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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

Banth, S., Ardebil, M. D. (2015). **Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain.** *International Journal of Yoga.* [link]

Cludius, B., Hottenrott, B., Alsleben, H.,...Moritz, S. (2015). **Mindfulness for OCD? No evidence for a direct effect of a self-help treatment approach.** *Journal of Obsessive-Compulsive and Related Disorders.* [link]

Czajkowski, A. L., Greasley, A. E. (2015). **Mindfulness for singers: The effects of a targeted mindfulness course on learning vocal technique.** *British Journal of Music Education.* [link]

Fan, Y., Tang, Y. Y., Tang, R., Posner, M. (2015). **Time course of conflict processing modulated by brief meditation training.** *Frontiers in Psychology.* [link]

Jee, S. H., Couderc, J. P., Swanson, D.,...Heinert, S. (2015). **A pilot randomized trial teaching MBSR to traumatized youth in foster care.** *Complementary Therapies in Clinical Practice.* [link]

Peterson, C. (2015). **Walkabout: Looking in, looking out: A mindfulness-based art therapy program.** *Art Therapy.* [link]

Randal, C., Bucci, S., Morera, T.,...Pratt, D. (2015). **MBCT for psychosis: Measuring psychological change using repertory grids.** *Clinical Psychology & Psychotherapy.* [link]

Schussler, D. L., Jennings, P. A., Sharp, J. E., Frank, J. L. (2015). **Improving teacher awareness and well-being through CARE: A qualitative analysis of the underlying mechanisms.** *Mindfulness.* [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,...Nugent, K. (2015). **Effects of Samantha meditation on active academic engagement and math performance of students with attention deficit/hyperactivity disorder.** *Mindfulness.* [link]

Taren, A. A., Gianaros, P. J., Greco, C. M.,...Marsland, A. L. (2015). **Mindfulness meditation training alters stress-related amygdala resting state functional connectivity: A RCT.** *Social Cognitive and Affective Neuroscience.* [link]

van der Zwan, J. E., de Vente, W., Huizink, A. C.,...de Bruin, E. I. (2015). **Physical activity, mindfulness meditation, or heart rate variability biofeedback for stress reduction: A RCT.** *Applied Psychophysiology and Biofeedback.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Azam, M. A., Katz, J., Fashler, S.,...Ritvo, P. (2015). **Heart rate variability is enhanced in controls but not maladaptive perfectionists during brief mindfulness meditation following stress-induction: A stratified-randomized trial.** *International Journal of Psychophysiology.* [link]

Barbaro, N., Pickett, S. M. (2015). **Mindfully green: Examining the effect of connectedness to nature on the relationship between mindfulness and engagement in pro-environmental behavior.** *Personality and Individual Differences.* [link]

Basharpoor, S., Shafiei, M., Daneshvar, S. (2015). **The comparison of experimental avoidance, mindfulness and rumination in trauma-exposed individuals with and without PTSD in an Iranian sample.** *Archives of Psychiatric Nursing.* [link]

Bowen, S., Bergman, A. L., Witkiewitz, K. (2015). **Engagement in Buddhist meditation practices among non-Buddhists: Associations with**

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**religious identity and practice.** *Mindfulness.* [\[link\]](#)

Camilleri, G. M., Méjean, C., Bellisle, F.,...Péneau, S. (2015). **Association between mindfulness and weight status in a general population from the Nutrinet-santé study.** *PLoS ONE.* [\[link\]](#)

Dunkley, C. R., Goldsmith, K. M., Gorzalka, B. B. (2015). **The potential role of mindfulness in protecting against sexual insecurities.** *The Canadian Journal of Human Sexuality.* [\[link\]](#)

Fulton, C. L., Cashwell, C. S. (2015). **Mindfulness-based awareness and compassion: Predictors of counselor empathy and anxiety.** *Counselor Education and Supervision.* [\[link\]](#)

Kemper, K. J., Mo, X., Khayat, R. (2015). **Are mindfulness and self-compassion associated with sleep and resilience in health professionals?** *Journal of Alternative and Complementary Medicine.* [\[link\]](#)

