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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

Bablas, V., Yap, K., Cunningham, D.,...Greenwood, K. M. (2015). **Mindfulness-Based stress reduction for restless legs syndrome: A proof of concept trial.** *Mindfulness.* [\[link\]](#)

Bell, T. P. (2015). **Meditative practice cultivates mindfulness and reduces anxiety, depression, blood pressure, and heart rate in a diverse sample.** *Journal of Cognitive Psychotherapy.* [\[link\]](#)

Brake, C. A., Sauer-Zavala, S., Boswell, J. F.,...Barlow, D. H. (2015). **Mindfulness-Based exposure strategies as a transdiagnostic mechanism of change: An exploratory alternating treatment design.** *Behavior Therapy.* [\[link\]](#)

Ching, H. H., Koo, M., Tsai, T. H., & Chen, C. Y. (2015). **Effects of a mindfulness meditation course on learning and cognitive performance among university students in Taiwan.** *Evidence-Based Complementary and Alternative Medicine.* [\[link\]](#)

Coholic, D. A., Eys, M. (2015). **Benefits of an arts-based mindfulness group intervention for vulnerable children.** *Child and Adolescent Social Work Journal.* [\[link\]](#)

Harris, A. R., Jennings, P. A., Katz, D. A.,...Greenberg, M. T. (2015). **Promoting stress management and wellbeing in educators: Feasibility and efficacy of a school-based yoga and mindfulness intervention.** *Mindfulness.* [\[link\]](#)

Helmes, E., Ward, B. G. (2015). **Mindfulness-based cognitive therapy for anxiety**

**symptoms in older adults in residential care.** *Aging & Mental Health.* [\[link\]](#)

Hepark, S., Janssen, L., de Vries, A.,...Speckens, A. E. (2015). **The efficacy of adapted MBCT on core symptoms and executive functioning in adults with ADHD A preliminary randomized controlled trial.** *Journal of Attention Disorders.* [\[link\]](#)

Ivanovic, M., Swift, J. K., Callahan, J. L., Dunn, R. (2015). **A multisite pre/post study of mindfulness training for therapists: The impact on session presence and effectiveness.** *Journal of Cognitive Psychotherapy.* [\[link\]](#)

Johns, S. A., Von Ah, D., Brown, L. F.,...Giesler, R. B. (2015). **Randomized controlled pilot trial of mindfulness-based stress reduction for breast and colorectal cancer survivors: Effects on cancer-related cognitive impairment.** *Journal of Cancer Survivorship.* [\[link\]](#)

Kearney, D. J., Simpson, T. L., Malte, C. A.,...Hunt, S. C. (2015). **Mindfulness-Based stress reduction in addition to usual care is associated with improvements in pain, fatigue and cognitive failures among veterans with gulf war illness.** *The American Journal of Medicine.* [\[link\]](#)

Marconi, A., Gragnano, G., Lunetta, C.,...Pagnini, F. (2015). **The experience of meditation for people with amyotrophic lateral sclerosis and their caregivers - a qualitative analysis.** *Psychology, Health & Medicine.* [\[link\]](#)

Mason, A. E., Epel, E. S., Kristeller, J.,...Hecht, F. M. (2015). **Effects of a mindfulness-based intervention on mindful eating, sweets consumption, and fasting glucose levels in obese adults: Data from the SHINE randomized controlled trial.** *Journal of Behavioral Medicine.* [\[link\]](#)

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Nassif, T., Chapman, J., Sandbrink, F.,...Blackman, M. (2015). **Mindfulness meditation and chronic pain management in Iraq and Afghanistan veterans with traumatic brain injury: A pilot study.** *Military Behavioral Health.* [\[link\]](#)

Neilson, K., Ftanou, M., Monshat, K.,...Mancuso, S. G. (2015). **A controlled study of a group mindfulness intervention for individuals living with inflammatory bowel disease.** *Inflammatory Bowel Diseases.* [\[link\]](#)

Penprase, B., Johnson, A., Pittiglio, L., Pittiglio, B. (2015). **Does mindfulness-based stress reduction training improve nurse satisfaction?** *Nursing Management.* [\[link\]](#)

