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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

Aisenberg-Shafran, D., Shturm, L. (2022). **The effects of mindfulness meditation versus CBT for anxiety on emotional distress and attitudes toward seeking mental health treatment: A semi-randomized trial.** *Scientific Reports.* [[link](#)]

Ashraf, M. U., Akhouri, D., Bhardwaj, D., Siddiqui, B. (2022). **A Study to Evaluate the Effectiveness of “Mindfulness-Based Stress Reduction Therapy(MBSRT)” in Reducing Symptom Severity and Improving Quality of Life in Patients Suffering From Irritable Bowel Syndrome.** *Journal of Clinical Gastroenterology.* [[link](#)]

Bjureberg, J., Ojala, O., Berg, A., ...& Hesser, H. (2022). **Targeting maladaptive anger with brief therapist-supported internet-delivered emotion regulation treatments: A randomized controlled trial.** *Journal of Consulting and Clinical Psychology.* [[link](#)]

Borra, S. S., Shaji, J. R., Manomohan, A., ...& Krishnamoorthy, S. G. (2022). **Efficacy of mindfulness meditation in psychological distress exacerbated tinea cruris: A case report.** *Journal of Applied Pharmaceutical Science.* [[link](#)]

Diez, G. G., Anitua, E., Castellanos, N., ...& Alkhraisat, M. H. (2022). **The effect of mindfulness on the inflammatory, psychological and biomechanical domains of adult patients with low back pain: A randomized controlled clinical trial.** *PLOS ONE.* [[link](#)]

Donovan, M. O., Barkus, E., Pickard, J. A., ...& Herbert, J. S. (2022). **Mind the Family: Acceptability and Outcomes for a Mindfulness- and Imagery-Enhanced Behavioral Parenting Program.** *Child & Family Behavior Therapy.* [[link](#)]

Durand, C., Cooper, M. R., Goldsmith, C. A. (2022). **Assessment of a Mindfulness Meditation Elective in an Accelerated Doctor of Pharmacy Program.** *American Journal of Pharmaceutical Education.* [[link](#)]

Fernandes, D. V., Monteiro, F., Canavarro, M. C., Moreira, H. (2022). **A Web-Based, Mindful, and Compassionate Parenting Training for Mothers Experiencing Parenting Stress: Results from a Pilot Randomized Controlled Trial of the Mindful Moment Program.** *Mindfulness.* [[link](#)]

Garcia, A., Yáñez, A. M., Bennasar-Veny, M., ...& Garcia-Toro, M. (2022). **Efficacy of an adjuvant non-face-to-face multimodal lifestyle modification program for patients with treatment-resistant major depression: A randomized controlled trial.** *Psychiatry Research.* [[link](#)]

Kahlmann, V., Moor, C. C., van Helmond, S. J., ...& Veltkamp, M. (2022). **Online mindfulness-based cognitive therapy for fatigue in patients with sarcoidosis (TIRED): A randomised controlled trial.** *The Lancet Respiratory Medicine.* [[link](#)]

Kim, Y., Khil, J., Wangmo-Seo, U., Keum, N. (2022). **The Effects of Mindfulness and Buddhist Meditation Coaching on Mental Health Outcomes in College Students.** *Evidence-Based Complementary and Alternative Medicine.* [[link](#)]

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Lwi, S. J., Paulraj, S. R., Schendel, K., ...& Baldo, J. V. (2022). **A Randomized, Controlled Pilot Study of Mindfulness-Based Stress Reduction in Healthy Older Adults.** *Clinical Gerontologist*. [\[link\]](#)

Peng, L., Yang, Y., Chen, M., ...& Li, M. (2022). **Effects of an online mindfulness-based intervention on Fear of Cancer Recurrence and quality of life among Chinese breast cancer survivors.** *Complementary Therapies in Clinical Practice*. [\[link\]](#)

Pérez-Fernández, J. I., Salaberria, K., & Ruiz de Ocenda, Á. (2022). **Mindfulness-Based Pain Management (MBPM) for Chronic Pain: A Randomized Clinical Trial.** *Mindfulness*. [\[link\]](#)

Pester, B. D., Wilson, J. M., Yoon, J., ...& Meints, S. M. (2022). **Brief Mindfulness-based Cognitive Behavioral Therapy is Associated with Faster Recovery in Patients Undergoing Total Knee Arthroplasty: A Pilot Clinical Trial.** *Pain Medicine*. [\[link\]](#)

