

Contents

45 New Cites p1

13 Interventions

9 Associations

12 Methods

9 Reviews

2 Trials

Highlights p5

Editor-in-Chief

David S. Black, Ph.D.

Highlights by

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Interventions

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

Ghawadra, S. F., Choo, W. Y., Danaee, M., Phang, C. K. (2020). **The effect of mindfulness-based training on stress, anxiety, depression, and job satisfaction among ward nurses: A RCT.** *Journal of Nursing Management.* [\[link\]](#)

Graeme, D., Karen, L., Maggie, L.,...Paul, F. (2020). **Positively mindful: A mixed method feasibility study of mindfulness meditation for people living with HIV in the UK.** *European Journal of Integrative Medicine.* [\[link\]](#)

Hente, E., Sears, R., Cotton, S., Pallerla, H.,...Boat, T. (2020). **A pilot study of MBCT to improve well-being for health professionals providing chronic disease care.** *The Journal of Pediatrics.* [\[link\]](#)

Joss, D., Lazar, S. W., Teicher, M. H. (2020). **Effects of a mindfulness based behavioral intervention for young adults with childhood maltreatment history on hippocampal morphometry: A pilot MRI study with voxel-based morphometry.** *Psychiatry Research: Neuroimaging.* [\[link\]](#)

Lönnberg, G., Jonas, W., Bränström, R.,...Niemi, M. (2020). **Long-term effects of a mindfulness-based childbirth and parenting program-a RCT.** *Mindfulness.* [\[link\]](#)

Manglani, H. R., Samimy, S., Schirda, B.,...Prakash, R. S. (2020). **Effects of 4-week mindfulness training versus adaptive cognitive training on processing speed and working memory in multiple sclerosis.** *Neuropsychology.* [\[link\]](#)

Matsuba, M. K., Schonert-Reichl, K. A., McElroy, T., Katahoire, A. (2020). **Effectiveness of a SEL/mindfulness program on northern Ugandan children.** *International Journal of School & Educational Psychology.* [\[link\]](#)

Muratori, P., Conversano, C., Levantini, V.,...Gemignani, A. (2020). **Exploring the efficacy of a mindfulness program for boys with attention-deficit hyperactivity disorder and oppositional defiant disorder.** *Journal of Attention Disorders.* [\[link\]](#)

Ondrejková, N., Halamová, J., Strnádelová, B. (2020). **Effect of the intervention mindfulness based compassionate living on the-level of self-criticism and self-compassion.** *Current Psychology.* [\[link\]](#)

Ruiz-Vozmediano, J., Löhnchen, S., Jurado, L.,...Fernández, M. F. (2020). **Influence of a multidisciplinary program of diet, exercise, and mindfulness on the quality of life of stage IIA-IIB breast cancer survivors.** *Integrative Cancer Therapies.* [\[link\]](#)

Schirda, B., Duraney, E., Lee, H. K.,...Prakash, R. S. (2020). **Mindfulness training for emotion dysregulation in multiple sclerosis: A pilot RCT.** *Rehabilitation Psychology.* [\[link\]](#)

Schuling, R., Huijbers, M. J., van Ravesteijn, H.,...Speckens, A. E. (2020). **Recovery from recurrent depression: RCT of the efficacy of mindfulness-based compassionate living compared with treatment-as-usual on depressive symptoms and its consolidation at longer term follow-up.** *Journal of Affective Disorders.* [\[link\]](#)

Warth, M., Koehler, F., Aguilar-Raab, C.,...Kessler, J. (2020). **Stress-reducing effects of a brief mindfulness intervention in palliative care:**

Contents

45 New Cites p1

13 Interventions

9 Associations

12 Methods

9 Reviews

2 Trials

Highlights p5

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Results from a randomised, crossover study.

European Journal of Cancer Care. [\[link\]](#)

Wimmer, L., Bellingrath, S. (2020).

