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Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

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RESEARCH ASSOCIATION



INTERVENTIONS

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

Amaro, H., Spear, S., Vallejo, Z.,...Black, D. S. (2014). **Feasibility, acceptability, and preliminary outcomes of a MBRP intervention for culturally-diverse, low-income women in substance use disorder treatment.** *Subst Use Misuse*, 49(5), 547. [\[link\]](#)

Asuero, A. M., Queraltó, J. M., Pujol-Ribera, E.,...Epstein, R. M. (2014). **Effectiveness of a mindfulness education program in primary health care professionals: A pragmatic controlled trial.** *J Contin Educ Health Prof*, 34(1), 4. [\[link\]](#)

Bowen, S., Witkiewitz, K., Clifasefi, S. L.,...Lustyk, M. K. (2014). **Relative efficacy of MBRP, standard relapse prevention, and treatment as usual for substance use disorders: A RCT.** *JAMA Psychiatry*. [\[link\]](#)

Caldwell, J. G., & Shaver, P. R. (2014). **Promoting attachment-related mindfulness and compassion: A wait-list-controlled study of women who were mistreated during childhood.** *Mindfulness*. [\[link\]](#)

Campanella, F., Crescentini, C., Urgesi, C., & Fabbro, F. (2014). **Mindfulness-oriented meditation improves self-related character scales in healthy individuals.** *Compr Psychiatry*. [\[link\]](#)

Davis, J. M., Goldberg, S. B., Anderson, M. C.,...Baker, T. B. (2014). **Randomized trial on mindfulness training for smokers targeted to a disadvantaged population.** *Subst Use Misuse*, 49(5), 571. [\[link\]](#)

Edwards, M., Adams, E. M., Waldo, M.,...Biegel, G. M. (2014). **Effects of a mindfulness group on latino adolescent students: Examining levels of perceived stress, mindfulness, self-**

compassion, and psychological symptoms. *J Special Group Work*. [\[link\]](#)

Garland, E. L., Froeliger, B., & Howard, M. O. (2014). **Effects of mindfulness-oriented recovery enhancement on reward responsiveness and opioid cue-reactivity.** *Psychopharmacology*. [\[link\]](#)

Garland, E. L., Roberts-Lewis, A., Kelley, K.,...Hanley, A. (2014). **Cognitive and affective mechanisms linking trait mindfulness to craving among individuals in addiction recovery.** *Subst Use Misuse*, 49(5), 525. [\[link\]](#)

Himelstein, S., Saul, S., Garcia-Romeu, A., & Pinedo, D. (2014). **Mindfulness training as an intervention for substance user incarcerated adolescents: A pilot grounded theory study.** *Subst Use Misuse*, 49(5), 560. [\[link\]](#)

Kiep, M., Spek, A., & Hoeben, L. (2014). **Mindfulness-based therapy in adults with an autism spectrum disorder: Do treatment effects last?** *Mindfulness*. [\[link\]](#)

McConachie, D. A., McKenzie, K., Morris, P. G., & Walley, R. M. (2014). **Acceptance and mindfulness-based stress management for support staff caring for individuals with intellectual disabilities.** *Res Dev Disabil*, 35(6), 1216. [\[link\]](#)

Meadows, G. N., Shawyer, F., Enticott, J. C.,...Segal, Z. (2014). **MBCT for recurrent depression: A translational research study with 2-year follow-up.** *Aust N Z J Psychiatry*. [\[link\]](#)

Tan, L., & Martin, G. (2014). **Taming the adolescent mind: A randomised controlled trial examining clinical efficacy of an adolescent mindfulness-based group programme.** *Child and Adolesc Ment Health*. [\[link\]](#)

Tarrasch, R. (2014). **Mindfulness meditation training for graduate students in educational**

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counseling and special education: A qualitative analysis. *J Child Fam Stud.* [\[link\]](#)

Witkiewitz, K., Warner, K., Sully, B.,...Luoma, J. B. (2014). **Randomized trial comparing MBRP with relapse prevention for women offenders at a residential addiction treatment center.** *Subst Use Misuse.,* 49(5), 536. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Ali, M. K., Mwendwa, D. T., Sims, R. C., & Whitfield, K. E. (2014). **The association between mindfulness, depressive symptoms and neuroticism in older African Americans.** *J Depress Anxiety.* [\[link\]](#)

Bonamo, K. K., Legerski, J. P., & Thomas, K. B. (2014). **The influence of a brief mindfulness exercise on encoding of novel words in female college students.** *Mindfulness.* [\[link\]](#)

