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Editor-in-Chief

David S. Black, PhD, MPH

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INTERVENTIONS

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

Advocat, J., Enticott, J., Vandenberg, B.,...Russell, G. (2016). **The effects of a mindfulness-based lifestyle program for adults with Parkinson's disease: A mixed methods, wait list controlled RCT.** *BMC Neurology*. [\[link\]](#)

de Carvalho, J. S., Pinto, A. M., Marôco, J. (2016). **Results of a mindfulness-based social-emotional learning program on Portuguese elementary students and teachers: A quasi-experimental study.** *Mindfulness*. [\[link\]](#)

Crisp, C. D., Hastings-Tolsma, M., Jonscher, K. R. (2016). **MBSR for military women with chronic pelvic pain: A feasibility study.** *Military Medicine*. [\[link\]](#)

Edwards, E. R., Cohen, M. G., Wupperman, P. (2016). **Substance-treatment professionals' perceived barriers to incorporating mindfulness into treatment.** *Substance Use & Misuse*. [\[link\]](#)

Falsafi, N. (2016). **A RCT of mindfulness versus yoga effects on depression and/or anxiety in college students.** *Journal of the American Psychiatric Nurses Association*. [\[link\]](#)

Franco, C., Amutio, A., López-González, L.,...Martínez-Taboada, C. (2016). **Effect of a mindfulness training program on the impulsivity and aggression levels of adolescents with behavioral problems in the classroom.** *Frontiers in Psychology*. [\[link\]](#)

Gren, L. H., Jaggi, R., Landward, R.,...Frost, C. J. (2016). **A community health coach--delivered mental wellness intervention using mind--body bridging to reduce health disparities in diverse communities.** *Pedagogy in Health Promotion*. [\[link\]](#)

Heifetz, M., Dyson, A. (2016). **Mindfulness-based group for teens with developmental disabilities and their parents: A pilot study.** *Mindfulness*. [\[link\]](#)

Ivtzan, I., Niemiec, R. M., Briscoe, C. (2016). **A study investigating the effects of mindfulness-based strengths practice (MBSP) on wellbeing.** *International Journal of Wellbeing*. [\[link\]](#)

King, A., Block, S. R., Sripada, R. K.,...Liberzon, I. (2016). **A pilot study of mindfulness-based exposure therapy in OEF/OIF combat veterans with PTSD: Altered medial frontal cortex and amygdala responses in social-emotional processing.** *Frontiers in Psychiatry*. [\[link\]](#)

Koncz, R., Wolfenden, F., Hassed, C.,...Glozier, N. (2016). **Mindfulness-based stress release program for university employees: A pilot, waitlist-controlled trial and implementation replication.** *Journal of Occupational and Environmental Medicine*. [\[link\]](#)

Lee, J. J., Himmelheber, S. A. (2016). **Field education in the present moment: Evaluating a 14-week pedagogical model to increase mindfulness practice.** *Journal of Social Work Education*. [\[link\]](#)

Lin, J. W., Mai, L. J. (2016). **Impact of mindfulness meditation intervention on academic performance.** *Innovations in Education and Teaching International*. [\[link\]](#)

Lucas, A. R., Focht, B. C., Cohn, D. E.,...Klatt, M. D. (2016). **A mindfulness-based lifestyle intervention for obese, inactive endometrial cancer survivors: A feasibility study.** *Integrative Cancer Therapies*. [\[link\]](#)

McCay, E., Frankford, R., Beanlands, H.,...Aiello, A. (2016). **Evaluation of MBCT to reduce psychological distress and to promote well-being.** *SAGE Open*. [\[link\]](#)

Milicevic, A., Milton, I., O'Loughlin, C. (2016). **Experiential reflective learning as a foundation for emotional resilience: An evaluation of contemplative emotional training in mental**

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health workers. *International Journal of Educational Research.* [[link](#)]

Roche, L. T., Barrachina, M. T., Fernández, I. I. (2016). **Effect of exercise without movement yoga method on mindfulness, anxiety and depression.** *Complementary Therapies in Clinical Practice.* [[link](#)]

