

Contents

53 New Cites p1

15 Interventions

12 Associations

10 Methods

14 Reviews

2 Trials

Highlights p5

Editor-in-Chief
David S. Black, Ph.D.

Highlights by
Seth Segall, Ph.D.

Subscribe at:

goAMRA.org/publications

American Mindfulness
Research Association

Interventions

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

Ahmad, M. M., Al-Daken, L. I. (2020). **Clinical Trial on Mindfulness with Family Caregivers for Patients with Cancer.** *Journal of Cancer Education.* [\[link\]](#)

Braun, S. S., Cho, S., Colaianne, B. A.,...Roeser, R. W. (2020). **Impacts of a Mindfulness-Based Program on Teachers' Forgiveness.** *Mindfulness.* [\[link\]](#)

Brinkmann, A. E., Press, S. A., Helmert, E.,...Vagedes, J. (2020). **Comparing Effectiveness of HRV-Biofeedback and Mindfulness for Workplace Stress Reduction: A RCT.** *Applied Psychophysiology and Biofeedback.* [\[link\]](#)

Coster, S., Gould, R. L., Coulson, M., Norman, I. J. (2020). **An online mindfulness intervention to enhance compassion in nursing practice: A feasibility and acceptability study with nursing students.** *International Journal of Nursing Studies Advances.* [\[link\]](#)

Dikaos, E., Escobar, S., Nassim, M.,...Rej, S. (2020). **Continuation Sessions of Mindfulness-Based Cognitive Therapy (MBCT-C) vs Treatment as Usual in Late-Life Depression and Anxiety: An Open-Label Extension Study.** *International Journal of Geriatric Psychiatry.* [\[link\]](#)

Dyer, N. L., Borden, S., Dusek, J. A., Khalsa, S. B. S. (2020). **A Pragmatic Controlled Trial of a Brief Yoga and Mindfulness-Based Program for Psychological and Occupational Health in Education Professionals.** *Complementary Therapies in Medicine.* [\[link\]](#)

Eccles, F. J., Craufurd, D., Smith, A.,...Simpson, J. (2020). **A feasibility investigation of MBCT for people with Huntington's disease. Pilot and Feasibility Studies.** [\[link\]](#)

Hasselberg, A., Rönnlund, M. (2020). **Cultivating self-kindness and attention to the present moment in the young: A pilot-study of a two-week internet-delivered mindfulness and self-compassion program.** *Cogent Psychology.* [\[link\]](#)

Mah, J. W., Murray, C., Locke, J., Carbert, N. (2020). **Mindfulness-Enhanced Behavioral Parent Training for Clinic-Referred Families of Children With ADHD: A RCT.** *Journal of Attention Disorders.* [\[link\]](#)

Price-Blackshear, M. A., Pratscher, S. D., Oyler, D. L.,...Bettencourt, B. A. (2020). **Online couples mindfulness-based intervention for young breast cancer survivors and their partners: A RCT.** *Journal of Psychosocial Oncology.* [\[link\]](#)

Schanche, E., Vøllestad, J., Visted, E.,...Sørensen, L. (2020). **The effects of MBCT on risk and protective factors of depressive relapse – a randomized wait-list controlled trial.** *BMC Psychology.* [\[link\]](#)

Weiss de Souza, I. C., Kozasa, E. H., Bowen, S.,...Noto, A. R. (2020). **Effectiveness of Mindfulness-based Relapse Prevention Program as an Adjunct to the Standard Treatment for Smoking: A Pragmatic Design Pilot Study.** *Nicotine & Tobacco Research.* [\[link\]](#)

Xie, C., Zeng, Y., Lv, Y.,...Hu, X. (2020). **Educational intervention versus mindfulness-based intervention for ICU nurses with occupational burnout: A parallel, controlled trial.** *Complementary Therapies in Medicine.* [\[link\]](#)

Contents

53 New Cites p1

15 Interventions

12 Associations

10 Methods

14 Reviews

2 Trials

Highlights p5

Editor-in-Chief

David S. Black, Ph.D.

Highlights by

Seth Segall, Ph.D.

