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## INTERVENTIONS

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

Ando, M., Kira, H., Hayashida, S. (2016).

**Changes in the autonomic nervous system and moods of advanced cancer patients by mindfulness art therapy short version.**

*Journal of Cancer Therapy.* [\[link\]](#)

Armstrong, L., Rimes, K. A. (2016).

**Mindfulness-based cognitive therapy for neuroticism (stress vulnerability): A pilot randomized study.** *Behavior Therapy.* [\[link\]](#)

Baker, V., Young, K., Wolfe, S. (2015).

**Incorporating and adapting shared experience of mindfulness into a service for men who have committed serious offences and who have significant personality difficulties.** *Probation Journal.* [\[link\]](#)

Faucher, J., Koszycki, D., Bradwejn, J.,...Bielajew, C. (2016).

**Effects of CBT versus MBSR treatment on social stress reactions in social anxiety disorder.** *Mindfulness.* [\[link\]](#)

Gao, J., Fan, J., Wu, B.,...Sik, H. (2016).

**Entrainment of chaotic activities in brain and heart during MBSR meditation.** *Neuroscience Letters.* [\[link\]](#)

Heffner, K. L., Crean, H. F., Kemp, J. E. (2016).

**Meditation programs for veterans with posttraumatic stress disorder: Aggregate findings from a multi-site evaluation.**

*Psychological Trauma: Theory, Research, Practice and Policy.* [\[link\]](#)

Hocaloski, S., Elliott, S., Brotto, L. A.,...McBride, K. (2016). **A mindfulness psychoeducational group intervention targeting sexual adjustment for women with multiple sclerosis and spinal cord injury: A pilot study.** *Sexuality and Disability.* [\[link\]](#)

Jha, A. P., Morrison, A. B., Parker, S. C., Stanley, E. A. (2016).

**Practice is protective: Mindfulness training promotes cognitive resilience in high-stress cohorts.** *Mindfulness.* [\[link\]](#)

Keng, S. L., Smoski, M. J., Robins, C. J. (2016).

**Effects of mindful acceptance and reappraisal training on maladaptive beliefs about rumination.** *Mindfulness.* [\[link\]](#)

Landrum, S. S. (2016).

**Enhancing recovery from trauma: Facilitating a mindfulness skills group on a department of Veterans Affairs inpatient PTSD unit.** *Social Work with Groups.* [\[link\]](#)

Malinowski, P., Moore, A. W., Mead, B. R.,

Gruber, T. (2015). **Mindful aging: The effects of regular brief mindfulness practice on electrophysiological markers of cognitive and affective processing in older adults.** *Mindfulness.* [\[link\]](#)

McCarthy, V. L., Bowland, S., Hall, L. A., Connelly, J. (2015).

**Assessing the psychoeducational approach to transcendence and health program an intervention to foster self-transcendence and well-being in community-dwelling older adults.** *The International Journal of Aging and Human Development.* [\[link\]](#)

Milligan, K., Irwin, A., Wolfe-Miscio, M.,...Phillips, M. (2016).

**Mindfulness enhances use of secondary control strategies in high school students at risk for mental health challenges.** *Mindfulness.* [\[link\]](#)

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Schoultz, M., Macaden, L., Hubbard, G. (2016). **Participants' perspectives on mindfulness-based cognitive therapy for inflammatory bowel disease: A qualitative study nested within a pilot randomised controlled trial.** *Pilot and Feasibility Studies.* [\[link\]](#)

Vickery, C. E., Dorjee, D. (2015). **Mindfulness training in primary schools decreases negative affect and increases meta-cognition in children.** *Frontiers in Psychology.* [\[link\]](#)

Wahbeh, H., Goodrich, E., Goy, E., Oken, B. S. (2016). **Mechanistic pathways of mindfulness meditation in combat veterans with posttraumatic stress disorder.** *Journal of Clinical Psychology.* [\[link\]](#)

Yang, C. C., Barrós-Loscertales, A., Pinazo, D.,...Ávila, C. (2016). **State and training effects of mindfulness meditation on brain networks reflect neuronal mechanisms of its antidepressant effect.** *Neural Plasticity.* [\[link\]](#)

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## ASSOCIATIONS

Articles examining the correlates and mechanisms of mindfulness

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Bajaj, B., Gupta, R., Pande, N. (2016). **Self-esteem mediates the relationship between mindfulness and well-being.** *Personality and Individual Differences.* [\[link\]](#)

Becker, B. D., Patterson, F., Fagan, J. S., Whitaker, R. C. (2016). **Mindfulness among home visitors in head start and the quality of their working alliance with parents.** *Journal of Child and Family Studies.* [\[link\]](#)

Berkovich-Ohana, A., Glicksohn, J. (2016). **Meditation, absorption, transcendent experience, and affect: Tying it all together via the consciousness state space (CSS) model.** *Mindfulness.* [\[link\]](#)