Sguazzin, C. M., Key, B. L., Rowa, K.,...McCabe, R. E. (2016). **MBCT for residual symptoms in obsessive-compulsive disorder: A qualitative analysis.** *Mindfulness.* [[link](#)]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,...Winton, A. S. (2016). **Effectiveness of caregiver training in mindfulness-based positive behavior supports (MBPBS) vs. training-as-usual (TAU): A RCT.** *Frontiers in Psychology.* [[link](#)]

Sitzman, K. L., Jensen, A., Chan, S. (2016). **Creating a global community of learners in nursing and beyond: Caring science, mindful practice MOOC.** *Nursing Education Perspectives.* [[link](#)]

Stonnington, C. M., Darby, B., Santucci, A.,...Sood, A. (2016). **A resilience intervention involving mindfulness training for transplant patients and their caregivers.** *Clinical Transplantation.* [[link](#)]

Yazdanimehr, R., Omid, A., Akbari, H., Sadat, Z. (2016). **Mindfulness training and quality of life among pregnant females: A RCT.** *Nursing and Midwifery Studies.* [[link](#)]

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Articles examining the correlates and mechanisms of mindfulness

Bowen, S., De Boer, D., Bergman, A. L. (2016). **The role of mindfulness as approach-based coping in the ptsd-substance abuse cycle.** *Addictive Behaviors.* [[link](#)]

Christie, A. M., Atkins, P. W., Donald, J. N. (2016). **The meaning and doing of mindfulness: The role of values in the link between mindfulness and well-being.** *Mindfulness.* [[link](#)]

Donald, J. N., Atkins, P. W., Parker, P. D.,...Ryan, R. M. (2016). **Daily stress and the benefits of mindfulness: Examining the daily and longitudinal relations between present-moment awareness and stress responses.** *Journal of Research in Personality.* [[link](#)]

Eichel, K., Stahl, J. (2016). **The role of mindfulness and emotional stability in error detection.** *Mindfulness.* [[link](#)]

Elvery, N., Jensen, M. P., Ehde, D. M., Day, M. A. (2016). **Pain catastrophizing, mindfulness and pain acceptance: What's the difference?** *The Clinical Journal of Pain.* [[link](#)]

Harrison, S. L., Lee, A., Goldstein, R. S., Brooks, D. (2016). **Perspectives of healthcare professionals and patients on the application of mindfulness in individuals with chronic obstructive pulmonary disease.** *Patient Education and Counseling.* [[link](#)]

Kang, Y., O'Donnell, M. B., Strecher, V. J., Falk, E. B. (2016). **Dispositional mindfulness predicts adaptive affective responses to health messages and increased exercise motivation.** *Mindfulness.* [[link](#)]

Lin, Y., Fisher, M. E., Roberts, S. M., Moser, J. S. (2016). **Deconstructing the emotion regulatory properties of mindfulness: An electrophysiological investigation.** *Frontiers in Human Neuroscience.* [[link](#)]

MacDonald, H. Z., Baxter, E. E. (2016). **Mediators of the relationship between dispositional mindfulness and psychological well-being in female college students.** *Mindfulness.* [[link](#)]

McKeith, C. F., Rock, A. J., Clark, G. I. (2016). **Trait mindfulness, problem-gambling severity, altered state of awareness and urge to gamble**

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in poker-machine gamblers. *Journal of Gambling Studies.* [\[link\]](#)

Meier, B. P., Noll, S. W., Molokwu, O. J. (2017). **The sweet life: The effect of mindful chocolate consumption on mood.** *Appetite.* [\[link\]](#)

Morgan, T. A., Dalrymple, K., Multach, M., Zimmerman, M. (2016). **Relations between mindfulness processes, psychiatric symptoms, and functioning in psychiatric and pre-bariatric surgery outpatients.** *Mindfulness.* [\[link\]](#)