Moskowitz, J. T., Duncan, L. G., Moran, P. J.,...Folkman, S. (2015). **Dispositional mindfulness in people with HIV: Associations with psychological and physical health.** *Personality and Individual Differences.* [\[link\]](#)

Murakami, H., Katsunuma, R., Oba, K.,...Moriguchi, Y. (2015). **Neural networks for mindfulness and emotion suppression.** *PLoS ONE.* [\[link\]](#)

Muris, P., Meesters, C., Pierik, A., de Kock, B. (2015). **Good for the self: Self-Compassion and other self-related constructs in relation to symptoms of anxiety and depression in non-clinical youths.** *Journal of Child and Family Studies.* [\[link\]](#)

OConnor, L. E., Rangan, R. K., Berry, J. W.,...Li, T. (2015). **Empathy, compassionate altruism and psychological well-being in contemplative practitioners across five traditions.** *Psychology.* [\[link\]](#)

Peters, J. R., Eisenlohr-Moul, T. A., Smart, L. M. (2015). **Dispositional mindfulness and rejection sensitivity: The critical role of nonjudgment.** *Personality and Individual Differences.* [\[link\]](#)

Rosenstreich, E., Margalit, M. (2015). **Loneliness, mindfulness, and academic achievements: A moderation effect among first-year college students.** *Open Psychol.* [\[link\]](#)

Slonim, J., Kienhuis, M., Di Benedetto, M., Reece, J. (2015). **The relationships among self-care, dispositional mindfulness, and psychological distress in medical students.** *Medical Education Online.* [\[link\]](#)

Takebe, M., Takahashi, F., Sato, H. (2015). **Mediating role of anger rumination in the associations between mindfulness, anger-in, and trait anger.** *Psychology.* [\[link\]](#)

Zedelius, C. M., Schooler, J. W. (2015). **Mind wandering" ahas" versus mindful reasoning: Alternative routes to creative solutions.** *Frontiers in Psychology.* [\[link\]](#)

## METHODS

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

Lebois, L. A., Papies, E. K., Gopinath, K.,...Barsalou, L. W. (2015). **A shift in perspective: Decentering through mindful attention to imagined stressful events.** *Neuropsychologia.* [\[link\]](#)

Martinez, M. E., Kearney, D. J., Simpson, T.,...Sayre, G. (2015). **Challenges to enrollment and participation in MBSR among veterans: A qualitative study.** *Journal of Alternative and Complementary Medicine.* [\[link\]](#)

Simon, R., Engström, M. (2015). **The default mode network as a biomarker for monitoring the therapeutic effects of meditation.** *Frontiers in Psychology.* [\[link\]](#)

Steinfeld, M., Brewer, J. (2015). **The psychological benefits from reconceptualizing music-making as mindfulness practice.** *Medical Problems of Performing Artists.* [\[link\]](#)

Viñas, F., Malo, S., González, M.,...Casas, F. (2015). **Assessing mindfulness on a sample of Catalan-speaking Spanish adolescents: Validation of the**

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**Catalan version of the child and adolescent mindfulness measure.** *The Spanish Journal of Psychology.* [\[link\]](#)

Wolters, M., Bruggeman-Everts, F. Z., Van der Lee, M. L.,...Vollenbroek-Hutten, M. M. (2015).

**Effectiveness, mediators, and effect predictors of internet interventions for chronic cancer-related fatigue: The design and an analysis plan of a 3-armed RCT.** *JMIR Research Protocols.* [\[link\]](#)

## REVIEWS

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

Baer, R. (2015). **Ethics, values, virtues, and character strengths in mindfulness-based interventions: A psychological science perspective.** *Mindfulness.* [\[link\]](#)

Decker, E., Philippot, P., Bourgey-Trouillet, M.,...Trouillet, R. (2015). **Interventions based on mindfulness for the elderly chronic pain: Review of the literature.** *Geriatric Et Psychologie Neuropsychiatrie Du Vieillessement.* [\[link\]](#)

Gallegos, A. M., Cross, W., Pigeon, W. R. (2015). **MBSR for veterans exposed to military sexual trauma: Rationale and implementation considerations.** *Military Medicine.* [\[link\]](#)