Trajkovski, M., Newland, A. (2022). **The Effects of an Exploratory Mindfulness Intervention on Collegiate Performance.** *The Sport Psychologist*. [\[link\]](#)

Van der Meulen, R. T., Veringa-Skiba, I. K., Van Steensel, F. J. A., ...& De Bruin, E. I. (2022). **Mindfulness-based childbirth and parenting for pregnant women with high fear of childbirth and their partners: Outcomes of a randomized controlled trial assessing short- and longer-term effects on psychological well-being, birth and pregnancy experience.** *Midwifery*. [\[link\]](#)

Wang, L., Chen, X., Peng, Y., ...& Gu, C. (2022). **Effect of a 4-Week Internet-Delivered Mindfulness-Based Cancer Recovery Intervention on the Symptom Burden and Quality of Life of Patients With Breast Cancer: Randomized Controlled Trial.** *Journal of Medical Internet Research*. [\[link\]](#)

Wolf, R. C., Fahmy, R., Wasfi, M., ...& Kubera, K. M. (2022). **Effects of Mindfulness-Based Interventions on Gray Matter Volume in Patients with Opioid Dependence.** *Neuropsychobiology*. [\[link\]](#)

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## Associations

*Articles examining the correlates and mechanisms of mindfulness*

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Braun, S. E., Mladen, S., Crawford, M., ...& Kinser, P. (2022). **A constructivist grounded theory exploration of Mindfulness for Healthcare Professional students.** *Complementary Therapies in Clinical Practice*. [\[link\]](#)

Cheung, R. Y. M., & Wang, I. Y. (2022). **Mindful Parenting Mediated Between Mothers' Perceived Stress During COVID-19 and Child Adjustment.** *Mindfulness*. [\[link\]](#)

Ghanbari Noshari, M., Kempton, H. M., & Kreplin, U. (2022). **Mindfulness or expectancy? The label of mindfulness leads to expectancy effects.** *Counselling and Psychotherapy Research*. [\[link\]](#)

Johnson, L. C. M., Aiello, J. J., Jagtiani, A., ...& Johnson, D. A. (2022). **Feasibility, appropriateness, and acceptability of a mobile mindfulness meditation intervention to improve sleep quality**

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**among a racially/ethnically diverse population.** *Sleep Health.* [\[link\]](#)

Jones, S. M. W., Sherman, K. J., Bermet, Z., ...& Lewis, C. C. (2022). **Theory of Planned Behavior and Mindfulness Intentions in Chronic Low Back Pain.** *Mindfulness.* [\[link\]](#)

Santos, A., Nalin, C., Bortolotti, G., ...& Resmini, E. (2022). **The effect of mindfulness therapy in acromegaly, a pilot study.** *Clinical Endocrinology.* [\[link\]](#)

Varghese, M., Sherrard, A., Vang, M., & Tan, C. C. (2022). **Mindful feeding: Associations with COVID-19 related parent stress and child eating behavior.** *Appetite.* [\[link\]](#)

### Methods

Articles developing empirical procedures to advance the measurement and methodology

Andreu, C. I., Navarrete, J., Roca, P., ...& Cebolla, A. (2022). **Effects of Quality Practice on a Compassion Cultivation Training: Somatic and Imagery Levels of Analysis.** *Mindfulness.* [\[link\]](#)

Becker, D. R., Shelly, S., Kavalieratos, D., ...& Gillespie, A. I. (2022). **Immediate Effects of Mindfulness Meditation on the Voice.** *Journal of Voice.* [\[link\]](#)

Farhang, M., Rojas, G., Martínez, P., ...& Miranda-Castillo, C. (2022). **The Impact of a Yoga-Based Mindfulness Intervention versus Psycho-Educational Session for Older Adults with Mild Cognitive Impairment: The Protocol of a Randomized Controlled Trial.** *International Journal of Environmental Research and Public Health.* [\[link\]](#)

Felver, J. C., Cary, E. L., Helminen, E. C., ...& Schussler, D. L. (2022). **Identifying Core Program Components of Mindfulness-Based Programming for Youth: Delphi Approach Consensus Outcomes.** *Mindfulness.* [\[link\]](#)

Holley, R., Moldow, E., Chaudhary, S., ...& Hubley, S. (2022). **A Qualitative Study of Virtual Reality and Mindfulness for Substance Use Disorders.** *Journal of Technology in Behavioral Science.* [\[link\]](#)

