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Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

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AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

INTERVENTIONS

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

Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). **Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention.** *Mindfulness*. [link]

Brotto, L. A., Basson, R., Smith, K. B.,... Sadownik, L. (2014). **Mindfulness-based group therapy for women with provoked vestibulodynia.** *Mindfulness*. [link]

Day, M. A., Thorn, B. E., & Rubin, N. J. (2014). **Mindfulness-based cognitive therapy for the treatment of headache pain: A mixed-methods analysis comparing treatment responders and treatment non-responders.** *Complementary Therapies in Medicine*. [link]

Eisendrath, S. J., Gillung, E., Delucchi, K.,... Wolkowitz, O. M. (2014). **A preliminary study: Efficacy of mindfulness-based cognitive therapy versus sertraline as first-line treatments for major depressive disorder.** *Mindfulness*. [link]

Gambrel, L. E., & Piercy, F. P. (2014). **Mindfulness-based relationship education for couples expecting their first child part 1: A randomized mixed-methods program evaluation.** *Journal of Marital and Family Therapy*. [link]

Gambrel, L. E., & Piercy, F. P. (2014). **Mindfulness-based relationship education for couples expecting their first child part 2: Phenomenological findings.** *Journal of Marital and Family Therapy*. [link]

Garland, S. N., Carlson, L. E., Stephens, A. J.,... Campbell, T. S. (2014). **Mindfulness-based stress reduction compared with cognitive behavioral therapy for the treatment of insomnia comorbid with cancer: A randomized, partially blinded, noninferiority trial.** *Journal of Clinical Oncology*. [link]

Goodman, J. H., Guarino, A., Chenausky, K.,... Freeman, M. (2014). **CALM pregnancy: Results of a pilot study of mindfulness-based cognitive therapy for perinatal anxiety.** *Archives of Women's Mental Health*. [link]

Ly, K. H., Trüschel, A., Jarl, L.,... Andersson, G. (2014). **Behavioral activation versus mindfulness-based guided self-help treatment administered through a smartphone application: A randomised controlled trial.** *BMJ Open*. [link]

Meeten, F., Whiting, S., & Williams, C. M. (2014). **An exploratory study of group mindfulness-based cognitive therapy for older people with depression.** *Mindfulness*. [link]

Murphy, C. M., & MacKillop, J. (2014). **Mindfulness as a strategy for coping with cue-elicited cravings for alcohol: An experimental examination.** *Alcoholism: Clinical and Experimental Research*. [link]

Nehra, D. K., Sharma, N., Kumar, P., & Nehra, S. (2014). **Efficacy of MBSR programme in reducing perceived stress and health complaints in patients with coronary heart disease.** *Dysphrenia*, 5(1), 19-25. [link]

O'Doherty, V., Carr, A., McGrann, A.,... Maher, V. (2014). **A controlled evaluation of mindfulness-based cognitive therapy for patients with coronary heart disease and depression.** *Mindfulness*. [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,... Wahler, R. G. (2014). **Shenpa and compassionate abiding: Mindfulness-based practices for anger and aggression by individuals with schizophrenia.** *International Journal of Mental Health and Addiction*. [link]

Singh, N. N., Lancioni, G. E., Myers, R. E.,... Singh, J. (2014). **A randomized controlled trial of a mindfulness-based smoking cessation program for individuals with mild intellectual disability.** *International Journal of Mental Health and Addiction*. [link]

Smith, E. L., Jones, F. W., Holttum, S., & Griffiths, K. (2014). **The process of engaging in mindfulness-based cognitive therapy as a partnership: A grounded theory study.** *Mindfulness*. [link]

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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. [\[link\]](#)

Caldwell, K., Adams, M., Quin, R.,... Greeson, J. (2013). **Pilates, mindfulness and somatic education.** *Journal of Dance & Somatic Practices*, 5(2), 141-153. [\[link\]](#)

Ghorbani, N., Watson, P. J.,... Chen, Z. (2014). **A multi-process model of self-regulation: Influences of mindfulness, integrative self-knowledge and self-control in Iran.** *International Journal of Psychology*. [\[link\]](#)

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. [\[link\]](#)

de Lisle, S., Dowling, N. A., & Allen, J. S. (2014). **Mechanisms of action in the relationship between mindfulness and problem gambling behaviour.** *International Journal of Mental Health and Addiction*. [\[link\]](#)

Shorey, R. C., Brasfield, H., Anderson, S., & Stuart, G. L. (2014). **The relation between trait mindfulness and early maladaptive schemas in men seeking substance use treatment.** *Mindfulness*. [\[link\]](#)

Shorey, R. C., Larson, E. E., & Cornelius, T. L. (2014). **An initial investigation of the relation between mindfulness and female-perpetrated dating violence.** *Partner Abuse*, 5(1), 3-20. [\[link\]](#)

Thieleman, K., & Cacciatore, J. (2014). **Witness to suffering: Mindfulness and compassion fatigue among traumatic bereavement volunteers and professionals.** *Social Work*. [\[link\]](#)

Vidrine, J. I., Businelle, M. S., Reitzel, L. R.,... Wetter, D. W. (2014). **Coping mediates the association of mindfulness with psychological stress, affect, and depression among smokers preparing to quit.** *Mindfulness*. [\[link\]](#)

Wright, C. J., & Schutte, N. S. (2014). **The relationship between greater mindfulness and less subjective experience of chronic pain: Mediating functions of pain management self-efficacy and emotional intelligence.** *Australian Journal of Psychology*. [\[link\]](#)