Possemato, K., Bergen-Cico, D., Treatman, S.,...Pigeon, W. (2015). **A randomized clinical trial of primary care brief mindfulness training for veterans with PTSD.** *Journal of Clinical Psychology.* [\[link\]](#)

Quach, D., Mano, K. E. J., Alexander, K. (2015). **A randomized controlled trial examining the effect of mindfulness meditation on working memory capacity in adolescents.** *Journal of Adolescent Health.* [\[link\]](#)

Schmidt, S., Gmeiner, S., Schultz, C.,...Hinterberger, T. (2015). **Mindfulness-based stress reduction (MBSR) as treatment for chronic back pain-an observational study with assessment of thalamocortical dysrhythmia.** *Research in Complementary Medicine.* [\[link\]](#)

Shearer, A., Hunt, M., Chowdhury, M., Nicol, L. (2015). **Effects of a brief mindfulness meditation intervention on student stress and heart rate variability.** *International Journal of Stress Management.* [\[link\]](#)

Smith-Carrier, T. A., Koffler, T., Mishna, F.,...Axford, N. (2015). **Putting your mind at ease: Findings from a mindfulness training**

**program in Toronto area schools.** *Journal of Children's Services.* [\[link\]](#)

Van Gordon, W., Shonin, E., Griffiths, M. D. (2015). **Meditation awareness training for individuals with fibromyalgia syndrome: An interpretative phenomenological analysis of participants' experiences.** *Mindfulness.* [\[link\]](#)

Wimberley, T. E., Mintz, L. B., Suh, H. (2015). **Perfectionism and mindfulness: Effectiveness of a bibliotherapy intervention.** *Mindfulness.* [\[link\]](#)

Wong, M. Y., Ree, M. J., Lee, C. W. (2015). **Enhancing CBT for chronic insomnia: A randomised clinical trial of additive components of mindfulness or cognitive therapy.** *Clinical Psychology & Psychotherapy.* [\[link\]](#)

Wyner, D. R. (2015). **Pilot study of a university counseling center stress management program employing mindfulness and compassion-based relaxation training with biofeedback.** *Biofeedback.* [\[link\]](#)

Zeidan, F., Emerson, N. M., Farris, S. R.,...Coghill, R. C. (2015). **Mindfulness meditation-based pain relief employs different neural mechanisms than placebo and sham mindfulness meditation-induced analgesia.** *The Journal of Neuroscience.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlates and mechanisms of mindfulness

Bravo, A. J., Boothe, L. G., Pearson, M. R. (2015). **Getting personal with mindfulness: A latent profile analysis of mindfulness and psychological outcomes.** *Mindfulness.* [\[link\]](#)

Corthorn, C., Milicic, N. (2015). **Mindfulness and parenting: A correlational study of non-**

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#### meditating mothers of preschool children.

*Journal of Child and Family Studies.* [link]

Escudero-Pérez, S., León-Palacios, M. G., Úbeda-Gómez, J.,...Perona-Garcelán, S. (2015).

**Dissociation and mindfulness in patients with auditory verbal hallucinations.** *Journal of Trauma & Dissociation.* [link]

Gonzalez, A., Locicero, B., Mahaffey, B.,...Vujanovic, A. A. (2015). **Internalized HIV stigma and mindfulness associations with PTSD symptom severity in trauma-exposed adults with HIV/AIDS.** *Behavior Modification.* [link]

Isbel, B., Mahar, D. (2015). **Cognitive mechanisms of mindfulness: A test of current models.** *Consciousness and Cognition.* [link]

Prakash, R. S., Whitmoyer, P., Aldao, A., Schirda, B. (2015). **Mindfulness and emotion regulation in older and young adults.** *Aging & Mental Health.* [link]

Proudfoot, J., Fogarty, A. S., McTigue, I.,...Wilhelm, K. (2015). **Positive strategies men regularly use to prevent and manage depression: A national survey of Australian men.** *BMC Public Health.* [link]

Stolarski, M., Vowinckel, J., Jankowski, K. S., Zajenkowski, M. (2015). **Mind the balance, be contented: Balanced time perspective mediates the relationship between mindfulness and life satisfaction.** *Personality and Individual Differences.* [link]

