing an 8-week MBCT program, and they showed significant reduction in their exaggerated ERP N170 responses and their elevated HRV-HF peaks compared to their initial baseline measures. There was no change in bipolar symptoms observed after MBCT, probably reflecting the fact that participants were in stable remission. While these results are supportive of MBCT's promise in treating the emotional processing deficits of bipolar patients, caution is needed in interpreting results due to limitations in this pilot study, including its small sample size, lack of repeated measures for the control group, and the unknown effects of patient medication on the physiological measures assessed.



# ANNOUNCEMENTS

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

## Events & Conferences

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 [www.cvent.com/d/1cqbt1](http://www.cvent.com/d/1cqbt1)  
Session 2: May 7-10, 2014 - [www.cvent.com/d/tcqbgb](http://www.cvent.com/d/tcqbgb)  
**INFO:** Call the URM Center for Experiential Learning at 585-275-4392.

### Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.  
**INFO:** [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com)

### Mindful Practice Workshop

A 4-day, retreat-like workshop designed to improve the quality of care clinicians provide while improving their own resilience and well-being. Hosted by the Center for Experiential Learning of the University of Rochester Medical Center, the workshop offers an environment where participants involved in medical practice and education focus on developing the capacity for Mindful Practice- attentiveness, situational- and self-awareness, teamwork, and self-monitoring – even in stressful and demanding situations.  
**INFO:** Date: May 7-10, 2014  
Register at [www.cvent.com/d/tcqbgb](http://www.cvent.com/d/tcqbgb)

### Mindfulness and Neuroscience Conference

Centre for Mindfulness Research and Practice, University of Bangor, Wales, UK  
11 - 15 April 2014 Including "State of the Field and Recommendations for Future

Research" 14 & 15 April Call for research abstract submissions now open. Deadline 15 January 2014. Presentations covering a wide range of topics with Professor Alfred Kasniak, Dr Philippe Goldin, Dr Peter Malinowski & Dr Dusana Dorjee. An opportunity for: researchers to communicate their latest research findings  
Mindfulness practitioners interested in understanding more about how the practice shapes the brain See conference website for full info on presentations, call for papers, fees and programme.  
**INFO:** [www.cmrpconference.com](http://www.cmrpconference.com)

### Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. There will be keynote lecturers such as Ronald Siegel from Harvard University and Ronald Epstein from the University of Rochester, USA. Round table discussions on neurobiology, neuroimaging, the usefulness of new technologies and the role of Mindfulness in companies, education and in the treatment of somatic and psychiatric disorders. There will be workshops on ACT, positive psychology, relationship with Buddhism. The Latin American Network on Mindfulness will be presented. Date: 11-14 June 2014 Place: Zaragoza, Spain.  
**INFO:** [www.webmindfulness.com](http://www.webmindfulness.com)  
Email: [mindfulness@unizar.es](mailto:mindfulness@unizar.es)

## Research & Education

### Free Online Prison Volunteer Training

Free Online PRISON VOLUNTEER TRAINING PROGRAM – a mindfulness-based, research-driven emotional literacy intervention. Facilitated by Robin Casarjian, author of acclaimed prison curriculum, Houses of Healing. Date: Ongoing 20 CEU's offered.  
**INFO:** [www.lionheart.org/volunteertraining/](http://www.lionheart.org/volunteertraining/)

## Employment

### Professional Mindfulness Opportunities for Psychiatrists

Part time paid positions for psychiatrists providing individual and group mindfulness based psychotherapy and medication management in Northern California.  
**INFO:** Contact [MDcv@cpsych.com](mailto:MDcv@cpsych.com)  
[www.communitypsychiatry.com](http://www.communitypsychiatry.com)

### PhD Position Mindfulness Research

Prof. Jochen Reb, Singapore Management University, is looking for one or more full-time PhD students passionate to conduct research on mindfulness at the workplace. Application deadline is coming up soon on 31 January 2014!  
**INFO:** For more info, visit <http://business.smu.edu.sg/programmes/>

### Social/Behavioral Psychology Postdoctoral Fellow

Richard Davidson and the Center for Investigating Healthy Minds (CIHM) at the Waisman Center, University of Wisconsin-Madison, seek a Postdoc to lead innovative research initiatives to measure the impact of programs/ interventions aimed at improving wellbeing via two collaborations: the Wisconsin School of Business (worksite interventions), and a non-profit organization (transformative learning methodology). Role will develop/validate web-based assessment measures, conduct experience sampling, analyze/ publish results, manage research team. Expected duration 3y, renewal based on funding and performance. Ph.D. in Developmental, Social, Organizational or Behavioral Psychology or related field required.  
**INFO:** Questions/ application cover letter and CV to: Megan Aley, [maley@wisc.edu](mailto:maley@wisc.edu), (608) 263-6321