Gueldner, B. A., Feuerborn, L. L. (2015). **Integrating mindfulness-based practices into social and emotional learning: A case application.** *Mindfulness.* [\[link\]](#)

Hemanth, P., Fisher, P. (2015). **Mindfulness as a way of addressing the deficits in clinical psychology training programmes: A review.** *Journal of Tropical Psychology.* [\[link\]](#)

Hyland, T. (2015). **The limits of mindfulness: Emerging issues for education.** *British Journal of Educational Studies.* [\[link\]](#)

Marikar Bawa, F., Mercer, S., Atherton, R.,...Bond, C. (2015). **Does mindfulness improve**

**outcomes in chronic pain patients? Systematic review and meta-analysis.** *The British Journal of General Practice.* [\[link\]](#)

Newby, J. M., McKinnon, A., Kuyken, W.,...Dalgleish, T. (2015). **Systematic review and meta-analysis of transdiagnostic psychological treatments for anxiety and depressive disorders in adulthood.** *Clinical Psychology Review.* [\[link\]](#)

Rouleau, C. R. (2015). **The impact of mindfulness-based interventions on symptom burden, positive psychological outcomes, and biomarkers in cancer patients.** *Cancer Management and Research.* [\[link\]](#)

Rösner, S., Willutzki, R., Zgierska, A. (2015). **Mindfulness-based interventions for substance use disorders.** *The Cochrane Library.* [\[link\]](#)

Stella, M. (2015). **Befriending death: A mindfulness-based approach to cultivating self-awareness in counselling students.** *Death Studies.* [\[link\]](#)

Taylor, J. A., Sims, J., Hill, H. (2015). **Reflective practice and its relationship to mindfulness, situation/movement awareness and person-centeredness during mobility care in nursing homes: A discussion paper.** *Reflective Practice.* [\[link\]](#)

van der Velden, A. M., Roepstorff, A. (2015). **Neural mechanisms of mindfulness meditation: Bridging clinical and neuroscience investigations.** *Nature Reviews Neuroscience.* [\[link\]](#)

## TRIALS

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

Kent State University (D. Fresco, PI). **Mindfulness based stress reduction for high blood pressure: A two-site RCT.** NIH/NHLBI project #5R01HL119977-02. [\[link\]](#)

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness

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## HIGHLIGHTS

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

Does mindfulness reduce stress by altering brain function? The amygdala—a small, almond-shaped structure located in the brain's limbic system—is known to play a key role in the stress response. Previous research has shown that increased connectivity (the degree to which brain structures inter-coordinate) between the amygdala and other limbic and cortical structures is associated with greater stress levels. In two separate studies, **Taren et al. [Social Cognitive and Affective Neuroscience]** investigated how the amygdala's connectivity with nearby brain structures correlates with stress, and whether that connectivity changes in response to a mindfulness-based intervention (MBI). In doing so, the researchers aimed to identify one of the main brain pathways underlying the effect of mindfulness practice on stress levels.

In an initial study, 130 healthy men and women self-reported perceived stress levels and underwent functional magnetic resonance imaging (fMRI) to assess the resting functional connectivity between the amygdala and nearby brain structures. In a second randomized, controlled, single-blind study, 35 unemployed adults with moderate-to-high levels of perceived stress were assigned to either a three-day intensive residential mindfulness retreat modeled after MBSR which included the body scan, sitting and walking meditation, and mindful eating and yoga, or a three day intensive relaxation retreat which included walking, stretching, and didactics. Amygdala connectivity was assessed by fMRI before and after each intervention. Four months later, hair samples were taken and assayed for stress hormone (cortisone and cortisol) levels over the post-intervention period.

This study demonstrated that participants with higher levels of perceived stress had significantly greater degrees of connectivity between the right side of the amygdala and the subgenual anterior cingulate cortex (ACC) — a brain structure implicated in mood and affect disorders. The randomized, controlled study showed that MBI participants, in comparison to controls, significantly decreased their amygdala-ACC connectivity. The greater the decrease in connectivity, the less cortisone and cortisol was found in hair samples

four months later, strengthening the case for amygdala connectivity as a useful stress biomarker that can be modified through MBIs.

