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### Editor

David S. Black, PhD, MPH

### Highlights by

Seth Segall, PhD

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## INTERVENTIONS

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

Berrill, J. W., Sadlier, M., Hood, K., Green, J. T. (2014). **Mindfulness-based therapy for inflammatory bowel disease patients with functional abdominal symptoms or high perceived stress levels.** *Journal of Crohn's & Colitis.* [link]

Dorian, M., Killebrew, J. E. (2014). **A study of mindfulness and self-care: A path to self-compassion for female therapists in training.** *Women & Therapy.* [link]

Feicht, T., Wittmann, M., Jose, G.,...Esch, T. (2013). **Evaluation of a 7-week web-based happiness training to improve psychological well-being, reduce stress, and enhance mindfulness and flourishing: A randomized controlled occupational health study.** *ECAM.* [link]

Garland, E. L., Manusov, E. G., Froeliger, B.,...Howard, M. O. (2014). **Mindfulness-oriented recovery enhancement for chronic pain and prescription opioid misuse: Results from an early-stage randomized controlled trial.** *Journal of Consulting and Clinical Psychology.* [link]

Greeson, J. M., Juberg, M. K., Maytan, M.,...Rogers, H. (2014). **A randomized controlled trial of koru: A mindfulness program for college students and other emerging adults.** *Journal of American College Health.* [link]

Horner, J. K., Piercy, B. S., Eure, L., Woodard, E. K. (2014). **A pilot study to evaluate mindfulness as a strategy to improve inpatient nurse and patient experiences.** *Applied Nursing Research.* [link]

Jedel, S., Hoffman, A., Merriman, P.,...Keshavarzian, A. (2014). **A randomized controlled trial of MBSR to prevent flare-up in patients**

**with inactive ulcerative colitis.** *Digestion,* 89(2), 142-155. [link]

Lenze, E. J., Hickman, S., Hershey, T.,...Wetherell, J. L. (2014). **MBSR for older adults with worry symptoms and co-occurring cognitive dysfunction.** *Int J Geriatr Psychiatry.* [link]

Sibinga, E., Perry-Parrish, C., Thorpe, K.,...Ellen, J. M. (2014). **A small mixed-method RCT of mindfulness instruction for urban youth.** *EXPLORE.* [link]

Suarez, A., Lee, D. Y., Rowe, C.,...Linn, P. L. (2014). **Freedom project nonviolent communication and mindfulness training in prison.** *SAGE Open.* [link]

Toneatto, T., Pillai, S., & Courtice, E. L. (2014). **Mindfulness-enhanced cognitive behavior therapy for problem gambling: A controlled pilot study.** *Int J Ment Health Addict.* [link]

van Berkel, J., Boot, C. R., Proper, K. I.,...van der Beek, A. J. (2014). **Effectiveness of a worksite mindfulness-based multi-component intervention on lifestyle behaviors.** *Int J Behav Nutr Phys Act,* 11(1), 9. [link]

West, C. P., Dyrbye, L. N., Rabatin, J. T.,...Shanafelt, T. D. (2014). **Intervention to promote physician well-being, job satisfaction, and professionalism: A randomized clinical trial.** *JAMA Internal Medicine.* [link]

Youngwanichsetha, S., Phumdoung, S., & Ingkathawornwong, T. (2014). **The effects of mindfulness eating and yoga exercise on blood sugar levels of pregnant women with gestational diabetes mellitus.** *Applied Nursing Research.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

de Boer, M. J., Steinhagen, H. E., Versteegen, G. J.,...Sanderman, R. (2014). **Mindfulness,**

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**acceptance and catastrophizing in chronic pain.** *PLoS ONE*, 9(1), e87445. [link]

Geurtzen, N., Scholte, R. H., Engels, R. C.,...van Zundert, R. M. (2014). **Association between mindful parenting and adolescents internalizing problems: Non-judgmental acceptance of parenting as core element.** *Journal of Child and Family Studies*. [link]