Taylor, N. Z., Millea, P. M. R. (2016). **The contribution of mindfulness to predicting burnout in the workplace.** *Personality and Individual Differences.* [link]

van de Veer, E., van Herpen, E., van Trijp, H. C. (2015). **Body and mind: Mindfulness helps consumers to compensate for prior food intake by enhancing the responsiveness to**

**physiological cues.** *Journal of Consumer Research.* [link]

## METHODS

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

Cladder-Micus, M. B., Vrijisen, J. N., Becker, E. S.,...Speckens, A. E. (2015). **A randomized controlled trial of mindfulness-based cognitive therapy (MBCT) versus treatment-as-usual (TAU) for chronic, treatment-resistant depression: Study protocol.** *BMC Psychiatry.* [link]

Focan, C., Houbiers, G., Gilles, L.,...Graas, M. P. (2015). **Dietetic and psychological mindfulness workshops for the management of cachectic cancer patients. A randomized study.** *Anticancer Research.* [link]

Osman, A., Lamis, D. A., Bagge, C. L.,...Barnes, S. M. (2015). **The mindful attention awareness scale: Further examination of dimensionality, reliability, and concurrent validity estimates.** *Journal of Personality Assessment.* [link]

Pflugeisen, B. M., Drummond, D., Ebersole, D.,...Chen, D. (2015). **Brief video-module administered mindfulness program for physicians: A pilot study.** *Explore.* [link]

Rau, H. K., Williams, P. G. (2015). **Dispositional mindfulness: A critical review of construct validation research.** *Personality and Individual Differences.* [link]

Taylor, N. Z., Millea, P. M. R. (2016). **Validity of the five facet mindfulness questionnaire in an Australian, meditating, demographically diverse sample.** *Personality and Individual Differences.* [link]

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Van Dam, N. T., Brown, A., Mole, T. B.,...Brewer, J. A. (2015). **Development and validation of the behavioral tendencies questionnaire.** *PLoS ONE.* [link]

Waloszek, J. M., Schwartz, O., Simmons, J. G.,...Dudgeon, P. (2015). **The SENSE study (sleep and education: Learning new skills early): A community cognitive-behavioural therapy and mindfulness-based sleep intervention to prevent depression and improve cardiac health in adolescence.** *BMC Psychology.* [link]

## REVIEWS

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

Demarzo, M. M., Montero-Marin, J., Cuijpers, P.,...García-Campayo, J. (2015). **The efficacy of mindfulness-based interventions in primary care: A meta-analytic review.** *The Annals of Family Medicine.* [link]

Ergas, O. (2015). **Educating the wandering mind pedagogical mechanisms of mindfulness for a curricular blind spot.** *Journal of Transformative Education.* [link]

Garland, E. L., Farb, N. A., Philippe, P., Fredrickson, B. L. (2015). **Mindfulness broadens awareness and builds eudaimonic meaning: A process model of mindful positive emotion regulation.** *Psychological Inquiry.* [link]

Good, D. J., Lyddy, C. J., Glomb, T. M.,...Lazar, S. W. (2015). **Contemplating mindfulness at work an integrative review.** *Journal of Management.* [link]

Karremans, J. C., Schellekens, M. P., Kappen, G. (2015). **Bridging the sciences of mindfulness and romantic relationships A**

**theoretical model and research agenda.** *Personality and Social Psychology Review.* [link]

Pyke, R. E., Clayton, A. H. (2015). **Psychological treatment trials for hypoactive sexual desire disorder: A sexual medicine critique and perspective.** *The Journal of Sexual Medicine.* [link]

Segal, Z. V., Walsh, K. M. (2015). **Mindfulness-based cognitive therapy for residual depressive symptoms and relapse prophylaxis.** *Current Opinion in Psychiatry.* [link]

Tang, Y. Y., Leve, L. D. (2015). **A translational neuroscience perspective on mindfulness meditation as a prevention strategy.** *Translational Behavioral Medicine.* [link]

Zhang, M. F., Wen, Y. S., Liu, W. Y.,...Liu, Q. W. (2015). **Effectiveness of mindfulness-based therapy for reducing anxiety and depression in patients with cancer: A meta-analysis.** *Medicine.* [link]

## TRIALS

Research studies newly funded by the National Institutes of Health (NOV 2015)

Mount Sinai School of Medicine (J. Weiss, PI). **Effects of mindfulness training on chronic inflammation in HIV-infected adults.** NIH/NCCIH project 1R21AT008540-01A1. [link]

Northwestern University (D. Victorson, PI). **Reducing the effects of active surveillance stress, uncertainty and rumination through engagement in mindfulness education.** NIH/NCI project 1R01CA193331-01A1. [link]



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## HIGHLIGHTS

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

**Pain** is a common and often complex medical complaint. Previous studies demonstrate the possible pain-reducing effects of mindfulness-based interventions, but little is known about how these interventions actually work. Is mindful awareness their “active ingredient,” or is it slowed breathing, or even just the expectancy of a benefit?