Chambers, R., Gullone, E., Hassed, C.,...Allen, N. (2014). **Mindful emotion regulation predicts recovery in depressed youth.** *Mindfulness.* [\[link\]](#)

Cleirigh, D. O., & Greaney, J. (2014). **Mindfulness and group performance: An exploratory investigation into the effects of brief mindfulness intervention on group task performance.** *Mindfulness.* [\[link\]](#)

Conner, C. M., & White, S. W. (2014). **Stress in mothers of children with autism: Trait mindfulness as a protective factor.** *Res Autism Spectr Disord.,* 8(6), 617. [\[link\]](#)

Gilbert, K., & Gruber, J. (2014). **Emotion regulation of goals in bipolar disorder and major depression: A comparison of rumination and mindfulness.** *Cognit Ther and Res.* [\[link\]](#)

Heeren, A., Deplus, S., Peschard, V.,...Philippot, P. (2014). **Does change in self-reported mindfulness mediate the clinical benefits of mindfulness training? A controlled study using the French translation of the five facet mindfulness questionnaire.** *Mindfulness.* [\[link\]](#)

Miyata, H., Okanoya, K., & Kawai, N. (2014). **Mindfulness and psychological status of Japanese yoga practitioners: A cross-sectional study.** *Mindfulness.* [\[link\]](#)

Pepping, C. A., O'Donovan, A., Zimmer-Gembeck, M. J., & Hanisch, M. (2014). **Is emotion regulation the process underlying the relationship between low mindfulness and psychosocial distress?** *Aust J Psychol.* [\[link\]](#)

Petter, M., McGrath, P. J., Chambers, C. T., & Dick, B. D. (2014). **The effects of mindful attention and state mindfulness on acute experimental pain among adolescents.** *J Pediatr Psychol.* [\[link\]](#)

Prins, B., Decuyper, A., & Van Damme, S. (2014). **Effects of mindfulness and distraction on pain depend upon individual differences in pain catastrophizing: An experimental study.** *Eur J Pain.* [\[link\]](#)

Schuman-Olivier, Z., Hoepfner, B. B., Evins, A. E., & Brewer, J. A. (2014). **Finding the right match: Mindfulness training may potentiate the therapeutic effect of nonjudgment of inner experience on smoking cessation.** *Subst Use Misuse.,* 49(5), 586. [\[link\]](#)

Shorey, R. C., Brasfield, H., Anderson, S., & Stuart, G. L. (2014). **Differences in trait mindfulness across mental health symptoms among adults in substance use treatment.** *Subst Use Misuse.,* 49(5), 595. [\[link\]](#)

Sugiura, T., & Sugiura, Y. (2014). **Common factors of meditation, focusing, and cognitive behavioral therapy: Longitudinal relation of self-report measures to worry, depressive,**

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and obsessive-compulsive symptoms among nonclinical students. *Mindfulness*. [link]

Tarantino, N., Lamis, D. A., Ballard, E. D.,...Dvorak, R. D. (2014). **Parent-child conflict and drug use in college women: A moderated mediation model of self-control and mindfulness.** *J Couns Psychol*. [link]

Villa, C. D., & Hilt, L. M. (2014). **Brief instruction in mindfulness and relaxation reduce rumination differently for men and women.** *Int J Cogn Ther*. [link]

Vindholmen, S., Høigaard, R., Espnes, G. A., & Seiler, S. (2014). **Return to work after vocational rehabilitation: Does mindfulness matter?** *Psychol Res Behav Manag*. [link]

Wittmann, M., Peter, J., Gutina, O.,...Meissner, K. (2014). **Individual differences in self-attributed mindfulness levels are related to the experience of time and cognitive self-control.** *Pers Individ Dif*, 64, 41. [link]

Woods, H., & Proeve, M. (2014). **Relationships of mindfulness, self-compassion, and meditation experience with shame-proneness.** *J Cogn Psychother*, 28(1), 20. [link]

Yusainy, C., & Lawrence, C. (2014). **Relating mindfulness and self-control to harm to the self and to others.** *Pers Individ Dif*, 64, 78. [link]

Zhang, J., & Wu, C. (2014). **The influence of dispositional mindfulness on safety behaviors: A dual process perspective.** *Accid Anal Prev*, 70, 24. [link]

