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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

Baker, J., Costa, D., Guarino, J. M., & Nygaard, I. (2014). **Comparison of mindfulness-based stress reduction versus yoga on urinary urge incontinence: A randomized pilot study with 6-month and 1-year follow-up visits.** *Female Pelvic Medicine & Reconstructive Surgery*, 20(3), 141-6. [\[link\]](#)

Brotto, L. A., & Basson, R. (2014). **Group mindfulness-based therapy significantly improves sexual desire in women.** *Behaviour Research and Therapy*. [\[link\]](#)

DeUrquiza, E. F. (2014). **Mindfulness, body scan, narrative, and mentalization in the New York City schools.** *Children & Schools*. [\[link\]](#)

Doran, N. J. (2014). **Experiencing wellness within illness exploring a mindfulness-based approach to chronic back pain.** *Qualitative Health Research*. [\[link\]](#)

Fordham, B., Griffiths, C. E. M., & Bundy, C. (2014). **A pilot study examining mindfulness-based cognitive therapy in psoriasis.** *Psychology, Health & Medicine*. [\[link\]](#)

Garland, E. L., Thomas, E., & Howard, M. O. (2014). **Mindfulness-oriented recovery enhancement ameliorates the impact of pain on self-reported psychological and physical function among opioid-using chronic pain patients.** *Journal of Pain and Symptom Management*. [\[link\]](#)

Haase, L., Thom, N. J., Shukla, A.,...Johnson, D. C. (2014). **Mindfulness-based training attenuates insula response to an aversive interoceptive challenge.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

Hucker, A., & McCabe, M. P. (2014). **Incorporating mindfulness and chat groups into an online cognitive behavioral therapy for mixed female sexual problems.** *The Journal of Sex Research*. [\[link\]](#)

Lewis, A. B., & Ebbeck, V. (2014). **Mindful and self-compassionate leadership development: Preliminary discussions with wildland fire managers.** *Journal of Forestry*, 112(2), 230-236. [\[link\]](#)

Sharma, V., Sood, A., Prasad, K.,...Bauer, B. (2014). **Bibliotherapy to decrease stress and anxiety and increase resilience and mindfulness: A pilot trial.** *EXPLORE*. [\[link\]](#)

Thieleman, K., Cacciatore, J., & Hill, P. W. (2014). **Traumatic bereavement and mindfulness: A preliminary study of mental health outcomes using the ATTEND model.** *Clinical Social Work Journal*. [\[link\]](#)

van Son, J., Nyklíček, I., Pop, V. J.,...Pouwer, F. (2014). **Mindfulness-based cognitive therapy for people with diabetes and emotional problems: Long-term follow-up findings from the Diamind randomized controlled trial.** *Journal of Psychosomatic Research*. [\[link\]](#)

Zernicke, K. A., Campbell, T. S., Specia, M.,...Carlson, L. E. (2014). **A randomized wait-list controlled trial of feasibility and efficacy of an online mindfulness-based cancer recovery program: The etherapy for cancer applying mindfulness trial.** *Psychosomatic Medicine*. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bakker, J. M., Lieveise, R., Menne-Lothmann, C.,...Wichers, M. (2014). **Therapygenetics in mindfulness-based cognitive therapy: Do genes have an impact on therapy-induced change in real-life positive affective experiences?** *Translational Psychiatry*, 4, e384. [\[link\]](#)

Demarzo, M. M., Montero-Marin, J., Stein, P. K.,...García-Campayo, J. (2014). **Mindfulness may both moderate and mediate the effect of physical fitness on cardiovascular responses to stress: A speculative hypothesis.** *Frontiers in Physiology*, 5, 105. [\[link\]](#)

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Desrosiers, A., Vine, V., Curtiss, J., & Klemanski, D. H. (2014). **Observing nonreactively: A conditional process model linking mindfulness facets, cognitive emotion regulation strategies, and depression and anxiety symptoms.** *Journal of Affective Disorders*. [link]

Hanley, A. W., & Garland, E. L. (2014). **Dispositional mindfulness co-varies with self-reported positive reappraisal.** *Personality and Individual Differences*, 66, 146-152. [link]

Hanley, A. W., Peterson, G. W., Canto, A. I., & Garland, E. L. (2014). **The relationship between mindfulness and posttraumatic growth with respect to contemplative practice engagement.** *Mindfulness*. [link]