Mindfulness training for improving attention regulation in university students: Is it effective? And do yoga and homework matter? *Frontiers in Psychology.* [\[link\]](#)

Wingert, J. R., Jones, J. C., Swoap, R. A., Wingert, H. M. (2020). **Mindfulness-based strengths practice improves well-being and retention in undergraduates: A preliminary RCT.** *Journal of American College Health.* [\[link\]](#)

Zhao, Y., Liu, J. E., Lewis, F. M.,...Yang, S. S. (2020). **Effects of MBCT on breast cancer survivors with insomnia: A RCT.** *European Journal of Cancer Care.* [\[link\]](#)

Associations

Articles examining the correlates and mechanisms of mindfulness

Ashoori, M. T. (2020). **Do companies benefit equally from adopting mindfulness programs at their workplace? Implications of company demographics.** *Journal of Management Research.* [\[link\]](#)

Beer, J. M., Smith, K. N., Kennedy, T.,...Owens, O. L. (2020). **A focus group evaluation of breathe easier: A mindfulness-based mhealth app for survivors of lung cancer and their family members.** *American Journal of Health Promotion.* [\[link\]](#)

Boekhorst, M. G., Potharst, E. S., Beerthuis, A.,...Nyklíček, I. (2020). **Mindfulness during pregnancy and parental stress in mothers raising toddlers.** *Mindfulness.* [\[link\]](#)

Crowley, C., Kapitula, L. R., Munk, D. (2020). **Mindfulness, happiness, and anxiety in a sample of college students before and after taking a meditation course.** *Journal of American College Health.* [\[link\]](#)

Dave, D. J., McClure, L. A., Rojas, S. R., Lee, D. J. (2020). **Impact of mindfulness training on the well-being of educators.** *Journal of Alternative and Complementary Medicine.* [\[link\]](#)

Do, V. V., Spears, C. A., Van Minh, H.,...Eriksen, M. P. (2020). **Perceptions about mindfulness and text messaging for smoking cessation in Vietnam: Results from a qualitative study.** *JMIR Mhealth and Uhealth.* [\[link\]](#)

Joss, D., Lazar, S. W., Teicher, M. H. (2020). **Nonattachment predicts empathy, rejection sensitivity, and symptom reduction after a mindfulness-based intervention among young adults with a history of childhood maltreatment.** *Mindfulness.* [\[link\]](#)

Juneau, C., Shankland, R., Dambrun, M. (2020). **Trait and state equanimity: The effect of mindfulness-based meditation practice.** *Mindfulness.* [\[link\]](#)

Roca, P., Vazquez, C. (2020). **Brief meditation trainings improve performance in the emotional attentional blink.** *Mindfulness.* [\[link\]](#)

Singh, N. N., Lancioni, G. E., Medvedev, O. N.,...Myers, R. E. (2020). **A component analysis of the mindfulness-based positive behavior support (MBPBS) program for mindful parenting by mothers of children with autism spectrum disorder.** *Mindfulness.* [\[link\]](#)

ter Avest, M. J., Greven, C. U., Huijbers, M. J.,...Spinhoven, P. (2020). **Prospective associations between home practice and depressive symptoms in MBCT for recurrent**

Contents

45 New Cites p1

13 Interventions

9 Associations

12 Methods

9 Reviews

2 Trials

Highlights p5

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depression: A 15 months follow-up study.

Cognitive Therapy and Research. [\[link\]](#)

Thieleman, K., Cacciatore, J. (2020).

Effectiveness of a mindfulness-based retreat on distress and well-being in bereaved parents.

Research Social Work Practice. [\[link\]](#)

Wenzel, M., Rowland, Z., Kubiak, T. (2020).

How mindfulness shapes the situational use of emotion regulation strategies in daily life.

Cognition and Emotion. [\[link\]](#)

Methods

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

Burton, E. T., Smith, W. A. (2020). Mindful eating and active living: Development and implementation of a multidisciplinary pediatric weight management intervention.