Subscribe at:

goAMRA.org/publications

American Mindfulness
Research Association

AMRA
American Mindfulness Research Association

Yüksel, A., Bahadır-Yılmaz, E. (2020). **The Effect of Mindfulness-Based Psychosocial Skills Training on Functioning and Insight Level in Patients with Schizophrenia.** *Community Mental Health Journal.* [\[link\]](#)

Zarifsanaiey, N., Jamalian, K., Bazrafcan, L.,...Shahraki, H. R. (2020). **The effects of mindfulness training on the level of happiness and blood sugar in diabetes patients.** *Journal of Diabetes and Metabolic Disorders.* [\[link\]](#)

Associations

Articles examining the correlates and mechanisms of mindfulness

Bailey, N. W., Freedman, G., Raj, K.,...Fitzgerald, P. B. (2020). **Mindfulness Meditators Show Enhanced Accuracy and Different Neural Activity During Working Memory.** *Mindfulness.* [\[link\]](#)

Cotter, E. W., Hornack, S. E., Fotang, J. P.,...Mirza, N. M. (2020). **A pilot open-label feasibility trial examining an adjunctive mindfulness intervention for adolescents with obesity.** *Pilot and Feasibility Studies.* [\[link\]](#)

Farrar, S. T., Yarrow, K., Tapper, K. (2020). **The Effect of Mindfulness on Cognitive Reflection and Reasoning.** *Mindfulness.* [\[link\]](#)

Fredrickson, B. L., Arizmendi, C., Cappellen, P. V. (2020). **Same-day, cross-day, and upward spiral relations between positive affect and positive health behaviours.** *Psychology & Health.* [\[link\]](#)

Fuochi, G., Voci, A. (2020). **A deeper look at the relationship between dispositional mindfulness and empathy: Meditation experience as a moderator and**

dereification processes as mediators. *Personality and Individual Differences.* [\[link\]](#)

Gentina, E., Daniel, C., Tang, T. L. (2020). **Mindfulness Reduces Avaricious Monetary Attitudes and Enhances Ethical Consumer Beliefs: Mindfulness Training, Timing, and Practicing Matter.** *Journal of Business Ethics.* [\[link\]](#)

Litvak Hirsch, T., Lazar, A. (2020). **The Contribution of Long-Term Mindfulness Training on Personal and Professional Coping for Teachers Living in a Conflict Zone: A Qualitative Perspective.** *International J Environmental Research and Public Health.* [\[link\]](#)

Mendioroz, M., Puebla-Guedea, M., Montero-Marín, J.,...García-Campayo, J. (2020). **Telomere length correlates with subtelomeric DNA methylation in long-term mindfulness practitioners.** *Scientific Reports.* [\[link\]](#)

Proulx, J., Croff, R., Hebert, M., Oken, B. (2020). **Results of a mindfulness intervention feasibility study among elder African American women: A qualitative analysis.** *Complementary Therapies in Medicine.* [\[link\]](#)

Schanche, E., Vøllestad, J., Binder, P.E.,...Nielsen, G. H. (2020). **Participant experiences of change in mindfulness-based stress reduction for anxiety disorders.** *International J Qualitative Studies Health Well-Being.* [\[link\]](#)

Schlosser, M., Jones, R., Demnitz-King, H., Marchant, N. L. (2020). **Meditation experience is associated with lower levels of repetitive negative thinking: The key role of self-compassion.** *Current Psychology.* [\[link\]](#)

Thompson, C., Quigley, E., Taylor, A. (2020). **The Influence of a Short-Term Mindfulness Meditation Intervention on Emotion and**

Contents

53 New Cites p1

15 Interventions

12 Associations

10 Methods

14 Reviews

2 Trials

Highlights p5

Editor-in-Chief

David S. Black, Ph.D.

Highlights by

Seth Segall, Ph.D.

Subscribe at:

goAMRA.org/publications

American Mindfulness
Research Association

AMRA
American Mindfulness Research Association

Visual Attention. *Journal of Cognitive Enhancement.* [\[link\]](#)

Methods

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

Choe, E. Y., Jorgensen, A., Sheffield, D. (2020). **Does a natural environment enhance the effectiveness of MBSR? Examining the mental health and wellbeing, and nature connectedness benefits.** *Landscape and Urban Planning.* [\[link\]](#)

Flynn, S., Hastings, R. P., Burke, C.,...Bailey, T. (2020). **Online Mindfulness Stress Intervention for Family Carers of Children and Adults with Intellectual Disabilities: Feasibility Randomized Controlled Trial.** *Mindfulness.* [\[link\]](#)

Lavy, S., Berkovich-Ohana, A. (2020). **From Teachers' Mindfulness to Students' Thriving: The Mindful Self in School Relationships (MSSR) Model.** *Mindfulness.* [\[link\]](#)

Medvedev, O. N., Pratscher, S. D., Bettencourt, A. (2020). **Psychometric Evaluation of the Interpersonal Mindfulness Scale Using Rasch Analysis.** *Mindfulness.* [\[link\]](#)