METHODS

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

Desbordes, G., Gard, T., Hoge, E. A.,... Vago, D. R. (2014). **Moving beyond mindfulness: Defining equanimity as an outcome measure in meditation and contemplative research.** *Mindfulness*. [\[link\]](#)

Garcia-Campayo, J., Navarro-Gil, M., Andrés, E.,... Demarzo, M. M. (2014). **Validation of the Spanish versions of the long (26 items) and short (12 items) forms of the self-compassion scale (SCS).** *Health and Quality of Life Outcomes*, 12(4). [\[link\]](#)

Schellekens, M. P., van den Hurk, D. G., Prins, J. B.,... Speckens, A. E. (2014). **Study protocol of a randomized controlled trial comparing MBSR with treatment as usual in reducing psychological distress in patients with lung cancer and their partners: The MILON study.** *BMC Cancer*, 14, 3. [\[link\]](#)

Veneziani, C. A., & Voci, A. (2014). **The Italian adaptation of the mindful awareness attention scale and its relation with individual differences and quality of life indexes.** *Mindfulness*. [\[link\]](#)

Woods-Giscombé, C. L., & Gaylord, S. A. (2014). **The cultural relevance of mindfulness meditation as a health intervention for African Americans implications for reducing**

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stress-related health disparities. *Journal of Holistic Nursing.* [\[link\]](#)

REVIEWS

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

Alladin, A. (2014). **Mindfulness-based hypnosis: Blending science, beliefs, and wisdoms to catalyze healing.** *American Journal of Clinical Hypnosis.* [\[link\]](#)

Britton, W. B., Lindahl, J. R., Cahn, B. R.,... Goldman, R. E. (2014). **Awakening is not a metaphor: The effects of Buddhist meditation practices on basic wakefulness.** *Annals of the New York Academy of Sciences.* [\[link\]](#)

Burki, T. K. (2014). **Waking up to the merits of mindfulness.** *The Lancet Oncology.* [\[link\]](#)

Capurso, V., Fabbro, F., & Crescentini, C. (2014). **Mindful creativity: The influence of mindfulness meditation on creative thinking.** *Frontiers in Psychology.* [\[link\]](#)

Cavanagh, K., Strauss, C., Forder, L., & Jones, F. (2014). **Can mindfulness and acceptance be learnt by self-help? A systematic review and meta-analysis of mindfulness and acceptance-based self-help interventions.** *Clinical Psychology Review.* [\[link\]](#)

Gard, T., Hölzel, B. K., & Lazar, S. W. (2014). **The potential effects of meditation on age-related cognitive decline: A systematic review.** *Annals of the New York Academy of Sciences, 1307*(1), 89-103. [\[link\]](#)

Garland, E. L., Froeliger, B., & Howard, M. O. (2014). **Mindfulness training targets neurocognitive mechanisms of addiction at the attention-appraisal-emotion interface.** *Frontiers in Psychiatry.* [\[link\]](#)

Hosemans, D. (2014). **Meditation: A process of cultivating enhanced well-being.** *Mindfulness.* [\[link\]](#)

Hyland, T. (2014). **Buddhist practice and educational endeavour: In search of a secular spirituality for state-funded**

education in England. *Ethics and Education.* [\[link\]](#)

Marciniak, R., Sheardova, K., Hudeček, D.,... Hort, J. (2014). **Effect of meditation on cognitive functions in context of aging and neurodegenerative diseases.** *Frontiers in Behavioral Neuroscience, 8,* 17. [\[link\]](#)

Schutte, N. S., & Malouff, J. M. (2014). **A meta-analytic review of the effects of mindfulness meditation on telomerase activity.** *Psychoneuroendocrinology.* [\[link\]](#)

Shonin, E., & Gordon, W. V. (2014). **The consuming mind.** *Mindfulness.* [\[link\]](#)

Simpson, R., Booth, J., Lawrence, M.,... Mercer, S. (2014). **Mindfulness based interventions in multiple sclerosis-a systematic review.** *BMC Neurology, 14,* 15. [\[link\]](#)

Surawy, C., McManus, F., Muse, K., & Williams, J. M. (2014). **MBCT for health anxiety (hypochondriasis): Rationale, implementation and case illustration.** *Mindfulness.* [\[link\]](#)

Zoogman, S., Goldberg, S. B., Hoyt, W. T., & Miller, L. (2014). **Mindfulness interventions with youth: A meta-analysis.** *Mindfulness.* [\[link\]](#)

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. [\[link\]](#)

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HIGHLIGHTS

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

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.

Gambrel and Piercy [J Marital Fam Ther.] developed a 4-week relationship enhancement intervention called the Mindful Transition to Parenthood Program (MTPP) for couples expecting their first child. MTPP offers skill-based relationship education within an abbreviated MBSR format to develop attunement, presence, perspective taking, and empathic responsiveness in couples. To assess its effectiveness, 33 couples were randomly assigned to either MTPP or a wait-list control. MTPP men reported significant increases in mindfulness (as measured by the FFMQ) and relationship satisfaction, and a significant decrease in negative affect when compared with wait-list controls. Female partners showed no significant differences. Couples in this study reported unusually high baseline marital satisfaction, with the average couple reporting greater baseline satisfaction than even the happiest couples in prior research using the Couples Satisfaction Index. This limited the degree to which satisfaction could increase on the quantitative measures, and limits the ability to generalize the results to couples with lower marital satisfaction.



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.

ANNOUNCEMENTS

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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