METHODS

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

Blaser, K., Zlabinger, M., Hautzinger, M., & Hinterberger, T. (2014). **The relationship between mindfulness and the mental self-boundary: Validation of the boundary**

protection scale-14 (BPS-14) and its correlation with the Freiburg mindfulness inventory (FMI). *J Educ Dev Psychol*, 4(1), 155. [link]

Boggs, J. M., Beck, A., Felder, J. N.,...Segal, Z. V. (2014). **Web-Based intervention in mindfulness meditation for reducing residual depressive symptoms and relapse prophylaxis: A qualitative study.** *J Med Internet Res*, 16(3), e87. [link]

Chong, Y. W., Kee, Y. H., & Chaturvedi, I. (2014). **Effects of brief mindfulness induction on weakening habits: Evidence from a computer mouse control task.** *Mindfulness*. [link]

Eisendrath, S. J., Gillung, E. P., Delucchi, K. L.,...Feldman, M. D. (2014). **MBCT versus the health-enhancement program (HEP) for adults with treatment-resistant depression: A RCT study protocol.** *BMC Complement Altern Med*, 14(1), 95. [link]

Evans, A., Crane, R., Cooper, L.,...Kuyken, W. (2014). **A framework for supervision for mindfulness-based teachers: A space for embodied mutual inquiry.** *Mindfulness*. [link]

Mantzios, M., & Giannou, K. (2014). **Group vs. single mindfulness meditation: Exploring avoidance, impulsivity, and weight management in two separate mindfulness meditation settings.** *Appl Psychol Health Well Being*. [link]

Silpakit, O., & Silpakit, C. (2014). **A Thai version of mindfulness questionnaire: Srithanya sati scale.** *East Asian Arch Psychiatry*, 24(1), 23. [link]

REVIEWS

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

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Abbott, R. A., Whear, R., Rodgers, L. R.,...Dickens, C. (2014). **Effectiveness of MBSR and MBCT in vascular disease: A systematic review and meta-analysis of randomised controlled trials.** *J Psychosom Res.* [\[link\]](#)

Amaro, H. (2014). **Implementing mindfulness-based relapse prevention in diverse populations: Challenges and future directions.** *Subst Use Misuse.,* 49(5), 612. [\[link\]](#)

Black, D. S. (2014). **Mindfulness-based interventions: An antidote to suffering in the context of substance use, misuse, and addiction.** *Subst Use Misuse.,* 49(5), 487. [\[link\]](#)

Dobkin, P. L., & Laliberté, V. (2014). **Being a mindful clinical teacher: Can mindfulness enhance education in a clinical setting?** *Med Teacher.* [\[link\]](#)

Garland, E. L., & Black, D. S. (2014). **Mindfulness for chronic pain and prescription opioid misuse: Novel mechanisms and unresolved issues.** *Subst Use Misuse.,* 49(5), 608. [\[link\]](#)

Hyland, T. (2014). **Mindfulness-based interventions and the affective domain of education.** *Educ Studies.* [\[link\]](#)

Krolikowski, A. M. (2013). **The effectiveness of internet-based mindfulness interventions for physical and mental illnesses: A narrative review.** *Int J Cyber Behav, Psychol Learn.,* 3(4), 84. [\[link\]](#)

McWilliams, S. A. (2014). **Foundations of mindfulness and contemplation: Traditional and contemporary perspectives.** *Int J Ment Health Addict.* [\[link\]](#)

O'Reilly, G. A., Cook, L., Spruijt-Metz, D., & Black, D. S. (2014). **Mindfulness-based interventions for obesity-related eating behaviours: A literature review.** *Obes Rev.* [\[link\]](#)

Peltz, L., & Black, D. S. (2014). **The thinking mind as addiction: Mindfulness as antidote.** *Subst Use Misuse.,* 49(5), 605. [\[link\]](#)

Shonin, E., Gordon, W. V., & Griffiths, M. D. (2014). **Mindfulness as a treatment for behavioural addiction.** *J Addict Res Ther.,* 5(1), e122. [\[link\]](#)

Smith, S. A. (2014). **Mindfulness-Based stress reduction: An intervention to enhance the effectiveness of nurses' coping with work-related stress.** *Int J Nurs Knowl.* [\[link\]](#)

Visted, E., Vøllestad, J., Nielsen, M. B., & Nielsen, G. H. (2014). **The impact of group-based mindfulness training on self-reported mindfulness: A systematic review and meta-analysis.** *Mindfulness.* [\[link\]](#)

Witkiewitz, K., & Black, D. S. (2014). **Unresolved issues in the application of mindfulness-based interventions for substance use disorders.** *Subst Use Misuse.,* 49(5), 601. [\[link\]](#)