Jones, L., Hastings, R. P., Totsika, V.,...Rhule, N. (2014). **Child behavior problems and parental well-being in families of children with autism: The mediating role of mindfulness and acceptance.** *American Journal on Intellectual and Developmental Disabilities*, 119(2), 171-185. [link]

Levin, M. E., Dalrymple, K., Himes, S., & Zimmerman, M. (2014). **Which facets of mindfulness are related to problematic eating among patients seeking bariatric surgery?** *Eating Behaviors*. [link]

Marquès-Brocksopp, L. (2014). **Mindfulness, spiritual well-being, and visual impairment: An exploratory study.** *British Journal of Visual Impairment*, 32(2), 108-123. [link]

Mun, C. J., Okun, M. A., & Karoly, P. (2014). **Trait mindfulness and catastrophizing as mediators of the association between pain severity and pain-related impairment.** *Personality and Individual Differences*, 66, 68-73. [link]

Pearson, M. R., Brown, D. B., Bravo, A. J., & Witkiewitz, K. (2014). **Staying in the moment and finding purpose: The associations of trait mindfulness, decentering, and purpose in life with depressive symptoms, anxiety symptoms, and alcohol-related problems.** *Mindfulness*. [link]

Perona-Garcelán, S., García-Montes, J. M., López-Jiménez, A. M.,...Pérez-Álvarez, M. (2014).

Relationship between self-focused attention and mindfulness in people with and without hallucination proneness. *The Spanish Journal of Psychology*, 17, E20. [link]

Robinson, J. M., Ladd, B. O., & Anderson, K. G. (2014). **When you see it, let it be: Urgency, mindfulness and adolescent substance use.** *Addictive Behaviors*, 39(6), 1038-41. [link]

Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). **Meeting suffering with kindness: Effects of a brief self-compassion intervention for female college students.** *Journal of Clinical Psychology*. [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.** *Journal of Counseling Psychology*. [link]

METHODS

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

Adam, F., Heeren, A., Day, J., & de Sutter, P. (2014). **Development of the sexual five-facet mindfulness questionnaire (FFMQ-S): Validation among a community sample of French-speaking women.** *The Journal of Sex Research*. [link]

Forsyth, L., & Hayes, L. L. (2014). **The effects of acceptance of thoughts, mindful awareness of breathing, and spontaneous coping on an experimentally induced pain task.** *The Psychological Record*. [link]

Morone, N. E., & Greco, C. M. (2014). **Adapting mindfulness meditation for the older adult.** *Mindfulness*. [link]

Quezada-Berumen, L. . C., González-Ramírez, M. T., Cebolla, A.,...García-Campayo, J. (2014). **Body awareness and mindfulness: Validation of the Spanish version of the scale of body connection.** *Actas Españolas De Psiquiatría*, 42(2), 57-67. [link]

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REVIEWS

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

Fox, K. C., Nijeboer, S., Dixon, M. L.,...Christoff, K. (2014). **Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners.** *Neuroscience and Biobehavioral Reviews*. [\[link\]](#)

Grabovac, A. (2014). **The stages of insight: Clinical relevance for mindfulness-based interventions.** *Mindfulness*. [\[link\]](#)

Kass, J. D. (2014). **Person-centered spiritual maturation A multidimensional model.** *Journal of Humanistic Psychology*. [\[link\]](#)

Monteiro, L. M., Musten, R. F., & Compson, J. (2014). **Traditional and contemporary mindfulness: Finding the middle path in the tangle of concerns.** *Mindfulness*. [\[link\]](#)

Regehr, C., Glancy, D., Pitts, A., & Leblanc, V. R. (2014). **Interventions to reduce the consequences of stress in physicians: A review and meta-analysis.** *The Journal of Nervous and Mental Disease*. [\[link\]](#)

Shonin, E., & Gordon, W. V. (2014). **Using mindfulness and insight to transform loneliness.** *Mindfulness*. [\[link\]](#)

Strauss, C., Cavanagh, K., Oliver, A., & Pettman, D. (2014). **Mindfulness-based interventions for people diagnosed with a current episode of an anxiety or depressive disorder: A meta-analysis of randomised controlled trials.** *PLoS ONE*, 9(4), e96110. [\[link\]](#)

TRIALS

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

British School of Osteopathy (H. Abbey, PI). **Osteopathy, mindfulness and acceptance-**

based programme for patients with persistent pain. Trial# NCT02121587. [\[link\]](#)