Feldman, G., Lavalley, J., Gildawie, K., Greeson, J. M. (2016). **Dispositional mindfulness uncouples physiological and emotional reactivity to a laboratory stressor and emotional reactivity to executive functioning lapses in daily life.** *Mindfulness.* [\[link\]](#)

Garland, E. L., Thielking, P., Thomas, E. A.,...Beck, A. (2016). **Linking dispositional mindfulness and positive psychological processes in cancer survivorship: A multivariate path analytic test of the mindfulness-to-meaning theory.** *Psycho-Oncology.* [\[link\]](#)

Heppner, W. L., Spears, C. A., Correa-Fernández, V.,...Cofta-Woerpel, L. (2015). **Dispositional mindfulness predicts enhanced smoking cessation and smoking lapse recovery.** *Annals of Behavioral Medicine.* [\[link\]](#)

Ivers, N. N., Johnson, D. A., Clarke, P. B.,...Berry, R. A. (2016). **The relationship between mindfulness and multicultural counseling competence.** *Journal of Counseling & Development.* [\[link\]](#)

Laurent, H. K., Hertz, R., Nelson, B., Laurent, S. M. (2016). **Mindfulness during romantic conflict moderates the impact of negative partner behaviors on cortisol responses.** *Hormones and Behavior.* [\[link\]](#)

Parent, J., McKee, L. G., Anton, M.,...Forehand, R. (2016). **Mindfulness in parenting and coparenting.** *Mindfulness.* [\[link\]](#)

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Rizer, C. A., Fagan, M. H., Kilmon, C., Rath, L. (2016). **The role of perceived stress and health beliefs on college students' intentions to practice mindfulness meditation.** *American Journal of Health Education.* [\[link\]](#)

Schellhas, L., Ostafin, B. D., Palfai, T. P., de Jong, P. J. (2016). **How to think about your drink: Action-identification mediates the relation between mindfulness and dyscontrolled drinking.** *Addictive Behaviors.* [\[link\]](#)

Strawn, J. R., Cotton, S., Luberto, C. M.,...DelBello, M. P. (2016). **Neural function before and after mindfulness-based cognitive therapy in anxious adolescents at risk for developing bipolar disorder.** *Journal of Child and Adolescent Psychopharmacology.* [\[link\]](#)

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## METHODS

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

Cavalera, C., Pagnini, F., Rovaris, M.,...Molinari, E. (2016). **A telemedicine meditation intervention for people with multiple sclerosis and their caregivers: Study protocol for a randomized controlled trial.** *Trials.* [\[link\]](#)

Chittaro, L., Vianello, A. (2016). **Mobile mindfulness and user's worry: A qualitative study of using a smartphone app for distancing from negative thoughts.** *Interacting with Computers.* [\[link\]](#)

Jensen, C. G., Niclasen, J., Vangkilde, S. A.,...Hasselbalch, S. G. (2016). **General inattentiveness is a long-term reliable trait independently predictive of psychological**

**health: Danish validation studies of the mindful attention awareness scale.**

*Psychological Assessment.* [\[link\]](#)

Medvedev, O. N., Siegert, R. J., Kersten, P., Krägeloh, C. U. (2016). **Rasch analysis of the Kentucky inventory of mindfulness skills.** *Mindfulness.* [\[link\]](#)

Moore, R. C., Depp, C. A., Wetherell, J. L., Lenze, E. (2016). **Ecological momentary assessment versus standard assessment instruments for measuring mindfulness, depressed mood, and anxiety among older adults.** *Journal of Psychiatric Research.* [\[link\]](#)

van Vugt, M. K., van den Hurk, P. M. (2016). **Modeling the effects of attentional cueing on meditators.** *Mindfulness.* [\[link\]](#)

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## REVIEWS

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

Black, D. S., Slavich, G. M. (2016). **Mindfulness meditation and the immune system: A systematic review of randomized controlled trials.** *Annals of the New York Academy of Sciences.* [\[link\]](#)

Carona, C., Moreira, H., Silva, N. (2016). **Therapeutic applications of mindfulness in paediatric settings.** *BJPsych Advances.* [\[link\]](#)

Cramer, H., Lauche, R., Haller, H.,...Dobos, G. (2016). **Mindfulness- and acceptance-based interventions for psychosis: A systematic review and meta-analysis.** *Global Advances in Health and Medicine.* [\[link\]](#)

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Dobkin, P. L., Lucena, R. J. (2015). **Mindful medical practice and the therapeutic alliance.** *International Journal of Whole Person Care.* [link]

Equanimeous, N. J., Mindfulness, H., Khobragade, Y. (2016). **Meditation as primary intervention strategy in prevention of cardiovascular diseases.** *International Journal of Research in Medical Sciences.* [link]

