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

Highlights by
Seth Segall, Ph.D.

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INTERVENTIONS

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

Chan, S. H., Yu, C. K., Li, A. W. (2020). **Impact of MBCT on counseling self-efficacy: A randomized controlled crossover trial.** *Patient Education and Counseling.* [\[link\]](#)

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Ghiroldi, S., Scafuto, F., Montecucco, N. F.,...Iani, L. (2020). **Effectiveness of a School-Based Mindfulness Intervention on Children's Internalizing and Externalizing Problems: The Gaia Project.** *Mindfulness.* [\[link\]](#)

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Lorenz, R. A., Auerbach, S., Nisbet, P.,...Chang, Y. P. (2020). **Improving Sleep among Adults with Multiple Sclerosis using Mindfulness**

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plus Sleep Education. *Western Journal of Nursing Research.* [\[link\]](#)

Marciniak, R., Šumec, R., Vyhnálek, M.,...Sheardová, K. (2020, August 12). **The Effect of MBSR) on Depression, Cognition, and Immunity in Mild Cognitive Impairment: A Pilot Feasibility Study.** *Clinical Interventions in Aging.* [\[link\]](#)

Sopezki, D., Andreoni, S., Montero-Marin, J.,...Demarzo, M. (2020). **Feasibility and Effectiveness of a Mindfulness-Based Program Vs. Relaxation in the Treatment of Burnout in Brazilian Primary Care Providers: A Mixed-Methods Pragmatic Controlled Study.** *Mindfulness.* [\[link\]](#)

ASSOCIATIONS

Articles examining the correlates and mechanisms of mindfulness

Brotto, L. A., Zdaniuk, B., Rietchel, L.,...Bergeron, S. (2020). **Moderators of Improvement From Mindfulness-Based vs Traditional Cognitive Behavioral Therapy for the Treatment of Provoked Vestibulodynia.** *The Journal of Sexual Medicine.* [\[link\]](#)

Dingle, T., Bowen, S. (2020). **Evaluating Substance Use Treatment Efficacy for Younger and Older Adults.** *Addictive Behaviors.* [\[link\]](#)

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Owens, R. A., Alfes, C., Evans, S.,...Fitzpatrick, J. J. (2020). **An Exploratory Study of a 3-Minute Mindfulness Intervention on Compassion Fatigue in Nurses.** *Holistic Nursing Practice.* [\[link\]](#)

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Simonsson, O., Martin, M., Fisher, S. (2020). **Sociodemographic Characteristics and Health Status of Mindfulness Users in the United States.** *Mindfulness.* [\[link\]](#)

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ter Avest, M. J., Greven, C. U., Huijbers, M. J.,...Spinoven, P. (2020). **Mindfulness and Affect During MBCT for Recurrent Depression: An Autoregressive Latent Trajectory Analysis.** *Mindfulness.* [\[link\]](#)

Toivonen, K., Hermann, M., White, J.,...Carlson, L. E. (2020). **A Mixed-Method, Multi-Perspective Investigation of Barriers to Participation in Mindfulness-Based Cancer Recovery.** *Mindfulness.* [\[link\]](#)

Tortella-Feliu, M., Luís-Reig, J., Gea, J.,...Soler, J. (2020). **An Exploratory Study on the Relations Between Mindfulness and**

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Mindfulness-Based Intervention Outcomes. *Mindfulness.* [\[link\]](#)

Xiao, Q., Hu, C., Wang, T. (2020). **Mindfulness Practice Makes Moral People More Moral.** *Mindfulness.* [\[link\]](#)

METHODS

Articles developing empirical procedures to advance
the measurement and methodology

Bäuerle, A., Teufel, M., Schug, C.,...Graf, J. (2020). **Web-based MINDfulness and Skills-based distress reduction in cancer (MINDS): Study protocol for a multicentre observational healthcare study.** *BMJ Open.* [\[link\]](#)

Biggers, A., Spears, C. A., Sanders, K.,...Gerber, B. S. (2020). **Promoting Mindfulness in African American Communities.** *Mindfulness.* [\[link\]](#)

Brewer, J. A., Roy, A., Deluty, A.,...Hoge, E. A. (2020). **Can mindfulness mechanistically target worry to improve sleep disturbances? Theory and study protocol for app-based anxiety program.** *Health Psychology.* [\[link\]](#)

Caletti E., Pagliari C., Vai B.,...Brambilla, P. (2020). **Which are the best questionnaires to longitudinally evaluate mindfulness skills in personality disorders?** *Journal of Affective Disorders.* [\[link\]](#)