Hertz, R. M., Laurent, H. K., Laurent, S. M. (2014). **Attachment mediates effects of trait mindfulness on stress responses to conflict.** *Mindfulness*. [link]

Jain, F. A., Nazarian, N., Lavretsky, H. (2014). **Feasibility of central meditation and imagery therapy for dementia caregivers.** *Int J Geriatr Psychiatry*. [link]

Lacaille, J., Ly, J., Zacchia, N.,...Knäuper, B. (2014). **The effects of three mindfulness skills on chocolate cravings.** *Appetite*. [link]

Lengacher, C. A., Reich, R. R., Kip, K. E.,...Park, J. Y. (2014). **Influence of MBSR on telomerase activity in women with breast cancer.** *Biological Research for Nursing*. [link]

Loo, J. M., Tsai, J. S.,...Oei, T. P. (2014). **Gratitude, hope, mindfulness and personal-growth initiative: Buffers or risk factors for problem gambling?** *PLoS ONE*. [link]

Mantzios, M., Wilson, J. C., Linnell, M., Morris, P. (2014). **The role of negative cognition, intolerance of uncertainty, mindfulness, and self-compassion in weight regulation among male army recruits.** *Mindfulness*. [link]

Robinson, M. D., Ode, S., Hilmert, C. J. (2014). **Cortisol reactivity in the laboratory predicts ineffectual attentional control in daily life.** *Psychology & Health*. [link]

Senders, A., Bourdette, D., Hanes, D.,...Shinto, L. (2014). **Perceived stress in multiple sclerosis the potential role of mindfulness in health and well-being.** *J Evid Based Complementary Altern Med*. [link]

Singh, D., Suhas, A. V., Naveen, K. V., Nagendra, H. R. (2014). **Measures of mindfulness and anxiety in OM meditators and non-**

**meditators: A cross-sectional study.** *Int J Med Public Health*, 4(1), 110-14. [link]

Szekeres, R. A., Wertheim, E. H. (2014).

**Evaluation of vipassana meditation course effects on subjective stress, well-being, self-kindness and mindfulness in a community sample: Post-course and 6-month outcomes.** *Stress and Health*. [link]

Voskuil, T., Ring, D. (2014). **The influence of mindfulness on upper extremity illness.** *HAND*. [link]

Yildiran, H., Holt, R. R. (2014). **Thematic analysis of the effectiveness of an inpatient mindfulness group for adults with intellectual disabilities.** *British Journal of Learning Disabilities*. [link]

## METHODS

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

Creswell, J. D., Pacilio, L. E., Lindsay, E. K., Brown, K. W. (2014). **Brief mindfulness meditation training alters psychological and neuroendocrine responses to social evaluative stress.** *Psychoneuroendocrinology*. [link]

Edwards, R. T., Bryning, L., Crane, R. (2014). **Design of economic evaluations of mindfulness-based interventions: Ten methodological questions of which to be mindful.** *Mindfulness*. [link]

Grossman, S., Deupi, J., Leitao, K. (2014). **Seeing the forest and the trees: Increasing nurse practitioner students' observational and mindfulness skills.** *Creative Nursing*. [link]

Hubbling, A., Reilly-Spong, M., Kreitzer, M. J., Gross, C. R. (2014). **How mindfulness changed my sleep: Focus groups with chronic insomnia patients.** *BMC Complementary and Alternative Medicine*, 14(1), 50. [link]

Reich, R. R., Lengacher, C. A., Kip, K. E.,...Paterson, C. L. (2014). **Baseline immune**

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
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**biomarkers as predictors of MBSR-BC treatment success in off-treatment breast cancer patients.** *Biological Research for Nursing.* [link]

Soler, J., Cebolla, A., Feliu-Soler, A.,...García-Campayo, J. (2014). **Relationship between meditative practice and self-reported mindfulness: The MINDSENS composite index.** *PLoS ONE*, 9(1), e86622. [link]

Vidyarthi, J., Riecke, B. E. (2014). **Interactively mediating experiences of mindfulness meditation.** *Int J Hum Comput Stud.* [link]