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

Deringer, S. A., Hanley, A. W., Hodges, J. S., Griffin, L. K. (2020). **Improving ecological behavior in outdoor recreation through mindfulness interventions: A mixed methods inquiry.** *Journal of Outdoor Recreation, Education, and Leadership.* [\[link\]](#)

Gawrysiak, M. J., Baime, M., King, T. S.,...Sawyer, A. M. (2020). **Intervention design and trial protocol: Mindfulness-based exposure for pap-associated claustrophobia.** *Western J Nursing Res.* [\[link\]](#)

Janssen, M., Heerkens, Y., B., Korzilius, H.,... Engels, J. (2020). **A study protocol for a cluster RCT trial on MBSR: Studying effects of MBSR and an additional organisational health intervention on mental health and work-related perceptions of teachers in**

Dutch secondary vocational schools.

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Karl, J. A., Fischer, R. (2020). Revisiting the five-facet structure of mindfulness.

Measurement Instruments Social Sciences. [\[link\]](#)

Kenny, M., Luck, P., Koerbel, L. (2020). **Tending the field of mindfulness-based programs: The development of international integrity guidelines for teachers and teacher training.**

Global Advances in Health and Medicine. [\[link\]](#)

Kraines, M. A., Uebelacker, L. A., Gaudiano, B. A.,...Brewer, J. A. (2020). **An adapted Delphi approach: The use of an expert panel to operationally define non-judgment of internal experiences as it relates to mindfulness.** *Complem Ther Medicine.* [\[link\]](#)

McMahon, A. K., Cox, A. E., Miller, D. E. (2020). **Supporting mindfulness with technology in students with intellectual and developmental disabilities.** *Journal of Special Education Technology.* [\[link\]](#)

Ng, C. G., Tan, S. B., Zhang, M.,...Ng, Y. H. (2020). **5 minutes mindful breathing smartphone application for reduction of perceived distress: A pilot study.** *Asian Pacific Journal of Cancer Care.* [\[link\]](#)

Quach, J. L., Deery, B., Kern, M.,...Sciberras, E. (2020). **Can a teacher-led mindfulness intervention for new school entrants improve child outcomes? Protocol for a school cluster RCT.** *BMJ Open.* [\[link\]](#)

Rung, A. L., Oral, E., Berghammer, L., Peters, E. S. (2020). **Feasibility and acceptability of a mobile mindfulness meditation intervention among women: Intervention study.** *JMIR Mhealth and Uhealth.* [\[link\]](#)

Contents

45 New Cites p1

13 Interventions

9 Associations

12 Methods

9 Reviews

2 Trials

Highlights p5

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Saunders, D., Kober, H. (2020). **Mindfulness-based intervention development for children and adolescents.** *Mindfulness.* [\[link\]](#)

Subnis, U. B., Farb, N. A., Piedalue, K. A.,...Carlson, L. E. (2020). **A smartphone app-based mindfulness intervention for cancer survivors: Protocol for a RCT.** *JMIR Research Protocols.* [\[link\]](#)

Reviews

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

Behan, C. (2020). **The benefits of meditation and mindfulness practices during times of crisis such as covid-19.** *Irish Journal of Psychological Medicine.* [\[link\]](#)

Chiodelli, R., de Mello, L. T., de Jesus, S. N.,...Andretta, I. (2020). **Mindfulness-based interventions in undergraduate students: A systematic review.** *J Amer Coll Health.* [\[link\]](#)

Intarakamhang, U., Macaskill, A., Prasittichok, P. (2020). **Mindfulness interventions reduce blood pressure in patients with non-communicable diseases: A systematic review and meta-analysis.** *Heliyon.* [\[link\]](#)

Kil, H., Antonacci, R. (2020). **Mindful parenting programs in non-clinical contexts: A qualitative review of child outcomes and programs, and recommendations for future research.** *Journal of Child and Family Studies.* [\[link\]](#)

Morton, M. L., Helminen, E. C., Felver, J. C. (2020). **A systematic review of mindfulness interventions on psychophysiological responses to acute stress.** *Mindfulness.* [\[link\]](#)

Ni, Y., Ma, L., Li, J. (2020). **Effects of MBSR and MBCT in people with diabetes: A systematic**

review and meta-analysis. *Journal of Nursing Scholarship.* [\[link\]](#)

Nunes, A., Castro, S. L., Limpo, T. (2020). **A review of mindfulness-based apps for children.** *Mindfulness.* [\[link\]](#)

