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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

Bach, J. M., Guse, T. (2014). **The effect of contemplation and meditation on great compassion on the psychological well-being of adolescents.** *The Journal of Positive Psychology.* [\[link\]](#)

Crescentini, C., Urgesi, C., Campanella, F.,...Fabbro, F. (2014). **Effects of an 8-week meditation program on the implicit and explicit attitudes toward religious/spiritual self-representations.** *Consciousness and Cognition.* [\[link\]](#)

Dimidjian, S., Goodman, S. H., Felder, J. N.,...Beck, A. (2014). **An open trial of mindfulness-based cognitive therapy for the prevention of perinatal depressive relapse/recurrence.** *Archives of Women's Mental Health.* [\[link\]](#)

Edel, M. A., Hölter, T., Wassink, K., Juckel, G. (2014). **A comparison of mindfulness-based group training and skills group training in adults with ADHD an open study.** *Journal of Attention Disorders.* [\[link\]](#)

Erogul, M., Singer, G., McIntyre, T., Stefanov, D. G. (2014). **Abridged mindfulness intervention to support wellness in first-year medical students.** *Teaching and Learning in Medicine.* [\[link\]](#)

Fan, Y., Tang, Y. Y., Tang, R., Posner, M. I. (2014). **Short-term integrative meditation improves resting alpha activity and stroop performance.** *Applied Psychophysiology and Biofeedback.* [\[link\]](#)

Gauthier, T., Meyer, R. M., Greffe, D., Gold, J. I. (2014). **An on-the-job mindfulness-based intervention for pediatric ICU nurses: A pilot.** *Journal of Pediatric Nursing.* [\[link\]](#)

Grossman, P., Zwahlen, D., Halter, J. P.,...Kiss, A. (2014). **A mindfulness-based program for improving quality of life among hematopoietic**

stem cell transplantation survivors: Feasibility and preliminary findings. *Supportive Care in Cancer.* [\[link\]](#)

Hawkes, T. D., Manselle, W., Woollacott, M. H. (2014). **Tai chi and meditation-plus-exercise benefit neural substrates of executive function: A cross-sectional, controlled study.** *Journal of Complementary and Integrative Medicine.* [\[link\]](#)

Kang, Y., Gray, J. R., Dovidio, J. F. (2014). **The head and the heart: Effects of understanding and experiencing lovingkindness on attitudes toward the self and others.** *Mindfulness.* [\[link\]](#)

Kemper, K. J., Powell, D., Helms, C. C., Kim-Shapiro, D. B. (2014). **Loving-kindness meditation's effects on nitric oxide and perceived well-being: A pilot study in experienced and inexperienced meditators.** *EXPLORE: The Journal of Science and Healing.* [\[link\]](#)

Lam, C. C., Lau, N. S., Lo, H. H., Woo, D. M. (2014). **Developing mindfulness programs for adolescents: Lessons learnt from an attempt in Hong Kong.** *Social Work in Mental Health.* [\[link\]](#)

McCubbin, T., Dimidjian, S., Kempe, K.,...Beck, A. (2014). **MBSR in an integrated care delivery system: One-Year impacts on patient-centered outcomes and health care utilization.** *The Permanente Journal.* [\[link\]](#)

Parks, S., Birtel, M. D., Crisp, R. J. (2014). **Evidence that a brief meditation exercise can reduce prejudice toward homeless people.** *Social Psychology.* [\[link\]](#)

Pots, W. T., Meulenbeek, P. A., Veehof, M. M.,...Bohlmeijer, E. T. (2014). **The efficacy of MBCT as a public mental health intervention for adults with mild to moderate depressive symptomatology: A randomized controlled trial.** *PLoS ONE.* [\[link\]](#)

Rowe, H. J., Calcagni, S. C., Galgut, S.,...Fisher, J. R. (2014). **Self-management of mild to moderate anxiety in women who have recently given birth: Development and acceptability of a theoretically sound complex intervention.**

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International Journal of Mental Health Promotion. [\[link\]](#)

Stafford, L., Thomas, N., Foley, E.,...Kiriopoulou, L. (2014). **Comparison of the acceptability and benefits of two mindfulness-based interventions in women with breast or gynecologic cancer: A pilot study.** *Supportive Care in Cancer.* [\[link\]](#)