Williams, M. J., Dagleish, T., Karl, A., Kuyken, W. (2014). **Examining the factor structures of the five-facet mindfulness questionnaire and the self-compassion scale.** *Psychological Assessment.* [link]

## REVIEWS

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

Baldini, L. L., Parker, S. C., Nelson, B. W., Siegel, D. J. (2014). **The clinician as neuroarchitect: The importance of mindfulness and presence in clinical practice.** *Clinical Social Work Journal.* [link]

Barker, K. (2014). **Mindfulness meditation: Do-it-yourself medicalization of every moment.** *Social Science & Medicine.* [link]

Chiesa, A., Anselmi, R., Serretti, A. (2014). **Psychological mechanisms of mindfulness-based interventions: What do we know?** *Holistic Nursing Practice*, 28(2), 124-48. [link]

Goyal, M., Singh, S., Sibinga, E. S.,...Shihab, H. M. (2014). **Meditation programs for psychological stress and well-being.** *JAMA Internal Medicine.* [link]

Katterman, S. N., Kleinman, B. M., Hood, M. M.,...Corsica, J. (2014). **Mindfulness meditation as an intervention for binge eating,**

**emotional eating, and weight loss: A systematic review.** *Eating Behaviors.* [link]  
McCracken, L. M., Vowles, K. E. (2014). **Acceptance and commitment therapy and mindfulness for chronic pain: Model, process, and progress.** *American Psychologist*, 69(2), 178-87. [link]

Rajguru, P., Kolber, M. J.,...Hanney, W. J. (2014). **Use of mindfulness meditation in the management of chronic pain: A systematic review of randomized controlled trials.** *American Journal of Lifestyle Medicine.* [link]

Riley, K. E., Kalichman, S. (2014). **MBSR for people living with HIV/AIDS: Preliminary review of intervention trial methodologies and findings.** *Health Psychology Review.* [link]

Van Gordon, W., Shonin, E.,...Griffiths, M. D. (2014). **Work-related mental health and job performance: Can mindfulness help?** *Int J Ment Health Addict.* [link]

Zack, S., Saekow, J., Kelly, M., Radke, A. (2014). **Mindfulness-based interventions for youth.** *Journal of Rational-Emotive & Cognitive-Behavior Therapy.* [link]

## TRIALS

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

Chinese University of Hong Kong (V. Tang, PI). **Mindfulness-based psychotherapy for drug-resistant epilepsy.** Trial# NCT02060422 [link]  
Karolinska Institutet (R. Branstrom, PI). **Internet-based stress reduction training for students.** Trial# NCT02062762 [link]

Mayo Clinic (D.L. Stan, PI). **Mindfulness-based intervention in breast cancer patients undergoing chemotherapy.** Trial# NCT02067351 [link]

University of Southern California (D.S. Black & J. Figueiredo, PIs). **Mindfulness-based program for Hispanic/Latino patients with colorectal cancer.** Trial# NCT02057991 [link]

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## HIGHLIGHTS

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

Inflammatory Bowel Diseases (IBD) are a group of chronic autoimmune disorders that include ulcerative colitis and Crohn's Disease. Despite the best medical management, IBD patients often experience episodic inflammatory flare-ups with a return of clinical symptoms including abdominal pain, cramps, vomiting, diarrhea, and rectal bleeding. Flare-ups may sometimes be triggered by stress-induced inflammation, and there is a great deal of interest in stress-reduction interventions for IBD that might improve quality of life and reduce flare-ups.

While IBD is distinct from Irritable Bowel Syndrome (IBS), a functional bowel disorder without inflammatory pathology, IBD patients often complain of IBS symptoms (for example, abdominal pain and bloating) even when in remission. **Berrill et al. [Crohns Colitis]** explored whether a mindfulness-based intervention could impact IBS symptoms in IBD patients. They randomly assigned 66 clinically remitted IBD patients with either IBS symptoms or high perceived stress to either Multiconvergent Therapy (MCT) or a wait-list control. MCT consists of six forty-minute sessions that include training in mindfulness meditation along with cognitive behavioral techniques for stress, coping style, and relapse prevention. Participants were assessed at baseline, 4, 8, and 12 months on a variety of measures including measures of inflammation (calprotectin), perceived stress, and IBD quality of life.