Pathrose, S. P., Everett, B., Patterson, P.,...Ramjan, L. (2020). **Mindfulness-based interventions for young people with cancer: An integrative literature review.** *Cancer Nursing.* [\[link\]](#)

Vinci, C. (2020). **Cognitive behavioral and mindfulness-based interventions for smoking cessation: A review of the recent literature.** *Current Oncology Reports.* [\[link\]](#)

Wang, F. L., Tang, Q. Y., Zhang, L. L.,...Wang, S. H. (2020). **Effects of mindfulness-based interventions on dementia patients: A meta-analysis.** *Western J Nursing Research.* [\[link\]](#)

Zhou, X., Guo, J., Lu, G.,...Zhang, C. (2020). **Effects of MBSR on anxiety symptoms in young people: A systematic review and meta-analysis.** *Psychiatry Research.* [\[link\]](#)

Trials

Research studies newly funded by the National Institutes of Health (May 2020)

Oregon Research Behavioral Intervention Strategies, Inc. (D. Smith, PI). **Mindfulness mobile app to reduce adolescent substance use.** NIH/NIDA project #5R44DA043288-03. [\[link\]](#)

University of Rochester (K. Heffner, PI). **MBSR for family caregivers of dementia patients.** NIH/NIDA project #5R01AG052495-05. [\[link\]](#)

Contents

45 New Cites p1

13 Interventions

9 Associations

12 Methods

9 Reviews

2 Trial

Highlights p5

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Highlights

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

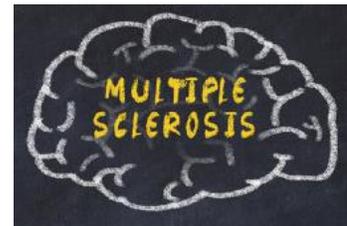
Multiple sclerosis (MS) is an autoimmune disease of the central nervous system affecting around one million Americans. Depending on the areas in the brain and spinal cord involved, MS can cause alterations in sensation, balance, muscle strength, coordination, autonomic nervous system activity, mood, and cognition. Cognitive symptoms may include impairments in attention, processing speed, working memory, and executive function. Computerized cognitive training is often employed in MS rehabilitation programs, but the results for improved cognitive function have been variable.

Mindfulness-based interventions offer potential promise in MS rehabilitation because of their proven effects on brain areas involved in attention and executive function. **Manghani et al. [Neuropsychology]** tested the efficacy of mindfulness training compared to computerized cognitive training and a wait-list control on improving working memory and processing speed among persons with MS.

The researchers randomly assigned 61 persons with MS (77% female; 72% Caucasian; average age = 46 years) to mindfulness training, computerized cognitive training, or a wait-list control. The four-week mindfulness training was an abbreviated version of the Mindfulness-Based Stress Reduction (MBSR) program involving the body scan, breath awareness, awareness of sensations, thoughts and emotions, and choiceless awareness. Patients met weekly in groups for two hours, and were encouraged to engage in 40 minutes of daily home mindfulness practice. The computerized cognitive training group also met in groups every week for two hours over the course of four weeks. The first hour of each group was devoted to didactic material on cognitive deficits and allowed for group sharing of experiences. The second hour consisted of computer game playing designed to maximize working memory and processing

speed. The games required increasing degrees of attention, identification of stimuli, and memory.

Participants were assessed before and after intervention on a computerized neuropsychological battery that included symbol digit substitution and serial addition tasks. The symbol digit substitution task required participants to quickly use an answer key of matched symbols and numbers to look up the numerals correctly matching symbols flashed on a computer screen. The serial addition task required participants to listen to an audiotaped series of numbers, and mentally calculate the sum of the last two numbers they heard. The researchers compared performance across groups on these tasks and tested the effects of several moderating variables including baseline neuropsychological performance, amount of mindfulness or computer practice, and improvements in mindfulness disposition.