**Zeidan et al. [Journal of Neuroscience]** compared the changes in pain sensitivity resulting from a genuine mindfulness intervention with the changes resulting from a sham mindfulness intervention and two other control conditions. Participants rated their subjective pain in response to an unpleasant heat stimulus while undergoing functional Magnetic Resonance Imaging (fMRI). They also completed the Freiburg Mindfulness Inventory prior to initial training and at the end of their final fMRI session.

A racially diverse cohort of 75 healthy, meditation-naïve young adult men and women were randomly assigned to either mindfulness meditation, a sham mindfulness meditation, placebo conditioning, or listening to an audio book. Genuine mindfulness meditation training consisted of four 20-minute sessions involving a breath-focused sitting meditation along with didactic instruction in non-judgmental attention.

Sham meditation training involved four 20-minute sessions of alleged “mindfulness meditation” that consisted of merely sitting upright and taking a deep breath every few minutes without any didactic instruction. Placebo conditioning involved four 20-minute conditioning sessions in which an

alleged “analgesic cream” (in actuality, only petrolatum jelly) was applied to the skin and participants were exposed to a series of heat stimuli that were covertly and progressively lowered in temperature over the course of the sessions. Control participants listen to four 20-minute audio recordings from a book.



In a separate final assessment session after training completion, all the participants underwent fMRI scanning while exposed to an unpleasant heat stimulus. This was done both before and after using the techniques (e.g., real or sham meditation or placebo) they had trained on. Participants rated their pain intensity and unpleasantness in response to the heat stimulus on a 10-point scale.

Mindfulness meditation produced significantly greater decreases in pain intensity (-27%) than sham meditation (-8%) or placebo (-11%), as well as significantly greater decreases in pain unpleasantness (-44%) than sham meditation (-27%) or placebo (-13%). The control group, in contrast, experienced increased pain intensity (+14%) and unpleasantness (+18%). Mindfulness meditators increased their mindfulness scores by 16%, a significantly greater increase than either the controls (2%), sham meditators (.03%) or the placebo (3%).

Brain imaging results showed that mindfulness participants had significantly greater left dorsolateral prefrontal cortex, thalamus, and periaqueductal gray matter deactivation and significantly greater anterior cingulate cortex, bilateral anterior insula, and putamen activation than controls, sham meditators, and placebo users. These differences reflect a deactivation of low-level sensory and pain processing areas, and increased activation of areas related to the cognitive control of pain. Mindfulness meditation also significantly reduced global cerebral blood flow (-21%) compared to sham meditation (-

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness

[www.goAMRA.org](http://www.goAMRA.org)

DEC 2015

Vol. 6 - No. 12

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7%), placebo (-2%) or the control condition (-4%). Sham meditation pain reduction was significantly correlated with lowered respiration rate, whereas mindfulness pain relief was not, suggesting that sham meditation reduces pain via the relaxation response, whereas mindfulness meditation reduces pain via cognitive control.

This elegantly designed study demonstrates that mindfulness-based acute pain reduction is both greater than and distinct from placebo-based or relaxation-based acute pain reduction. Mindfulness meditation's unique, distinctive pattern of brain activation strengthens the case that mindfulness itself is an active ingredient over and above any relaxation or expectancy components.

**W**orking memory capacity is a measure of one's ability to temporarily hold information in mind while completing a cognitive task. There seems to be some conceptual overlap between the focused attention required for working memory and the moment-to-moment attention that is an integral part of mindfulness. Working memory plays crucial roles in learning, cognitive development, reasoning, comprehension, and academic performance, and any intervention that can improve working memory is of great interest to specialists in child development. In a randomized, controlled study, **Quach, et al. [Journal of Adolescent Health]** investigated whether an MBI can improve working memory in adolescents.