MacPherson, S. A., Grabovac, A. D., Collins, E. J., ...& Winston, D. (2022). **Transprofessional competencies across clinical, organisational, and educational professions: The case of mindfulness-based teaching and learning (MBTL).** *Professional Development in Education.* [\[link\]](#)

Miazga, E., Starkman, H., Skolnik, E., ...& McCaffrey, C. (2022). **Virtual Mindfulness Therapy for the Management of Endometriosis Chronic Pelvic Pain: A Novel Delivery Platform to Increase Access to Care.** *Journal of Minimally Invasive Gynecology.* [\[link\]](#)

Parkinson, B., Lawrence, M., McElhinney, E., & Booth, J. (2022). **Online Mindfulness with Care Partnerships Experiencing Anxiety and Depression Symptoms after Stroke: Mixed Methods Case Study Research.** *Journal of Holistic Nursing.* [\[link\]](#)

Pascual, K., Fredman, A., Naum, A., ...& Sikka, N. (2022). **Should Mindfulness for Health Care Workers Go Virtual? A Mindfulness-Based Intervention Using Virtual Reality and Heart Rate Variability in the Emergency Department.** *Workplace Health & Safety.* [\[link\]](#)

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Tang, J., Wang, L., Luo, T., ...& Liao, Y. (2022). **Effectiveness of a Brief Mindfulness-Based Intervention of "STOP touching your face" During the COVID-19 Pandemic: A Randomized Controlled Trial.** *Mindfulness*. [\[link\]](#)

Tooper, A., Sellman, E., & Joseph, S. (2022). **The confluence of authenticity and mindfulness: Principal component analysis of the Authenticity Scale and the Five-Facet Mindfulness Questionnaire.** *The Humanistic Psychologist*. [\[link\]](#)

## Reviews

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

Derlic, D. (2022). **From Cognitive Behavioral Therapy to Mindfulness-Based Interventions.** *Journal of Correctional Health Care*. [\[link\]](#)

Félix-Junior, I. J., Donato, A. P. G., Noto, A. R., ...& Opaleye, E. S. (2022). **Mindfulness-based interventions in inpatient treatment for Substance Use Disorders: A systematic review.** *Addictive Behaviors Reports*. [\[link\]](#)

Lee, Y.-C., Chen, C.-R., & Lin, K.-C. (2022). **Effects of Mindfulness-Based Interventions in Children and Adolescents with ADHD: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.** *International Journal of Environmental Research and Public Health*. [\[link\]](#)

Mao, F., Sun, Y., Li, Y., ...& Cao, F. (2022). **Internet-delivered mindfulness-based interventions for mental health outcomes among perinatal women: A systematic review.** *Asian Journal of Psychiatry*. [\[link\]](#)

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Redwine, L. S., Schwartz, E. R., & Garland, E. L. (2022). **Mindfulness Promotes Positive Health Behaviors by Enhancing Self-Regulation, Motivation, and Learning: Perspectives from Research and Clinical Care.** *Journal of Integrative and Complementary Medicine*. [\[link\]](#)

Roeser, R. W., Greenberg, M. T., Frazier, T., ...& Warren, M. T. (2022). **Beyond All Splits: Envisioning the Next Generation of Science on Mindfulness and Compassion in Schools for Students.** *Mindfulness*. [\[link\]](#)

## Trials

*Research studies newly funded by the National Institutes of Health (NOV 2022)*

None reported.



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## Highlights

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

Many older adults suffer from chronic arthritic knee pain. Over 700,000 Americans undergo total knee replacement surgery every year. While most patients benefit from knee replacement, up to a third of patients report persistent post-operative pain. **Pester et al. [Pain Medicine]** conducted a pilot trial to test whether a brief mindfulness-based program reduces postoperative pain levels in a sample of patients undergoing total knee replacement.

The study recruited a sample of 22 Boston-area patients (age = 68 years; 55% female; 82% Caucasian) planning to undergo knee replacement and willing to participate in a mindfulness training intervention with a matched control sample of 22 Boston-area patients (age = 66 years; 55 % female; 91% Caucasian) participating in a larger knee replacement study not involving mindfulness training. The samples were matched on age, arthritis diagnosis, stable medication dosage, and English language proficiency as well as the absence a variety of comorbid conditions (substance abuse, sleep disorder, autoimmune disease, neuropathy, dementia, and psychosis).