Goetz, M., Schiele, C., Müller, M.,...Wallwiener, S. (2020). **Effects of a Brief Electronic Mindfulness-Based Intervention on Relieving Prenatal Depression and Anxiety in Hospitalized High-Risk Pregnant Women: Exploratory Pilot Study.** *Journal of Medical Internet Research.* [\[link\]](#)

Hazlett-Stevens, H. (2020). **MBSR for Health Care Staff: Expanding Holistic Nursing Paradigms to the Whole System.** *Holistic Nursing Practice.* [\[link\]](#)

Lahtinen, O., Salmivalli, C. (2020). **An Effectiveness Study of a Digital Mindfulness-Based Program for Upper Secondary Education Students.** *Mindfulness.* [\[link\]](#)

Li-Grining, C. P., Vera, E., Janusek, L.,...Troske, M. (2020). **Project CaLM: A Pilot Intervention Integrating Mindfulness Strategies into Head Start Classrooms.** *Western Journal of Nursing Research.* [\[link\]](#)

Moline, R. L., Chambers, C., McMurtry, C. M. (2020). **Study protocol for a RCT of a child and parent mindfulness intervention for pediatric venipuncture.** *Paediatric and Neonatal Pain.* [\[link\]](#)

Pilla, D., Qina'au, J., Patel, A.,...Saskin, M. (2020). **Toward a Framework for Reporting and Differentiating Key Features of Meditation- and Mindfulness-Based Interventions.** *Mindfulness.* [\[link\]](#)

Reyes, A. T. (2020). **A Mindfulness Mobile App for Traumatized COVID-19 Healthcare Workers and Recovered Patients: A Response to "The Use of Digital Applications and COVID-19."** *Community Mental Health Journal.* [\[link\]](#)

Rose, S. E., Lomas, M. H. R. (2020). **The Potential of a Mindfulness-Based Coloring Intervention to Reduce Test Anxiety in Adolescents.** *Mind, Brain, and Education.* [\[link\]](#)

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REVIEWS

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

Bersch-Ferreira, Â. C., Weber, B., da Silva, J. G.,...Marcadenti, A. (2020). **Mindfulness Practice for Glycemic Control Could it be a New Strategy for an Old Problem? A Systematic Review and Metanalysis.** *Current Diabetes Reviews.* [\[link\]](#)

Gill, L. N., Renault, R., Campbell, E.,...Khoury, B. (2020). **Mindfulness induction and cognition: A systematic review and meta-analysis.** *Consciousness and Cognition.* [\[link\]](#)

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Korecki, J. R., Schwebel, F. J., Votaw, V. R., Witkiewitz, K. (2020). **Mindfulness-based programs for substance use disorders: A systematic review of manualized treatments.** *Substance Abuse Treatment, Prevention, and Policy.* [\[link\]](#)

Lin, J. C., Paul, A. A., Greenberg, P. B. (2020). **Mental Skills Training and Resident Surgical Outcomes: A Systematic Review.** *Journal of Surgical Education.* [\[link\]](#)

Lucena, L., Frange, C., Pinto, A. C.,...Hachul, H. (2020). **Mindfulness interventions during pregnancy: A narrative review.** *Journal of Integrative Medicine.* [\[link\]](#)

Oberoi, S, Yang, J, Woodgate, R,...Zarychanski, R. (2020). **Association of Mindfulness-**

Based Interventions With Anxiety Severity in Adults With Cancer: A Systematic Review and Meta-analysis. *JAMA Network.* [\[link\]](#)

Poissant, H., Moreno, A., Potvin, S., Mendrek, A. (2020). **A Meta-analysis of Mindfulness-Based Interventions in Adults with Attention-Deficit Hyperactivity Disorder: Impact on ADHD Symptoms, Depression, and Executive Functioning.** *Mindfulness.* [\[link\]](#)

TRIALS

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

Beth Israel Deaconess Medical Center (M. Andermann, PI). **Look inward: Brainstem and cortical circuits for boosting interoceptive attention.** NIH/NIMHHD project # 5DP1AT010971-02 [\[link\]](#)

Columbia University (S. Garbers, PI). **Development and pilot testing of sleeping healthy: A comprehensive sleep intervention for adolescents in urban SBHCS.** NIH/NIMHHD project # 1R21MD013991-01A1 [\[link\]](#)

University of California, San Diego (F. Zeidan, PI). **The role of endogenous opioids in mindfulness-based chronic pain relief.** NIH/NIMHHD project # 5R21AT010352-02 [\[link\]](#)