Chulalongkorn University (D. Suksom, PI). **Effect of walking meditation on glycemic control and vascular function in patients with type 2 diabetes.** Trial# NCT02123901. [\[link\]](#)

Karolinska Institutet (R. Branstrom, PI). **Effects of mindfulness meditation and stress management training on perceived stress, psychological well-being, and sleep quality among patients diagnosed with breast cancer.** Trial# NCT02119481. [\[link\]](#)

Mount Sinai School of Medicine (A. Jenkins, PI). **Mindfulness meditation for spine surgery pain.** Trial# NCT02104349. [\[link\]](#)

Oregon Research Institute (J. Dalen, PI). **Family-based mindful eating intervention for overweight adolescents.** Trial# NCT02114190. [\[link\]](#)

Ottawa Hospital Research Institute (H. Nathan, PI). **Effect of MBSR in patients with painful diabetic peripheral neuropathy.** Trial# NCT02127762. [\[link\]](#)

Ottawa Hospital Research Institute (P. Poulin, PI). **Effect of an inter-disciplinary program, including MBSR, in breast cancer survivors with chronic neuropathic pain.** Trial# NCT02125006. [\[link\]](#)

St. Vincent's University Hospital, Ireland (P. D'Alton, PI). **Comparing MBCT and Mindfulness Based Self-compassion Therapy in a psoriasis sample.** Trial# NCT02122978. [\[link\]](#)

University of Cincinnati (M. DelBello, PI). **Mindfulness in mood dysregulated youth.** Trial# NCT02120937. [\[link\]](#)

University of California, Los Angeles (F. Jain, PI). **Meditation for dementia caregivers: Major depressive disorder in family dementia caregivers.** Trial# NCT02122068. [\[link\]](#)

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HIGHLIGHTS

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

Bakker et al. [Transl Psychiatry.] randomly assigned 126 participants with a past history of major depressive disorder but continuing residual symptoms to either an 8 week MBCT program or treatment-as-usual (TAU). Positive affect — the momentary experience of emotions such as happiness, cheerfulness, and satisfaction — was assessed prior to and after treatment by having participants rate their positive affect every time a special wristwatch beeped at unpredictable intervals over a six-day period. Participants also submitted DNA samples which were assessed for single nucleotide polymorphisms — small variations in the DNA coding of genes that influence positive affect by modulating the brain's dopamine, acetylcholine, and opioid receptor systems as well as the secretion of brain-derived neurogenic factor (BDNF), a protein that supports the growth and survival of neurons. The authors had previously reported that MBCT significantly increased positive affect more than TAU in this cohort, but the purpose of this paper was to explore how genetics affected the participants' ability to benefit from MBCT.



The researchers discovered that several genotypic variants had a significant impact on how much MBCT increased the participants' positive affect. Three of the genetic variants regulating opioid receptors and one variant regulating acetylcholine receptors significantly increased the degree to which MBCT increased positive affect. On the other hand, there were variants of the genes controlling the dopamine receptors and the secretion of BDNF that decreased positive affect in the control group over time while leaving the MBCT group unaffected. Dopamine and opioid receptors play crucial roles in the brain's

reward circuitry, whereas acetylcholine receptors and BDNF have been implicated in disorders of deficient positive affect such as depression and alcoholism. This study represents a significant step towards understanding who may benefit the most from clinical mindfulness interventions by identifying genetic influences that are associated with psychological changes.

Prior research using the Five Facet Mindfulness Questionnaire (FFMQ) showed that observing present-moment experience is counterintuitively correlated with increased anxiety and inconsistently correlated with depression. Consequently, under what circumstances does the observation of experience improve or exacerbate symptoms of depression and anxiety? **Desrosiers et al. [J Affect Disorders.]** hypothesized that observation must be coupled with non-reactivity in order to optimize its benefits. Observation alone can trigger rumination and worry, resulting in elevated distress, but when coupled with non-reactivity, it provides a space for subsequent higher-level cognitive reappraisal.

The authors tested whether non-reactivity moderates the after-effects of observing depressive and anxiety symptoms, that is, whether it decreases subsequent rumination and worry and facilitates cognitive reappraisal. They administered the FFMQ along with self-report measures of mood, worry, rumination, and cognitive reappraisal to 189 adults with depressive and anxiety disorders, and conducted an analysis of the intercorrelations between those measures. Findings were largely supportive of a crucial role for non-reactivity. Observing present-moment experience significantly increased depressive symptoms in participants with the lowest levels of non-reactivity, while higher levels of non-reactivity were correlated with significantly decreased observation-induced rumination and worry, and increased observation-related cognitive reappraisal.