The results demonstrated that only the mindfulness group showed significantly improved performance on the symbol digit substitution task which measured processing speed. Their average symbol digit score improved by 8.8 points, whereas the cognitive training group improved by 0.2 points and waitlist group improved by 1.2 points. Serial addition scores, which measure working memory, improved for all three groups ($\eta^2_p = 0.44$) by an average of 8 points, without any significant group differences. The fact that the waitlist group also improved suggests this improvement is due to the practice effect of having taken the pretest. Neither baseline neuropsychological performance nor the amount of mindfulness or computer game practice affected processing speed or working memory improvement. Within the mindfulness group, increases in mindfulness disposition scores were correlated with improvements in working memory ($r = .52$), but not processing speed ($r = -.11$). Within the cognitive training group, improvements in game performance were not significantly correlated with processing speed or working memory.

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Contents

45 New Cites p1

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9 Associations

12 Methods

9 Reviews

2 Trial

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The results suggest that mindfulness training can increase cognitive processing speed in MS patients compared to cognitive training or a waitlist control. The study is limited by a small sample size, reliance on single measures to assess processing speed and working memory, and uncertainty about whether improvements on a processing speed task translate into day-to-day improvements in adaptive functioning for persons with MS.

The diagnosis and treatment of breast cancer is a major stressor, and many breast cancer survivors (24-46%) suffer from insomnia with persistent difficulty in falling and staying asleep. Mindfulness training may help insomnia by promoting relaxation and by enhancing present-moment focusing, which can reduce sleep-interfering thoughts and emotions.

Mindfulness-Based Therapy for Insomnia (MBTI) is an integrated therapeutic intervention that offers mindfulness training along with cognitive-behavioral strategies for stress management and sleep hygiene. **Zhao et al. [European Journal of Cancer Care]** tested the effectiveness of MBTI compared to a wait-list control for improving sleep quality in a large sample of breast cancer survivors.

The researchers randomly assigned 136 Chinese women (average age = 53 years) diagnosed with breast cancer who had completed surgery, adjuvant chemotherapy and radiotherapy, and who met the American Academy of Sleep Medicine criteria for insomnia to an MBTI program or a wait-list control. The six-week MBTI program was delivered in weekly, 90-minute group sessions, with instructions for 20-40 minutes of daily home mindfulness practice. Seventy percent of group session time was devoted to meditation practice using the body scan, yoga, sitting and walking meditations. The remainder of the time involved didactic material on stress management, sleep hygiene, and cognitive strategies to change one's thinking.

Participants kept sleep diaries and meditation practice logs and were assessed at baseline, post intervention, and at 3- and 6-month follow-up on self-report measures of insomnia and mindfulness using the Five Facet Mindfulness

Questionnaire. They also donned wrist-worn actigraphs for three consecutive nights during each of the four assessment periods to measure their nighttime movement activity. Actigraphic data yielded measures of sleep latency, sleep awakenings, total time asleep, and sleep efficiency (the percentage of time in bed someone is actually asleep).

The results showed that the MBTI group significantly decreased their self-reported insomnia symptoms compared to controls ($d=-1.32$). Significant improvements were maintained from post-intervention through 6-month follow up. The percentage of MBTI participants reporting moderate-to-severe insomnia decreased from 69% to 9.5% over the six months, whereas the percentage of participants reporting either no insomnia or subclinical insomnia increased from 31% to 91%.



Actigraphic data also showed significant improvement for MBTI participants over controls with regards to sleep onset latency ($d=-0.10$), waking after falling asleep onset ($d=-1.82$), total sleep time ($d=0.56$) and sleep efficiency ($d=1.44$). The improvements in latency of waking after sleeping, total sleep time, and sleep efficiency persisted through 6-month follow-up. MBTI participants also showed a significant improvement in mindfulness disposition scores compared to controls ($d=1.03$) that persisted through 6-month follow-up.

The study shows that a mindfulness-based intervention adapted for insomnia improves self-reported sleep quality as well as objectively measured sleep maintenance, total sleep time, and sleep efficiency compared to a wait-list control. Effect sizes were large and maintained through 6-month follow-up. Study limitations include the lack of an active control comparator or information on any sedative medications participants may have used during the study.



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