Tan, L. B., Lo, B. C., Macrae, C. N. (2014). **Brief mindfulness meditation improves mental state attribution and empathizing.** *PLoS ONE.* [\[link\]](#)

Tang, Y. Y., Tang, R., Jiang, C., Posner, M. I. (2014). **Short-term meditation intervention improves self-regulation and academic performance.** *Journal of Child and Adolescent Behavior.* [\[link\]](#)

Van der Gucht, K., Takano, K., Van Broeck, N., Raes, F. (2014). **A mindfulness-based intervention for economically disadvantaged people: Effects on symptoms of stress, anxiety, and depression and on cognitive reactivity and overgeneralization.** *Mindfulness.* [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Baltzell, A., Caraballo, N., Chipman, K., Hayden, L. A. (2014). **A qualitative study of the mindfulness meditation training for sport: Division I female soccer players experience.** *Journal of Clinical Sport Psychology.* [\[link\]](#)

Cardeña, E., Sjöstedt, J. O., Marcusson-Clavertz, D. (2014). **Sustained attention and motivation in Zen meditators and non-meditators.** *Mindfulness.* [\[link\]](#)

Díaz, N. S. R., Jiménez, J., Lopes, P. N. (2014). **The role of mindfulness in coping with recollections of acute stressors: A laboratory study.** *Psicothema.* [\[link\]](#)

Eisenbeiss, S. A., Knippenberg, D. (2014). **On ethical leadership impact: The role of follower**

mindfulness and moral emotions. *Journal of Organizational Behavior.* [\[link\]](#)

Faber, P. L., Lehmann, D., Gianotti, L. R.,...Kochi, K. (2014). **Zazen meditation and no-task resting EEG compared with LORETA intracortical source localization.** *Cognitive Processing.* [\[link\]](#)

Fiocco, A. J., Mallya, S. (2014). **The importance of cultivating mindfulness for cognitive and emotional well-being in late life.** *Journal of Evidence-based Complementary & Alternative Medicine.* [\[link\]](#)

Garland, E. L., Beck, A. C., Lipschitz, D. L., Nakamura, Y. (2014). **Dispositional mindfulness predicts attenuated waking salivary cortisol levels in cancer survivors: A latent growth curve analysis.** *Journal of Cancer Survivorship.* [\[link\]](#)

Hoge, E. A., Bui, E., Goetter, E.,...Simon, N. M. (2014). **Change in decentering mediates improvement in anxiety in MBSR for generalized anxiety disorder.** *Cognitive Therapy and Research.* [\[link\]](#)

Loucks, E. B., Britton, W. B., Howe, C. J.,...Buka, S. L. (2014). **Positive associations of dispositional mindfulness with cardiovascular health: The New England family study.** *International Journal of Behavioral Medicine.* [\[link\]](#)

Marzetti, L., Di Lanzo, C., Zappasodi, F.,...Pizzella, V. (2014). **Magnetoencephalographic alpha band connectivity reveals differential default mode network interactions during focused attention and open monitoring meditation.** *Frontiers in Human Neuroscience.* [\[link\]](#)

Pidgeon, A. M., Appleby, L. (2014). **Investigating the role of dispositional mindfulness as a protective factor for body image dissatisfaction among women.** *Current Research in Psychology.* [\[link\]](#)

Santarneccchi, E., D'Arista, S., Egiziano, E.,...Rossi, A. (2014). **Interaction between neuroanatomical and psychological changes after mindfulness-based training.** *PLoS ONE.* [\[link\]](#)

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Schoorl, M., Van Mil-Klinkenberg, L., Van Der Does, W. (2014). **Mindfulness skills, anxiety sensitivity, and cognitive reactivity in patients with posttraumatic stress disorder.** *Mindfulness.* [\[link\]](#)

Seli, P., Carriere, J. S., Smilek, D. (2014). **Not all mind wandering is created equal: Dissociating deliberate from spontaneous mind wandering.** *Psychological Research.* [\[link\]](#)

Sheldon, K. M., Prentice, M., Halusic, M. (2014). **The experiential incompatibility of mindfulness and flow absorption.** *Social Psychological and Personality Science.* [\[link\]](#)