Of the 33 patients assigned to MCT, 8 never attended and 6 dropped out. Quality of life for those who completed MCT improved significantly, both statistically and clinically (a 20 point improvement on an IBD quality of life measure), while that of the control group did not. This improvement was especially evident for patients with IBS symptoms, reflecting both a reduction in their IBS symptoms as well as their emotional reactivity to those symptoms. While quality of life in the MCT group remained higher than the control group at 8 and 12 months, the difference was no longer statistically significant. Quality of life changes were unaccompanied by a reduction in IBD flare-ups. The high MCT dropout

rate suggests that MCT may not be a feasible intervention for some patients. The study is limited by low statistical power due to its high dropout rate, its reliance on a single therapist, and its use of a wait-list control rather than a placebo as IBS is known to be highly placebo-responsive. While MCT improved quality of life for IBD patients, it didn't significantly impact IBD relapse, whether measured by clinical signs or by calprotectin levels.



**Jedel et al. [Digestion]** studied MBSR's effectiveness in preventing ulcerative colitis flare-ups in a randomized, double-blind study. Fifty-five moderately severe ulcerative colitis patients in remission were assigned to either MBSR or a placebo (lectures and videos on mind/body medicine). Moderate severity of disease status was defined by a Mayo Ulcerative Colitis Disease Activity Index of 6-12. Measures taken at baseline, post-treatment, and 6 and 12-month follow-up included inflammation markers (calprotectin, C-reactive protein, and cytokines), stress markers (ACTH, cortisol), measures of perceived stress and IBD quality of life, and measures of mood and mindfulness (MAAS).

There was no difference in the number or severity of flare-ups or the length of the inflammation-free interval prior to flare-ups between groups, but MBSR participants who flared had significantly better quality of life and lower perceived stress than control participants who flared (quality of life was also higher for MBSR participants regardless of whether or not they flared). There were no group differences on measures of mood or mindfulness, possibly due to a ceiling effect in this mentally healthy cohort. MBSR participants with the highest number of gastrointestinal symptoms at baseline benefited the most. MBSR participants with the highest perceived stress and/or cortisol levels at baseline had significantly fewer flare-ups than controls with the highest perceived stress and/or cortisol levels. MBSR positively impacted ACTH and cytokine levels, but not enough to prevent flare-ups. This study shows that MBSR improves the quality of life of ulcerative colitis patients generally and may also prevent flare-ups in patients experiencing high levels of perceived stress.



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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](http://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](http://www.cvent.com/d/tcqbgb)

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia. Session 2: May 7-10, 2014-  
<http://www.cvent.com/d/tcqbgb>

INFO: Call the URMC Center for Experiential Learning at 585-275-4392

### Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. 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](http://www.webmindfulness.com)  
Email: [mindfulness@unizar.es](mailto:mindfulness@unizar.es)

### Deepening Our Practice

A 5-day silent retreat for MBSR/ MBCT teachers, clinicians, and educators. Sunday, July 13 through Friday, July 18, 2014. Pendle Hill Retreat Center, near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, PhD, and Don McCown, PhD, co-authors of Teaching Mindfulness: A practical guide for clinicians and educators. • Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions • Time for participants to meet individually with teachers • Facilitated small group discussions on practice themes • Free time for contemplation and rest in beautiful surroundings:  
[www.pendlehill.org](http://www.pendlehill.org)

INFO: Register at [www.mindfulnessandmore.com](http://www.mindfulnessandmore.com)

### Mindful Approach to Nursing Care

Sacred Art of Nursing Retreat: A Mindful Approach to Care will be held at Commonweal Retreat Center in Bolinas, California, May 2 – 4, 2014. Nurses will learn clinical applications of mindfulness practice that can benefit both patient and nurse.