Papies, E. K., van Winckel, M., Keesman, M. (2016). **Food-specific decentering experiences are associated with reduced food cravings in meditators: A preliminary investigation.** *Mindfulness.* [\[link\]](#)

Rayan, A., Ahmad, M. (2016). **Psychological distress in Jordanian parents of children with autism spectrum disorder: The role of trait mindfulness.** *Perspectives in Psychiatric Care.* [\[link\]](#)

Schellekens, M. P., Karremans, J. C., Speckens, A. E. (2016). **Are mindfulness and self-compassion related to psychological distress and communication in couples facing lung cancer? A dyadic approach.** *Mindfulness.* [\[link\]](#)

Schutte, N. S., Palanisamy, S. K., McFarlane, J. R. (2016). **The relationship between positive psychological characteristics and longer telomeres.** *Psychology & Health.* [\[link\]](#)

Taraban, O., Heide, F., Woollacott, M., Chan, D. (2016). **The effects of a mindful listening task on mind-wandering.** *Mindfulness.* [\[link\]](#)

METHODS

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

Chiesi, F., Dellagiulia, A., Lionetti, F., Primi, C. (2016). **Using item response theory to explore**

the psychometric properties of the Italian version of the child and adolescent mindfulness measure (CAMP). *Mindfulness.* [\[link\]](#)

Duan, W., Li, J. (2016). **Distinguishing dispositional and cultivated forms of mindfulness: Item-level factor analysis of five-facet mindfulness questionnaire and construction of short inventory of mindfulness capability.** *Frontiers in Psychology.* [\[link\]](#)

Griffith, G. M., Jones, R., Hastings, R. P., Edwards, R. T. (2016). **Can a mindfulness-informed intervention reduce aggressive behaviour in people with intellectual disabilities? Protocol for a feasibility study.** *Pilot and Feasibility Studies.* [\[link\]](#)

Kline, A., Chesin, M., Latorre, M., Interian, A. (2016). **Rationale and study design of a trial of mindfulness-based cognitive therapy for preventing suicidal behavior (MBCT-S) in military veterans.** *Contemporary Clinical Trials.* [\[link\]](#)

Manuel, J. A., Somohano, V. C., Bowen, S. (2016). **Mindfulness practice and its relationship to the five-facet mindfulness questionnaire.** *Mindfulness.* [\[link\]](#)

Phang, C. K., Mukhtar, F., Ibrahim, N., Bailey, D. (2016). **Mindful attention awareness scale (MAAS): Factorial validity and psychometric properties in a sample of medical students in Malaysia.** *The Journal of Mental Health Training, Education and Practice.* [\[link\]](#)

REVIEWS

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

Burgess, D. J., Beach, M. C., Saha, S. (2016). **Mindfulness practice: A promising approach to reducing the effects of clinician implicit bias on patients.** *Patient Education and Counseling.* [\[link\]](#)

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Hilton, L., Hempel, S., Ewing, B. A.,...Maglione, M. A. (2016). **Mindfulness meditation for chronic pain: Systematic review and meta-analysis.** *Annals of Behavioral Medicine.* [\[link\]](#)

Jamieson, S. D., Tuckey, M. R. (2016). **Mindfulness interventions in the workplace: A critique of the current state of the literature.** *Journal of Occupational Health Psychology.* [\[link\]](#)

Keenan-Mount, R., Albrecht, N. J., Waters, L. (2016). **Mindfulness-based approaches for young people with autism spectrum disorder and their caregivers: Do these approaches hold benefits for teachers?** *Australian Journal of Teacher Education.* [\[link\]](#)

Khusid, M. A., Vythilingam, M. (2016). **The emerging role of mindfulness meditation as effective self-management strategy, part 2: Clinical implications for chronic pain, substance misuse, and insomnia.** *Military Medicine.* [\[link\]](#)

Lao, S. A., Kissane, D., Meadows, G. (2016). **Cognitive effects of MBSR/MBCT: A systematic review of neuropsychological outcomes.** *Consciousness and Cognition.* [\[link\]](#)