METHODS

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

Kemper, K. J., Yun, J. (2014). **Group online mindfulness training proof of concept.** *Journal of Evidence-based Complementary & Alternative Medicine.* [\[link\]](#)

Sauer, S., Lemke, J., Zinn, W.,...Kohls, N. (2014). **Mindful in a random forest: Assessing the validity of mindfulness items using random forests methods.** *Personality and Individual Differences.* [\[link\]](#)

Snippe, E., Bos, E. H., van der Ploeg, K. M.,...Schroevens, M. J. (2014). **Time-series analysis of daily changes in mindfulness, repetitive thinking, and depressive symptoms during mindfulness-based treatment.** *Mindfulness.* [\[link\]](#)

Stanley, S., Barker, M., Edwards, V., McEwen, E. (2014). **Swimming against the stream?: Mindfulness as a psychosocial research methodology.** *Qualitative Research in Psychology.* [\[link\]](#)

Tran, U. S., Cebolla, A., Glück, T. M.,...von Moy, T. (2014). **The serenity of the meditating mind: A cross-cultural psychometric study on a two-factor higher order structure of mindfulness, its effects, and mechanisms related to mental health among experienced meditators.** *PLoS ONE.* [\[link\]](#)

REVIEWS

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

Baltzell, A., Mccarthy, J., Greenbaum, T. (2014). **Mindfulness strategies: Consulting with coaches and athletes: Background and presentation of the 2013 AASP annual convention workshop.** *Journal of Sport Psychology in Action.* [\[link\]](#)

Fernando, A., Consedine, N., Hill, A. G. (2014). **Mindfulness for surgeons.** *ANZ Journal of Surgery.* [\[link\]](#)

Gardner, F. L., Moore, Z. E., Marks, D. R. (2014). **Rectifying misconceptions: A comprehensive response to "some concerns about the psychological implications of mindfulness: A critical analysis".** *Journal of Rational-Emotive & Cognitive-Behavior Therapy.* [\[link\]](#)

Green, S. M., Key, B., McCabe, R. E. (2014). **Cognitive-behavioral, behavioral, and mindfulness-based therapies for menopausal depression: A review.** *Maturitas.* [\[link\]](#)

Jain, F. A., Walsh, R. N., Eisendrath, S. J.,...Cahn, B. R. (2014). **Critical analysis of the efficacy of meditation therapies for acute and subacute phase treatment of depressive disorders: A systematic review.** *Psychosomatics.* [\[link\]](#)

Posner, M., Tang, Y., Lynch, G. (2014). **Mechanisms of white matter change induced by meditation training.** *Frontiers in Psychology.* [\[link\]](#)

TRIALS

Research studies newly funded by the National Institutes of Health (OCT 2014)

Edward Hines Jr VA Hospital (C. , Kostovich, PI). **Efficacy of an internet mantram program on RN-delivered patient centered care.** Veterans Affairs project #11K3HX001426-01A1. [\[link\]](#)

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HIGHLIGHTS

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

Since stress often contributes to medical illness, it is possible that mindfulness-based interventions (MBIs) that contain a stress reduction component might reduce the need for subsequent medical services. Few studies actually measure post-MBI medical utilization however, probably due to the difficulty in gathering data from an often fragmented healthcare delivery system. Integrated healthcare systems offer better opportunities for such research. At Kaiser Permanente Colorado, **McCubbin et al. [The Permanente Journal]** studied the impact of Mindfulness Based Stress Reduction (MBSR) on self-reported physical and mental health, work productivity, and objectively measured healthcare utilization using an uncontrolled pre-post design.

The 38 participants were mostly female (79%) and Hispanic (68%) with an average age of 53 years. Participants being treated for chronic pain, chronic illness, or stress-related disorders were referred to the study by their primary care physicians. Participants were evaluated at baseline, on the final day of the 8-week program, and one year following their last class. Health care utilization by the study participants was assessed using Kaiser Permanente Colorado electronic administrative and claims data for a six-month period prior to starting the program, and for a 6-month period following the 1-year anniversary of completing the program.