Sprawson, I., Wood, J., Mantzios, M. (2020). **"And Now Close Your Eyes or Lower Your Gaze": Exploring Novice Meditators and Their Attentional Processes During Meditation.** *J Cognitive Enhancement.* [\[link\]](#)

Tamura, N., Park, S., Sato, Y.,...Fujisawa, D. (2020). **Study protocol for evaluating the efficacy of Mindfulness for Health Professionals Building Resilience and Compassion program: A randomized,**

waiting-list controlled trial. *J Psychosocial Oncology Research and Practice.* [\[link\]](#)

Tran, T., Donnelly, C., Nalder, E. J.,...Finlayson, M. (2020). **Occupational therapist-led mindfulness-based stress reduction for older adults living with subjective cognitive decline or mild cognitive impairment in primary care: A feasibility randomised control trial protocol.** *BMJ Open.* [\[link\]](#)

Vilvens, H. L., Frame, D. L., Owen, P. C. (2020). **Promoting the Inclusion of Mindfulness and Contemplative Practices in the College Classroom.** *Pedagogy in Health Promotion.* [\[link\]](#)

Weiss, F., Aslan, A., Zhang, J.,...Kirsch, P. (2020). **Using mind control to modify cue-reactivity in AUD: The impact of mindfulness-based relapse prevention on real-time fMRI neurofeedback to modify cue-reactivity in alcohol use disorder: a randomized controlled trial.** *BMC Psychiatry.* [\[link\]](#)

Wetherell, J. L., Ripperger, H. S., Voegtle, M.,...Lenze, E. J. (2020). **Mindfulness, Education, and Exercise for age-related cognitive decline: Study protocol, pilot study results, and description of the baseline sample.** *Clinical Trials.* [\[link\]](#)

Reviews

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

Cooper, D., Yap, K., O'Brien, M., Scott, I. (2020). **Mindfulness and Empathy Among Counseling and Psychotherapy Professionals: A Systematic Review and Meta-analysis.** *Mindfulness.* [\[link\]](#)

Contents

53 New Cites p1

15 Interventions

12 Associations

10 Methods

14 Reviews

2 Trials

Highlights p5

Editor-in-Chief
David S. Black, Ph.D.

Highlights by
Seth Segall, Ph.D.

Subscribe at:

goAMRA.org/publications

American Mindfulness
Research Association

AMRA
American Mindfulness Research Association

Farb, N. A. (2020). **Meta-Cognition with a Heart: Mindfulness, Therapy, and the Cultivation of Wisdom.** *Psychological Inquiry.* [\[link\]](#)

He, J., Hou, J., Qi, J.,...Qian, M. (2020). **MBSR Interventions for Cancer Related Fatigue: A Meta-Analysis and Systematic Review.** *Journal of the National Medical Association.* [\[link\]](#)

Kwon, C.Y., Chung, S.Y., Kim, J. W. (2020). **Mindfulness meditation program for the elderly in Korea: A preliminary review for planning the program.** *Integrative Medicine Research.* [\[link\]](#)

Kwon, C.Y., Lee, B., Chung, S.Y., Kim, J. W. (2020). **Do Cochrane reviews reflect the latest evidence on meditation and mindfulness-based interventions? A snapshot of the current evidence.** *EXPLORE.* [\[link\]](#)

López-Lois, B., González-Barcala, F.J., Facal, D. (2020). **Application of mindfulness techniques in patients with asthma or COPD.** *Journal of Asthma.* [\[link\]](#)

Nunes, A., Castro, S. L., Limpo, T. (2020). **A Review of Mindfulness-Based Apps for Children.** *Mindfulness.* [\[link\]](#)

Odgers, K., Dargue, N., Creswell, D.,...Hudson, J. L. (2020). **The Limited Effect of Mindfulness-Based Interventions on Anxiety in Children and Adolescents: A Meta-Analysis.** *Clinical Child and Family Psychology Review.* [\[link\]](#)

Pollard-Wright, H. (2020). **Electrochemical energy, primordial feelings and feelings of knowing (FOK): Mindfulness-based intervention for interoceptive experience related to phobic and anxiety disorders.** *Medical Hypotheses.* [\[link\]](#)

Carletto, S., Cavalera, C., Sadowski, I., Rovaris,...Pagnini, F. (2020). **Mindfulness-based interventions for the improvement of well-being in people with multiple sclerosis: A systematic review and meta-analysis.** *Psychosomatic Medicine.* [\[link\]](#)

