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


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Caldwell, J. G., & Shaver, P. R. (2013). Mediators of the link between adult attachment and mindfulness. Interpersona, 7(2), 299-310. [link]


Lazar, S. (2014). Change in brainstem gray matter concentration following a mindfulness-based intervention is correlated with improvement in psychological well-being. Frontiers in Human Neuroscience, 8, 33. [link]


METHODS

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


Woods-Giscombé, C. L., & Gaylord, S. A. (2014). The cultural relevance of mindfulness meditation as a health intervention for African Americans implications for reducing...
stress-related health disparities. *Journal of Holistic Nursing.* [link]

---

**REVIEWS**

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


---

**TRIALS**

*Research trials on mindfulness newly registered (JAN 2014) at Clinicaltrials.gov*

George Mason University (A. B. Miller, PI). *Parenting mindfully study.* Trial# NCT02038231. [link]

Stanford University (J. J. Gross, PI). *Emotion regulation during RCT of CBT vs. MBSR for social anxiety disorder. Trial# NCT02036658.* [link]

University of Aarhus (A. L. Ottesen, PI). *MBCT for chronic obstructive pulmonary disease. Trial# NCT02042976.* [link]

University of California, San Francisco (I. Sim, PI). *Smartphone-based mindfulness training for chronic pain. Trial# NCT02037152.* [link]

Yale University (J. Brewer, PI). *Mobile mindfulness training for smoking cessation Trial# NCT02037360.* [link]
Between 10-40% of women develop significant anxiety during pregnancy, an unsurprising fact given the associated physiological, hormonal, and lifestyle changes, and concerns about the impending responsibilities of parenthood. Perinatal anxiety is a risk factor for obstetrical complications and postpartum depression, and pharmacologic interventions are often contra-indicated. This underscores the need for effective behavioral treatments. Goodman et al. [Arch Womens Ment Health] designed an MBCT-derived intervention called CALM (Coping with Anxiety through Living Mindfully) Pregnancy to treat perinatal anxiety. A sample of 24 pregnant women with either generalized anxiety disorder (GAD) or significant GAD symptoms (as assessed through structured clinical interview) were enrolled in the program. Attendance and compliance were good, with 23 women (96%) successfully completing the 8-week group-based program.

Participants reported large and significant reductions in anxiety, worry and depression, and large and significant increases in self-compassion and dispositional mindfulness (as measured by the MAAS). Of the 16 participants who met the full diagnostic criteria for GAD at baseline, only 1 met the criteria at program completion. Similarly, the two women who met the diagnostic criteria for major depressive disorder at baseline no longer met the criteria at program completion. In an open-ended interview about what they had found most helpful, participants mentioned skill building, connection, universality, acceptance and self-kindness, decreased reactivity, cognitive changes, and insight. This pilot study demonstrates the feasibility, acceptability, and potential effectiveness of the CALM Pregnancy program, at least for a population of mostly Caucasian, middle class, well-educated women. Future studies using randomly assigned controls will be needed to confirm the early promise of these findings in this and more diverse groups of women.

While pregnancy and parenthood can make mothers-to-be anxious, it can also affect the well-being of their relationships. Up to 90% of couples report a decline in relationship quality after becoming parents.

In an accompanying article, the same authors also performed a qualitative analysis of the themes that emerged in a post-intervention interview held with participants. MTPP women reported appreciating their partner’s participation and increased understanding of their pregnancy and connection to their baby. As they felt amply supported by female friends and family, they didn’t especially feel the need for MTPP group support. Men felt more connected to their baby, more identified with being fathers, and more understanding of their partners due to being in the program. As they felt little support or recognition from friends and family regarding impending fatherhood, they valued connecting with fathers-to-be in a program that appreciated the male perspective. Both men and women spoke of improvements in presence, acceptance, self-compassion, emotional reactivity, positive emotions, and effectiveness in interactions. Couples felt more deeply connected with their partners, reported improved perspective taking, communication, and conflict management, and thought the program had helped them feel more confident and accepting of the challenges of parenthood.
FEB 2014

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php

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

**Events & Conferences**

**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

**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

**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

**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  
Email: 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/

**Books & Media**

**Achtsamkeit und Humor**

Mindfulness and humor are two closely related human capacities that stimulate each other and are worth to be cultivated together. They create the basis for vitality and ease and thus for stable happiness. A tribute to two of the most valuable human qualities … (written in German language).

**INFO:** Available:  
http://www.amazon.de/dp/3794529367

**Employment**

**INFO:** No posts