Participants showed significant reductions from baseline in their self-rated pain, depression, anxiety, and somatization at the end of the 8-week program. All of these improvements were maintained at one-year follow-up, with some symptoms (pain, depression, anxiety) showing continued significant improvement beyond the initial gains. Compared to the six-month period prior to the program, in the six-month period following the one year anniversary of program completion, participants made significantly fewer primary care visits (1.8 vs. 0.9), specialty care visits (7.8 vs. 4.8), ER visits (0.2 vs. 0.1), and had fewer hospitalizations (0.1 vs. 0.02).

Although the implications of these findings are limited by the small sample size and lack of a control group, this study provides preliminary support for the ability of MBIs to reduce healthcare utilization in

an ethnically diverse sample, thereby increasing their potential value to managed care.

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The American Heart Association has identified several factors that protect against cardiovascular disease (CVD). Some of these CVD factors (smoking, diet, exercise) are behaviorally modifiable, but change requires a heightened degree of self-monitoring and self-control. In an effort to discover whether mindfulness may support better cardiovascular health by its potential to enhance self-monitoring and self-control, **Loucks et al. [International Journal of Behavioral Medicine]** investigated whether CVD protective factors, as measured by blood tests (glucose and cholesterol), blood pressure cuff, and self-report measures, were associated with levels of dispositional mindfulness (as measured by the Mindful Attention Awareness Scale, MAAS).



Data were collected from 382 participants (66% Caucasian, 57% female, average age = 47 years) in the New England Family Study, a large longitudinal study of the causes of neuropsychiatric and cardiovascular disease. The researchers examined the associations between mindfulness and "good" and "bad" cardiovascular health ("good" defined as 4 or more protective factors against cardiovascular disease; "bad" as fewer than 4). Highly mindful participants were almost twice as likely (prevalence ratio=1.86) to have "good" cardiovascular health profiles as compared to less mindful participants. Highly mindful participants were significantly more likely to be nonsmokers, have untreated fasting blood glucose below 100 mg/dL, have BMIs under the cutoff for "normal," be physically active, have stronger feelings of personal mastery, and have fewer depressive symptoms. The relationship between mindfulness and cardiovascular health was mediated, to a large degree, through its association with fewer depressive symptoms and a higher sense of mastery.

Although the implications of these findings are limited by data collected from one point in time, this study suggests that people with high levels of mindfulness in daily life display certain behavioral and psychological characteristics that are protective against cardiovascular disease.

ANNOUNCEMENTS

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Events & Conferences

Compassion Week 2014 - San Francisco

Hosted by Stanford University's Center for Compassion & Altruism Research and Education, the Tenzin Gyatso Institute, and The Charter for Compassion, with lead sponsorship from Dignity Health. Compassion Week events integrate the science and practice of compassion, including conferences on the Science of Compassion; Compassion & Healthcare; and Empathy & Compassion in Society. The week concludes with the Charter for Compassion Day and Living Compassionately Retreat. November 10-16, 2014.

INFO: Visit:

<http://compassionweeksanfrancisco2014.org/>

Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org

www.mcc2015.org

American Mindfulness Research Association (AMRA) at www.goAMRA.org

Mindfulness Research Meeting in Seattle

April 17-18, 2015 Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being. Join researchers and practitioners promoting children's well-being through mindfulness.

Advance the science of mindfulness in work with children, parents, educators, practitioners. Keynotes: Adele Diamond, Robert Roeser. Symposia: Cultivating mindfulness in youth, parenting, communities experiencing trauma. Poster session.

INFO: <http://bit.ly/CCFW-2015-Conference>

Research call - 2015 CMRP conference

Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 "A chance to refresh yourself, learn from others and share experiences."

INFO: For details on submission process, conference programme and registration:

<http://www.bangor.ac.uk/mindfulness/Conference2015.php>

Research & Education

Online MBCT Training for Therapists

Support your clients with depression and other clinical problems using the principles of Mindfulness-Based Cognitive Therapy. Developed by Dr.

Zindel Segal and Dr. Sona Dimidjian, Mindful Mood Balance and 3 Minute Breathing Space will help you incorporate MBCT into your practice and daily life.

INFO: Both courses are available at

<http://www.mindfulnoggin.com>

Books & Media

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

INFO: Available on Amazon at

<http://amzn.com/9492004003>

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: Go to:

<http://www.contemplativeeducation.ca>