This study adds a crucial piece to our knowledge of the observable brain changes underlying the reported benefits of mindfulness practices.



More than two-thirds of the U.S. population is overweight or obese. While much of the accountability for obesity can be placed on dietary patterns and food access, **Camilleri et al. [PLOS ONE]** investigated whether there might also be a link between dispositional mindfulness and weight. People who generally tend to be mindful might also be more attentive to and aware of hunger and satiety cues that help determine what and how much food they consume.

The researchers drew data from 63,628 French men and women participating in a 10-year, web-based, NutriNet-Santé study on eating, weight, and health who also completed the Five Facet Mindfulness Questionnaire (FFMQ). Participants submitted annual data on their height and weight. Body Mass Index (BMI) scores of 25-30 kg/m<sup>2</sup> were considered overweight, and BMIs over 30 kg/m<sup>2</sup> were considered obese. Participants also completed questionnaires on a variety of other demographic and health variables.

Higher mindfulness was associated with being older, more active, better educated, more likely to be an ex-smoker, and more likely to make use of various relaxation techniques. Women who were more mindful were significantly less likely to be overweight or obese, and had significantly lower BMIs (mean BMI for lowest FFMQ quartile = 24.1 kg/m<sup>2</sup>; mean BMI for highest FFMQ quartile = 23.5 kg/m<sup>2</sup>). Mindful men were not less likely to be overweight, but were significantly less likely to be obese. In women, the FFMQ Observing, Describing, Acting with Awareness, and Non-Reactivity subscales were all inversely correlated with overweight and obesity. In men, only the FFMQ Observing and Non-Reactivity subscales correlated inversely with overweight or obesity.

This large study identifies a small yet significant inverse relationship between dispositional mindfulness and obesity in both men and women. Although other behavioral and environmental factors feed most of the obesity epidemic, mindfulness in daily life has a small, yet possibly important, effect when considering its influence on the population at large.



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## Events & Conferences

### Mindfulness in Society Conference 2015

The CMRP has an established reputation for hosting world class conferences and this year will not disappoint! With keynote presentations from Tony Bates, Christina Feldman and Saki Santorelli; day long events with John Teasdale, Nancy Bardacke and Breathworks and conference workshops with experts in the field discussing topics from supervision, policy, workplace and compassion to life threatening illness and many, many more. This is set to be rich and wonderfully fruitful event bringing together research and practice from across the globe.

**INFO:** For further information and to register, please visit <http://www.bangor.ac.uk/mindfulness/conference.php.en>

## Research & Education

### Funding for Mindfulness Teachers and Researchers

The American Mindfulness Research Association (AMRA) is now accepting applications for its Professional Development Award program. This competitive award provides \$500 stipends to promising researchers and teachers for their commitment to the field. Application deadline is July 20, 2015.

**INFO:** For details and to apply, visit <https://goamra.org/about/grants/>

## *Joogal Kids Meditation in Motion*

New research shows that practices of movement and mindfulness decrease stress, anxiety and depression in children, while improving emotional regulation, focus and social skill Joogal Kids focuses on this. It is a fun method that improves concentration, emotional balance and a better kind of life. It is a way to strengthen their body, mind and soul while learning universal values through play and meditation. Devora Benchimol created this method after working 30 years with kids in body expression and 12 in meditation and mindfulness with them. Joogal Kids has their own system to train teachers.

**INFO:** <http://www.joogalkids.org>  
[devora@joogalkids.org](mailto:devora@joogalkids.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:** Go to <http://amzn.com/0393708071>

## Mindful Medical Practice: Clinical Narratives

Patricia Dobkin's new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.

**INFO:** Go to <http://www.springer.com/us/book/9783319157764>

## Buddha in Dairyland

The new book, Buddha in Dairyland: A Psychologist, a Monk, and the Roots of a Silent Revolution, is available at Amazon. A true account of how the migration of Tibetan Buddhism to America, and White House negotiations, sowed the seeds for the mindfulness revolution.

**INFO:** Purchase at <http://www.amazon.com/dp/B00VUEE5GU>

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