For participants with low levels of non-reactivity, high levels of observation led to increased worry and rumination, whereas greater observation was related to less rumination among participants with high levels of non-reactivity. Similarly, the greater their non-reactivity, the greater the odds that participants would make use of cognitive reappraisal. This study underscores the importance of defining mindfulness in a way that includes not only the moment-to-moment observation of experience, but also non-reactivity to that experience. Therefore, it might be helpful to emphasize training modules in non-reactivity when teaching mindfulness to highly reactive individuals.

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

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

Centre for Mindfulness Studies

This 5-day training intensive supports facilitation skills for clinicians with a meditative practice. The focus is on strengthening the skills of mindful

inquiry and the development of an embodied mindful presence. We will examine the theme, rationale, intention and practice skills for each of the MBSR/MBCT sessions. Facilitators: Susan Woods LICSW and Char Wilkins LCSW Date: June 1-6, 2014 Location: Ecology Retreat Centre, Orangeville, Ontario

INFO: To register:
info@mindfulnessstudies.com or
www.mindfulnessstudies.com

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:
dukeimprogrms@duke.edu
www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals

International Conference: Mindfulness, Education, Transformation

DATE: September 05-07, 2014 The key theme of this conference is the benefits, outcomes and implications of the application of mindfulness in education. This conference will provide a platform for academic researchers, educators, students and practitioners to engage and collaborate in ongoing discussions in this field.

INFO: <http://bit.ly/NTIConference>

Mindfulness Meditation for Professional Women

Free 15 minute mindfulness meditation calls every Monday in May - July for professional women. Dial-in to practice meditation and be guided by women leaders including Sharon Salzberg, Kristin Neff, Sudha Lundeen, Angela Savitri, + others. Date: Mondays in May - July Time: 12:15 - 12:30 PM EST.

INFO: Register at
www.mindfulnessforwomen.eventbrite.com

Breathworks Mindfulness Retreat, UK

This 7-day 'The Heart of the Breath' retreat is aimed at mindfulness teachers and graduates of 8-week mindfulness courses. With the growing popularity of mindfulness, many are getting a taste of meditation and wish to practice more intensively; this is the perfect opportunity to do so in an area of outstanding beauty. Led by two of the founders of Breathworks: Vidyamala Burch and Gary Hennessey. Date: June 7-13 2014 Venue: Adhithana Retreat Centre, Herefordshire, UK

INFO: Contact
info@breathworks.co.uk or
www.breathworks-mindfulness.org.uk

Research & Education

Yoga Training at UCI

American Viniyoga Institute 200-hour Wellness Instructor Program

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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: www.neuronovacentre.com

Scholarships at Nan Tien Institute

To support students to develop a cross-cultural and holistic knowledge and experience into Buddhism, or to promote health and wellness in their own lives and in the lives of others, scholarships are currently being offered to study the Applied Buddhist Studies & Health and Social Wellbeing Programs for domestic Australian students. International students can apply for an Applied Buddhist Studies Scholarship.

INFO: Domestic:
<http://bit.ly/PostGradSchol> International:
<http://bit.ly/ScholarshipsInternational>

Mindfulness - Theory and Practice (Australia)

Taught at the Nan Tien Institute, this short subject explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation, and looks at the variety of applications of mindfulness in new contexts and environments. Or for an accredited course built for teachers, 'Mindfulness: Theory and Practice for Schools' is also offered for continuing professional development.

INFO: Visit <http://bit.ly/NTIMindfulness>
<http://bit.ly/NTIProDev>

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.

INFO: Non-members can search the site at www.contemplativeeducation.ca

A New Buddhist Psychology textbook

"Effortless Mindfulness: Genuine mental health through awakened presence" features a uniquely modern Buddhist psychological understanding of mental health disorders. It combines a scholarly, yet clinically useful presentation of Theravada, Mahāyāna and Vajrayāna Buddhist teachings with contemporary psycho-neuro-bio-social research. Included are instructions for psychotherapists in authentic Buddhist mindfulness/ heartfulness practices, Buddhist psychological inquiry skills, and interviews with an esteemed collection of Buddhist teachers, scholars, meditation researchers and Buddhist-inspired clinicians.

INFO: Visit www.awakenedpresence.com

Employment

None posted