Shires, A., Sharpe, L., Davies, J. N., Newton John, T. (2020). **The efficacy of mindfulness based interventions in acute pain: A systematic review and meta-analysis.** *Pain.* [\[link\]](#)

Verdonk, C., Trousselard, M., Canini, F.,...Ramdani, C. (2020). **Toward a Refined Mindfulness Model Related to Consciousness and Based on ERP.** *Persp Psycho Science.* [\[link\]](#)

Xuan, R., Li, X., Qiao, Y.,...Zhang, L. (2020). **MBCT for bipolar disorder: A systematic review and meta-analysis.** *Psychiatry Research.* [\[link\]](#)

Yu, J., Song, P., Zhang, Y., Wei, Z. (2020). **Effects of Mindfulness-Based Intervention on the Treatment of Problematic Eating Behaviors: A Systematic Review.** *The Journal of Alternative and Complementary Medicine.* [\[link\]](#)

Trials

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

Georgia State University (C. Spears, PI). **Mindfulness-based addiction treatment delivered through mobile technology for low-income smokers.** NIH/NIDA project #1R34DA049208-01A1. [\[link\]](#)

Icahn School of Medicine at Mount Sinai (R. Goldstein, PI). **Neuroimaging response inhibition and salience attribution changes during mindfulness-based treatment of human heroin addiction.** NIH/HCCIH project #5R01AT010627-02. [\[link\]](#)

Contents

53 New Cites p1

15 Interventions

12 Associations

10 Methods

14 Reviews

2 Trials

Highlights p5

Editor-in-Chief

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

American Mindfulness
Research Association

AMRA
American Mindfulness Research Association

Highlights

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

Natural environments such as woodlands, seashores, and meadows often have a restorative effect on human well-being. These settings allow for distancing from everyday causes of stress and worry, and allow for unique emotional experiences such as beauty, awe, and connection to something profound. Research shows that people who live adjacent to green spaces show lower levels of stress, and people who report a greater connection to nature describe their lives as happier and more meaningful.

Studies rarely investigate whether natural settings can bolster the effects of behavioral interventions. **Choe et al. [*Landscapes and Urban Planning*]** investigated whether offering Mindfulness-Based Stress Reduction (MBSR) in nature, as compared to built environments, enhances human well-being.

The researchers randomly assigned 99 British participants (62% female; average age = 36 years) to MBSR offered in three different environments: a public park with trees, shrubs, flower beds, a lawn, and a lake (i.e., nature), a concrete-and-brick courtyard (i.e., the built outdoors), and a windowless seminar room (i.e., the built indoors). All participants attended 6-week versions of MBSR offered in weekly 1-hour group sessions. Participants completed self-report measures of mindfulness (Five Facet Mindfulness Questionnaire), relatedness to nature, mood, depression, anxiety, stress, reflection (curiosity-motivated cognition) and rumination (anxiety-motivated cognition) at baseline, midway through MBSR, and at one week and one month following MBSR completion.

The results showed that all three groups had significant improvements in mindfulness ($\eta^2=.09$), positive affect ($\eta^2=.08$), depression

($\eta^2=.20$), anxiety ($\eta^2=.19$), and negative affect ($\eta^2=.25$). There were no significant between-group differences on these measures. The natural environment group showed a relative significant increase in connectedness to nature ($\eta^2=.27$) and reflection ($\eta^2=.19$), and decrease in stress ($\eta^2=.94$). All three groups showed significant decreases in rumination, but this improvement was larger ($\eta^2=.54$) for the natural environment group than for the built outdoor ($\eta^2=.16$) or indoor ($\eta^2=.25$) groups. There was also a greater tendency for natural environment participants to continue to report reductions in stress during the one-month follow-up period.



The study reveals the additional benefits gained from holding MBSR classes in nature versus built environments. Its largest effect was on the reduction of stress levels, which is a primary target of MBSR. Nature appears to have had a greater effect on the eudaimonic components of happiness (meaning, connectedness) than on the hedonic (positive and negative affect) components of happiness. While offering MBSR in nature holds promise, it also has potential drawbacks in terms of the disruptive possibility of inclement weather or some participants feeling vulnerable to the observation of nearby strangers. The study doesn't address whether adding natural features to built environments (e.g., houseplants, nature images) can have a similar effect.

Cigarette smoking remains the leading cause of preventable mortality in the world. While smoking cessation programs are often initially effective, they tend to lose efficacy over time with 40%-70% of former smokers eventually relapsing. Smoking cessation maintenance programs aim to address