The 186 participants, primarily Hispanic and Asian junior high students (62% female; average age = 13) from predominantly low-income households, were randomly assigned to either mindfulness meditation, hatha yoga, or a wait-list control. The active intervention participants learned and practiced either mindfulness meditation or hatha yoga during eight 45-minute twice-a-week training sessions, while control participants attended their regular physical education classes. Mindfulness meditation training was based on a truncated, modified Mindfulness Based Stress Reduction (MBSR) curriculum that excluded hatha yoga. Hatha yoga training included an emphasis on

non-judgmental attention to body posture and movement. Both interventions encouraged 15-30 minutes of daily home practice.

Before and after the interventions, participants completed a computerized test of working memory requiring them to memorize series of visually presented letters while simultaneously solving arithmetic equations. Working memory capacity was measured by the total number of letters participants recalled in their correct order within each presentational set, yielding a working memory score that could range from 0 to 75. Participants also completed self-report measures of perceived stress and anxiety along with the Child Acceptance and Mindfulness Measure (CAMP), a self-report measure of nonjudgmental acceptance of internal experience.



Mindfulness meditation participants showed significant improvements in objectively assessed working memory scores (partial  $\eta^2 = .24$ ), whereas hatha yoga (partial  $\eta^2 = .11$ ) and control participants (partial  $\eta^2 = .01$ ) did not show significant improvements. Mindfulness participants increased their average working memory capacity by 29%, whereas yoga participants increased theirs by only 11% and control group scores declined by 5%. Although all groups improved over time on measures of perceived stress and anxiety, there were no differences in improvement between groups. The CAMP results were discarded due to low internal consistency.

This study shows that mindfulness meditation significantly improved an objective measure of working memory in a sample of low-income, predominantly minority adolescents. Follow-up studies have the opportunity to employ an alternative measure of mindfulness, explore whether the mindfulness-facilitated increase in working memory persists over time, and examine whether it impacts school performance.

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### Events & Conferences

#### Mindful Mental Health Professionals

If you are a Mental Health Professional (Masters' level or higher) with an ongoing mindfulness practice for at least 2 months, please take 15-20 minutes to fill out the following anonymous survey. After survey completion, sign up to receive a useful electronic booklet on mindfulness.

**INFO:** Complete the survey here:  
[https://mnsu.co1.qualtrics.com/SE/?SID=SV\\_3DeCdiP55wKEknj](https://mnsu.co1.qualtrics.com/SE/?SID=SV_3DeCdiP55wKEknj)

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### Research & Education

#### CEB Teacher Training in Spain

Cultivating Emotional Balance Teacher Training (CEBTT) next fall from October 17th November 20th, 2016 at Fundación Sakya in Pedreuer (Alicante), Spain, led by Dr. Alan Wallace and Eve Ekman, Ph.D.

**INFO:** More info or to apply, email [ceb.info@cultivatingemotionalbalance.org](mailto:ceb.info@cultivatingemotionalbalance.org)

### Books & Media

#### New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

**INFO:** <http://amzn.com/0393708071>

#### Buddhist Foundations of Mindfulness

Edited by Edo Shonin, William Van Gordon and Nirbhay Singh, the volume deepens contemporary understanding of mindfulness by exploring it in context of the traditional Buddhist teachings. The volume also examines how mindfulness can be more meaningfully incorporated into research and applied settings.

**INFO:**  
<http://www.springer.com/gb/book/9783319185903#otherversion=9783319185910>

### Employment & Volunteer

#### Post Doc Fellow Needed UofCalgary

We are looking for a postdoctoral fellow in the area of Integrative Oncology, under Dr. Linda E. Carlson, Professor at University of Calgary and holder of the Enbridge Research Chair in Psychosocial Oncology as study coordinator for the research study Preference-Based Multi-Site Randomized Comparative Effectiveness Trial (CET) of Mindfulness-Based Cancer Recovery (MBCR) vs. Tai Chi/Qigong (TCQ) in Cancer Survivors.

**INFO:** Contact Linda E. Carlson to apply or for more information:  
[lcarlso@ucalgary.ca](mailto:lcarlso@ucalgary.ca)