Witkiewitz, K., Bowen, S., Harrop, E. N.,...Sedgwick, C. (2014). **Mindfulness-based treatment to prevent addictive behavior relapse: Theoretical models and hypothesized mechanisms of change.** *Subst Use Misuse.,* 49(5), 513. [\[link\]](#)

TRIALS

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

University of Cincinnati (M. DelBello, PI). **MBCT for youth with anxiety at risk for bipolar disorder.** Trial# NCT02090595. [\[link\]](#)

Stanford University (K. Chang, PI). **Brain connectivity and mindfulness training in youth with bipolar disorder-not otherwise specified.** Trial# NCT02095483. [\[link\]](#)

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HIGHLIGHTS

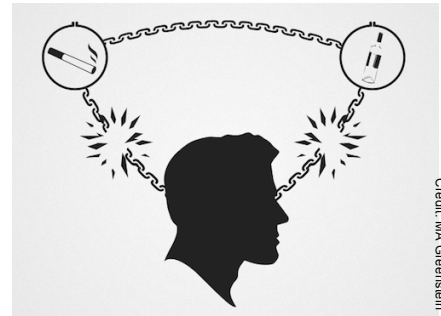
A summary of select studies from the issue, providing a snapshot of some of the latest research findings

An estimated 40% to 60% of substance abusers relapse following treatment, emphasizing the need for the development of more effective relapse prevention approaches.

Bowen et al. [JAMA Psychiatry.] evaluated the effectiveness of three substance abuse relapse prevention programs among 286 participants who had just completed either an inpatient or intensive outpatient substance abuse program. Participants, who were predominantly male (70%) and ethnically diverse, were randomly assigned to either 1) treatment as usual (TAU) based on a 12-Step model, 2) an 8-week cognitive-behavioral relapse prevention program (RP) emphasizing motivation, coping skills, and avoiding triggers for relapse, and 3) an 8-week Mindfulness-Based Relapse Prevention (MBRP) program emphasizing the use of mindfulness skills. Primary outcome measures were the number of days until a first relapse in drug use or heavy drinking (defined as ≥ 4 drinks for women and ≥ 5 drinks for men) and the number of days during which drug use or heavy drinking occurred. The outcomes were assessed by self-report, but 70% of the participants received court-mandated drug and alcohol screens that largely agreed with their self-reports.

Over the 12 months they were followed, MBRP and RP participants showed a 54% decreased risk of relapse for drug use and a 59% decreased risk for heavy drinking compared with TAU. While the MBRP group showed a 21% higher relapse risk for drug use than the RP group, the two groups did not differ in relapse rates for heavy drinking. An analysis of the number of days during which those who lapsed engaged in drug use or heavy drinking showed that at 6 months RP and MBRP relapsers had 31% fewer heavy drinking days than TAU relapsers. There was no difference between the RP and MBRP groups in the number of heavy drinking days. At 12 months, however, MBRP relapsers had 31% fewer drug use days and a significantly higher probability of not engaging in heavy drinking compared to RP relapsers. While both RP and MBRP proved superior to TAU at 6 months, with RP having an edge over MBRP in the length of time until first relapse, by 12

months MBRP had an edge over RP in reducing the number of days of drug use and heavy drinking after first relapse.



Amaro et al. [Subst Use Misuse.] studied the feasibility and benefits of incorporating “Moment-by-Moment in Women’s Recovery: A Mindfulness-Based Approach to Relapse Prevention” (MBRP-W) into existing substance use programs serving low-income women with trauma exposure histories. The 9-week program used a modified MBSR format designed to increase its relevance to women with issues of addiction, relapse, mental illness, low literacy levels, and trauma. Women (N=318) attending publicly-funded substance use programs were enrolled in the MBRP-W program. The cohort was mostly Hispanic (45%) and Black (35%), and 46% of the cohort had been court-mandated to treatment. Due to logistical demands of residential treatment, 44% of the women attended no sessions, 20% attended 1-4 sessions, and 36% attended 5-9 sessions. Scheduling conflicts with courts, medical providers, child protective services, and participant dropout from primary clinics all contributed to attrition and attendance problems.