Murphy, A. (2016). **Mindfulness-based therapy in modern psychology: Convergence and divergence from early Buddhist thought.** *Contemporary Buddhism.* [\[link\]](#)

Pipe, T., FitzPatrick, K., Doucette, J. N.,...Arnold, D. (2016). **The mindful nurse leader: Improving processes and outcomes; restoring joy to nursing.** *Nursing Management.* [\[link\]](#)

Ruffault, A., Czernichow, S., Hagger, M. S.,...Flahault, C. (2016). **The effects of mindfulness training on weight-loss and health-related behaviours in adults with overweight and obesity: A systematic review and meta-analysis.** *Obesity Research & Clinical Practice.* [\[link\]](#)

Segal, Z. V., Dinh-Williams, L. A. (2016). **Mindfulness-based cognitive therapy for**

relapse prophylaxis in mood disorders. *World Psychiatry.* [\[link\]](#)

Siqueira, R. P., Pitassi, C. (2016). **Sustainability-oriented innovations: Can mindfulness make a difference?** *Journal of Cleaner Production.* [\[link\]](#)

TRIALS

Research studies newly funded by the National Institutes of Health (SEP 2016)

BODIMOJO, Inc. (A. Donovan and J. Tsao, PIs). **Mobile coach for parents of children and adolescents with chronic pain.** NIH/NICHHD project #1R43HD090774-01. [\[link\]](#)

Johns Hopkins University (M. Rosen, PI). **Simulation for building leadership capacity for patient safety.** Agency for Healthcare Research and Quality project #5R18HS023159-03. [\[link\]](#)

University of California, San Francisco (M. Chesney, PI). **A new translational tool for studying the role of breathing in meditation.** NIH/NCCIH project # 3R01AT005820-06S1. [\[link\]](#)

University of Colorado, Denver (M. Moss and M. Mealer, PIs). **MBCT resiliency program for critical care nurses.** NIH/NCCIH project #1R34AT009181-01. [\[link\]](#)

University of Massachusetts Medical School (J. Brewer, PI). **Mechanisms of mindfulness for smoking cessation: Optimizing quantity and quality.** NIH/NCCIH project #1R61AT009337-01. [\[link\]](#)

University of Utah (E. Garland, PI). **Targeting hedonic dysregulation to address chronic pain and opioid misuse in primary care.** NIH/NIDA project #1R01DA042033-01A1. [\[link\]](#)

University of Washington (M. Jensen and R. Williams, PIs). **Hypnosis and meditation for pain management in veterans: Efficacy and mechanisms.** NIH/NCCIH project #3R01AT008336-03S1. [\[link\]](#)

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HIGHLIGHTS

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

Our everyday hassles — traffic jams, minor arguments with coworkers— can add up to significantly affect our overall sense of well-being. It's possible that mindfulness may increase our resilience to the impact of these daily stressors. It may be that the more one is mindful during negative events, the greater one's odds of responding wisely to them rather than merely reacting out of habit and emotion. **Donald et al. [Journal of Research in Personality]** tested whether increased levels of present-moment awareness—one component of mindfulness—increased the likelihood of acting in accordance with one's values and one's sense of efficacy during stressful events. They measured these variables through self-ratings in the participants' daily diaries.

The authors recruited 143 Australian university students and staff (average age = 34, 76% female, 74% Caucasian) to participate in the study, which was part of a larger study involving a mindfulness-based intervention (the interventional part of the study was not relevant to the results reported here.) Participants of both the intervention and wait-list control groups completed 20 daily diaries over a four-week period in which they selected the most challenging or stressful event of each day to report on. They then rated six variables: 1) the degree of threat posed by the event, 2) the degree of their present-moment awareness during the event, 3) their confidence in being able to effectively handle the event, 4) the degree to which their response to the event was consistent with their values, 5) the degree to which they relied on distraction to take their mind off the event during the day, and 6) the extent of their negative emotions during the day. The researchers then explored the interrelationship between these ratings.