INFO: [www.sacredartofnursing.com](http://www.sacredartofnursing.com)

### Mindfulness/Awareness Retreat Holidays

We offer mindfulness/ awareness training and retreats in beautiful locations. This year, in Italy, Greece and Morocco join Brian Hilliard, a mindfulness practitioner and teacher with over 35 years of experience. Genuine and authentic teachings and practice instructions while enjoying the local culture.

INFO: [www.mindfulnessjourneys.com](http://www.mindfulnessjourneys.com)

### Mindfulness, Education & Transformation - Australia

DATE: 5-7 SEPTEMBER 2014  
ORGANISERS Nan Tien Institute Postgraduate Department of Buddhist Studies in co-operation with Faculty of Education, University of Ljubljana CALL FOR PAPERS Deadline 30th April 2014  
Email: [t.ditrich@gmail.com](mailto:t.ditrich@gmail.com)

INFO: Register at [www.ntconference2014.net](http://www.ntconference2014.net)  
[www.nantien.edu.au](http://www.nantien.edu.au)

### Research & Education

#### Free Online Prison Volunteer Training

Free Online PRISON VOLUNTEER TRAINING PROGRAM – a mindfulness-based, research-driven emotional literacy intervention. Facilitated by Robin

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Casarjian, author of acclaimed prison curriculum, Houses of Healing. Date: Ongoing 20 CEU's offered.

**INFO:**

[www.lionheart.org/volunteertraining/](http://www.lionheart.org/volunteertraining/)

### Call for Papers: MBIs & Pain

Submissions are being solicited for a special issue of the Journal of Pain Management devoted to mindfulness-based interventions (MBIs) for the treatment of pain that address the following topics: Trials of MBIs for the treatment of pain • Studies of the physiologic effects of MBIs in patients with pain • Studies addressing the historical and/or philosophical basis for using MBIs for pain • Narrative studies • Review articles. This special issue will also be published as a book. Submission deadline is Aug. 1, 2014.

**INFO:** Send submissions and questions to [jbs7f@virginia.edu](mailto:jbs7f@virginia.edu)

### MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population, including reaching clients remotely through telemedicine.

**INFO:** <http://www.neuronovacentre.com>

## Books & Media

### Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

**INFO:**

<http://www.contemplativeeducation.ca>

### Mindfulness Ethics and Beyond

The Ethical Space of Mindfulness in Clinical Practice: An Exploratory Essay. By Donald McCown, principal author of Teaching Mindfulness: A practical guide for clinicians and educators. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "Brilliantly written, refreshing, and a joy to read. It gets at the heart of key (ethical) issues in teaching mindfulness-based interventions, revealing important insights and offering new questions to probe further. A must-read for dedicated MBSR teachers!" — Susan Bauer-Wu, Ph.D., RN, FAAN, Tussi and John Kluge Professor in Contemplative End-of-Life, University of Virginia School of Nursing

**INFO:**

<http://www.jkp.com/catalogue/book/9781849058506>

### Buddha in Dairyland

Coming in 2014: Buddha in Dairyland. This is the untold story of the early years of Tibetan Buddhism in America. A multimedia ebook format reveals the story of a friendship between a psychologist and a monk, and of the convergence of Buddhism and psychology.

**INFO:** Coming 2014

## Employment

### Postdoctoral Fellow: Neuroscience with ASD

Dr. Richard Davidson and the Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison, seek a Postdoc to play a key role in ongoing neuroimaging research on ASD and its treatment using various behavioral strategies. Expected duration 2y, renewal based on funding and performance. Required: Ph.D. in Neuroscience, Developmental, or Clinical Psychology; Experience in neuroimaging research with individuals with ASD; Experience with multi-modal imaging including functional, resting state, DTI and structural; Statistical acumen in analyzing neuroimaging data.

**INFO:** For full job posting, visit:

<http://www.investigatinghealthyminds.org/cihmEmployment.html> To apply send cover letter and CV to: [admin@bi.wisc.edu](mailto:admin@bi.wisc.edu), call (608)890-0143