Average satisfaction ratings from those who attended the final MBRP-W session were “very good to excellent” on program usefulness, quality, and importance. Participants who attended 5 or more sessions showed significantly greater rates of self-reported decline in alcohol addiction severity over 12 months, and greater declines in drug addiction severity at 6 and 12 months, than those who never attended. While perceived stress declined for the entire cohort, the rate and extent of decline was greater for those who attended 5 or more sessions. This was a preliminary feasibility study that lacked a control group, but it is one of the first large-scale studies in this vulnerable population, and it points to both potential benefits and obstacles in using mindfulness-based approaches with underserved women receiving care from publicly-funded substance use facilities.

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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

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, neuro-imaging, 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

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

INFO: Register at
www.ntconference2014.net
www.nantien.edu.au

Mindful Living Program in Italy

June 10 – 15, 2014. Continuing education and personal renewal in the magical province of Umbria, Italy! Created for health professionals and MBSR graduates, this 5-day program provides 24 hours CME and CEU and will help you embody the benefits and essential elements of Mindfulness Based Stress Reduction in your personal and professional life.

INFO: For program details go to:
http://www.mindfullivingprograms.com/italy2014_retreat.php

Mindfulness Training at Duke

Become more engaged, aware, and present in your day to day professional life and receive materials and guidelines for leading others in a mindfulness experience. Date: May 14-17, 2014

INFO: Contact:
dukeimprograms@duke.edu
<http://www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals>

South Africa Mindfulness Conference/Retreat

Stellenbosch, South Africa is hosting a conference, pre-conference workshops and a five-day mindfulness retreat. "Mindfulness Matters: Science and Application in an Emerging Society" keynoted by Cliff Saron Ph.D. (UC Davis), Al Kaszniak Ph.D. (U. Arizona), Gaëlle Desbordes Ph.D. (Harvard Medical School), Michael Krasner, MD (University of Rochester NY) and Trish Bartley (University of Bangor) a mere 30 miles from picturesque Cape Town. 4-12 September, 2014.

INFO: +27 (0) 21-712 0571
mindfulness2014@eventmanagementsolutions.co.za
www.mindfulness.org.za

Traditional Medicine and Contemplative Practices

The 4th International Symposium on Traditional Medicine and Contemplative Practices will be held on May 16th and 17th, 2014. This event, organized by Universidade Federal de São Paulo and Palas Athena Association, will congregate renowned scientists, researchers, and specialists in traditional medicine, from Brazil and abroad. The main themes covered will be: Tibetan Medicine and chronic illness; Brazilian popular Medicine – Intriguing health and spirituality topics; Contemplative Practices and Society; and Research on Traditional Medicine and Contemplative Practices.

INFO: Registration and information at:
http://www.palasathena.org.br/evento_detalle.php?evento_id=90

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Research & Education

Yoga Training at UCI

American Viniyoga Institute 200-hour Wellness Instructor Program with Juris Zinbergs, ERYT-500. Understand Yoga deeply—Teach effectively—Inspire wellness. Become Yoga Alliance certified RYT-200. 8 weekends June 6 through October 5, 2014, at University of California, Irvine. \$3500 or \$3200 before May 6. Payment plan available.

INFO: Contact Stephani Sutherland
Email: Sutherland@nasw.org
Phone: 360-666-7676

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>

Mindfulness and OCD Research Recruitment

This anonymous on-line study is investigating the relationship between Obsessive and Compulsive thoughts and behaviours; and Mindfulness. Anyone 18 years or over, and not currently receiving treatment for a mental health disorder and/or alcohol and drug dependence, is eligible to participate in this e-survey.

INFO: For information/participation:
<https://moodle.essex.ac.uk/mod/feedback/view.php?id=182822>

Books & Media

New Book: The Mindfulness Toolbox

The Mindfulness Toolbox: 50 Practical Tips, Tools and Handouts for Anxiety, Depression, Stress and Pain -- by Donald Altman, LPC, author One Minute Mindfulness and The Mindfulness Code. * Features dozens of reproducible handouts and guided client scripts. "This is a must-have book for every therapist using mindfulness approaches with clients." - Jean Kristeller, PhD, developer Mindfulness-Based Eating Awareness (MB-EAT) "The Mindfulness Toolbox will be a tremendous aid and benefit to all people who practice and teach mindfulness." --Jeffrey Schwartz, MD, author Brain Lock.

INFO: Available Now at Amazon.com
<http://www.amazon.com/dp/1936128861/>

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:
<https://www.youtube.com/watch?v=5ckpscF0z6s>

Employment

Contemplative Sciences Center is Hiring!

UVA's Contemplative Sciences Center is hiring for an Associate Director of Contemplative Learning. The center is also hiring for a Director of Development.

INFO: To apply visit
<http://www.uvacontemplation.org/employment>