The authors hypothesized that being more present-moment aware during stressful events would increase behaving in accordance with one's values and one's confidence in being able to handle the stressor. They also theorized that greater present-moment awareness would decrease the need to distract oneself to take one's mind off the stressor. They predicted that these relationships would hold true both on the day the stressful event occurred and on the next day as well. They based this on the presumption that present-moment awareness helps conserve scarce coping resources by reducing worry and rumination, and that these conserved resources "spill over" to help one cope with stress on the following day.



In comparing differences between participants, the higher a participant's self-rated average present-moment awareness during a stressful event, the significantly greater the likelihood of his or her responding in accordance with values ($\beta=.16$) and feeling confident of being able to handle the stressor ($\beta=.09$). Similarly, in comparing variations in present moment awareness within individuals across different days, the higher their present-moment awareness during any stressful event, the significantly greater their responding in accordance with values ($\beta=.16$) and feeling confident about their ability to cope ($\beta=.09$).

There was a similar effect for one's present moment-awareness on one day, and one's values-consistent responding ($\beta=.06$) and self-confidence about coping ($\beta=.08$) on the next day. Present-moment awareness did not significantly impact reliance on distraction. The positive effects of present-moment awareness were evident regardless of one's mood during the day or the degree of threat posed by an event.

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Using a daily diary approach with twenty measurement points, the study's results suggest that present-moment awareness of one's actions, thoughts, and feelings during stressful events promotes feelings of self-efficacy and acting in accordance with one's values, and that these beneficial effects extend into the next day. These results support the value of trying to maintain mindful attention during moments when we experience challenge and stress. The study is limited by its reliance on single questions to quantify variables, although the decision to do so was a reasonable one in terms of limiting the time burden on participants. It is also limited by its reliance on memory recall to estimate present-moment awareness.

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Who doesn't love chocolate? It's one of the world's most craved after foods due to its combined taste, pleasant physiologic effects, and past association with pleasant social events and youthful memories. It's also alleged to have a positive effect on mood.

Meier et al. [Appetite] explored chocolate's ability to induce a pleasant mood and the degree to which mindfulness while eating influences its possible mood effect.

The researchers recruited 258 college students (65% female, 82% Caucasian, average age = 19) and randomly assigned them to one of four experimental conditions: a mindful chocolate condition, a mindful cracker condition, a non-mindful chocolate condition, and a non-mindful cracker condition. Participants were given either five pieces of chocolate candy or five plain water table crackers. Before eating, participants listened to either an audio recording of mindfulness instructions similar to those used in the MBSR raisin eating meditation, or to brief control instructions telling them to eat one cracker at a time.

The participants completed several self-report mood questionnaires both immediately before and after eating the chocolate or crackers. They also completed a

food liking scale immediately after eating and rated mindfulness while eating using the Toronto Mindfulness Scale (TMS).

Participants in the mindfulness conditions scored significantly higher on the TMS, showing that the experimental manipulation effectively induced a mindful state (partial $\eta^2=.03$). Participants in the mindfulness conditions enjoyed their food significantly more (partial $\eta^2=.02$) than those in the non-mindful conditions, and those who ate the chocolate enjoyed their food significantly more than those who ate the crackers (partial $\eta^2=.08$). Participants in the mindfulness conditions also had significantly larger increases in positive mood after eating than did those in the non-mindful conditions (partial $\eta^2=.03$), and those who ate chocolate had larger increases in positive mood than those who ate crackers (partial $\eta^2=.04$).



There was also a significant interaction effect between mindfulness and food type (partial $\eta^2=.03$): mindful chocolate eaters had a significantly larger increase in positive mood states than participants in the other three conditions. Mindfulness also significantly lowered levels of negative mood states (partial $\eta^2=.02$). A mediation analysis showed that mindfulness increased food liking, which in turn improved mood.

The study shows that eating chocolate improves one's mood, and that mindfully consuming chocolate does so even more. It suggests that learning to mindfully savor positive experiences may be an important route to improving one's enjoyment of life and one's emotional well-being.