The mindfulness program was called Mindfulness-Based Cognitive Behavioral Therapy and was delivered in four single-hour sessions. The first and last sessions were delivered in person, and the second and third sessions were delivered via telephone. The first two sessions were delivered pre-surgically and the last two sessions post-surgically. All sessions were taught by a clinical pain psychologist. The program included in-session practice and homework involving the body scan, sitting meditation, and lovingkindness meditation as well as cognitive-behavioral psychoeducation focusing on pacing physical activity, coping strategies, and avoiding catastrophizing about pain. The control group received knee

surgery care treatment as usual.

Participants were assessed at baseline, six-weeks, and 3-and-6 months post-surgically on self-report measures of pain severity, catastrophizing, and interference with activities of daily living as well as measures of depression, and anxiety.



The results indicated that the mindfulness group showed a significantly lower pain score than controls at six weeks (partial  $\eta^2=.12$ ) with a non-significant trend towards reduced pain interference in their daily activities compared to controls (partial  $\eta^2=.08$ ). An analysis of within-group effects at six weeks showed the mindfulness group experienced significantly reduced pain levels compared to their own baseline (partial  $\eta^2=.33$ ) but controls did not (partial  $\eta^2=.00$ ). The groups did not differ at 3- and 6-month follow-up when both groups showed significant large reductions in pain over baseline. This was to be expected given most post-surgical pain resolves on its own over time.

The mindfulness group showed a significant reduction in pain catastrophizing scores at six weeks compared to their own baseline, but the control group did not. There were no between group or within group changes in depression and anxiety. Reductions in pain catastrophizing scores were significantly associated with reductions in pain severity scores ( $r=.51$ ).

The study shows that brief mindfulness training that includes elements of cognitive-behavioral therapy can reduce post-operative pain and speed recovery immediately after total knee replacement surgery. It appears this effect is due, at least in part, to a reduction in pain catastrophizing. The study is limited by its lack of randomization, small sample size, and reliance on a standard care control.

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**Sarcoidosis** is a relatively rare multisystem immune disorder that causes inflamed lumps of tissue (called granulomas) to form and adhere to various body organs. Common symptoms include fatigue, lack of energy, shortness of breath, cough, and skin rashes/nodules. Treatment may involve the use of nonsteroidal anti-inflammatory drugs, corticosteroids, pulmonary rehabilitation, and/or physical training.

**Kahlmann at al. [*Lancet Respiratory Medicine*]** tested whether an on-line version of Mindfulness-Based Cognitive Therapy (eMBCT) reduces stress and fatigue in patients with sarcoidosis.

The study randomly assigned 99 Dutch adults with sarcoidosis (average age = 50 years; 59% female) who scored >21 points on a fatigue scale to receive standard care plus eMBCT or standard care alone. eMBCT is an 8-session online mindfulness-based cognitive therapy program initially designed to treat fatigue in cancer patients. Participants were deemed to have completed the program if they completed 6 of the 8 sessions within a six-month window. They were also encouraged to engage in additional audio-guided home practice 30-minutes a day, 6 days a week.

Seventy-eight percent of the participants who began eMBCT completed at least 6 sessions in six months. It should be also noted, however, that a third of the potential participants assigned to eMBCT declined participation following an initial explanation of what the program entailed. Many thought it too time-consuming or had negative associations with mindfulness. This high decline rate (and the COVID pandemic) caused researchers to change their assignment protocol midway through, assigning a higher proportion of participants to the eMBCT than initially planned.

Participants were assessed at baseline, after program completion (or for controls at 3 months) and at three months after completion (or for controls at six-month

follow-up). The study primary outcome was a change in fatigue ratings. Secondary outcomes were changes in sarcoidosis health status, anxiety, depression, and mindfulness (Frieburg Mindfulness Inventory).

Results showed that by post-intervention, the fatigue levels in the eMBCT group decreased significantly from baseline (-4.5 points) while controls showed no such significant decline (-0.9 points). At six-month follow-up, eMBCT participants largely maintained their improvement (-4.0 from baseline), while controls slightly improved (-1.9 from baseline).



At post-intervention, 60% of the eMBCT group had a clinically meaningful improvement in fatigue level (defined by either a  $\geq 4$  point or 10% change) while only 26% of the controls had a clinically meaningful improvement.

Patients in the eMBCT group also showed significantly larger decreases in anxiety and depression and improvements in mindfulness and overall health status than controls at post-intervention and follow-up.

The study supports eMBCT as an effective treatment for reducing sarcoidosis-related fatigue. The study is limited by its reliance on a treatment-as-usual control instead of an active comparator. The fact that many mindfulness and control patients were assessed at different time intervals relative to the completion of the intervention also complicates study interpretation.