Gallant, S. N. (2016). **Mindfulness meditation practice and executive functioning: Breaking down the benefit.** *Consciousness and Cognition.* [link]

Hanley, A. W., Abell, N., Osborn, D. S.,...Canto, A. I. (2016). **Mind the gaps: Are conclusions about mindfulness entirely conclusive?** *Journal of Counseling & Development.* [link]

Hunter, L. (2016). **Making time and space: The impact of mindfulness training on nursing and midwifery practice. A critical interpretative synthesis.** *Journal of Clinical Nursing.* [link]

Luken, M., Sammons, A. (2015). **Systematic review of mindfulness practice for reducing job burnout.** *American Journal of Occupational Therapy.* [link]

MacDonald, P. (2016). **The nowness of everything: A mindfulness-based approach to psychotherapy.** *Psychodynamic Practice.* [link]

Manuello, J., Vercelli, U., Nani, A.,...Cauda, F. (2016). **Mindfulness meditation and consciousness: An integrative neuroscientific perspective.** *Consciousness and Cognition.* [link]

Modesto-Lowe, V., Farahmand, P., Chaplin, M., Sarro, L. (2015). **Does mindfulness meditation improve attention in attention deficit hyperactivity disorder?** *World Journal of Psychiatry.* [link]

Noordali, F., Cumming, J., Thompson, J. L. (2015). **Effectiveness of mindfulness-based interventions on physiological and psychological complications in adults with diabetes: A systematic review.** *Journal of Health Psychology.* [link]

Trowbridge, K., Mische Lawson, L. (2016). **Mindfulness-based interventions with social workers and the potential for enhanced patient-centered care: A systematic review of the literature.** *Social Work in Health Care.* [link]

## TRIALS

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

University of Texas MD Anderson Cancer Center (C. Vinci, PI). **Applying mHealth to tobacco-related health disparities: Enhancing aspects of resiliency to aid cessation efforts.** NIH/NIMHHD project #1K99MD010468-01. [link]

VA Northern California Health Care Services (J. Baldo, PI). **Evaluation of wellness programs for brain injured individuals.** Veterans Affairs project #1I21RX001893-01A1. [link]



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## HIGHLIGHTS

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

All romantic relationships have conflicts, and resolving them requires couples to remain calm and open as they explore their differences. This is easier said than done when couples are stressed and not always on their best behavior. Can mindfulness protect us from the stress resulting from negative behaviors during disagreements? **Laurent, et al [Hormones and Behavior]** investigated the relationship between state mindfulness, the stress hormone cortisol, and negative conflict behavior in couples who were discussing their differences.

The researchers recruited 88 heterosexual couples (predominantly Caucasian, average age = 21) who were in a relationship for at least 2 months, and had them engage in a 1 hour 45 minute long discussion of an unresolved relationship conflict. The researchers wanted a sample of the couples' behaviors so that the hormonal and attitudinal correlates of those behaviors could be studied. The discussions were taped and coded for control, coerciveness, anger, negativity/conflict, verbal aggression, and emotional withdrawal.

After the discussion, partners completed the Toronto Mindfulness Scale, a measure of state mindfulness comprised of Curiosity (an attitude of openness towards experience) and Decentering (dis-identifying with experience). The researchers also drew five salivary cortisol samples at fixed time intervals before and after the relationship conflict discussions. Cortisol data was analyzed in terms of overall reactivity (a measure of stress intensity) and slope of recovery (a measure of how long it takes to return to normal after stress).

When women were confronted with partner attempts at control, coercion, and negativity/conflict, their cortisol levels took significantly longer to return to normal if they reported low levels of Curiosity. The less they adopted a stance of friendly curiosity towards their experience, the longer their bodies continued to register signs of stress. When men were confronted with partner emotional withdrawal, their cortisol levels took significantly longer to return to normal if they reported low levels of Decentering. Their bodies took longer to recover from stress when they failed to gain distance from their thoughts and feelings.



Mindfulness had no effect on cortisol recovery from verbal aggression, the most severe negative behavior measured for either men or women. Findings suggest that while mindfulness may help cope with mild negative behaviors, it is less protective against more severe forms of relationship conflict. Mindfulness didn't moderate the overall intensity of stress response to these milder negative behaviors, but it did speed up the rate of recovery from them.

The study supports a role for heightened state mindfulness in helping couples recover from stress hormone reactivity during romantic conflict. The results may be of use in teaching couples mindfulness skills to better cope with mild-to-moderate relationship conflict in a manner that could have biological significance. Caution should be taken in generalizing these results to more severe relationship problems as this was a normal healthy cohort. In addition, a very large number of significance tests were performed in the course of this analysis, raising the possibility of spurious findings and the need for replication.

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As we mature into old age, our ability to remain focused and quickly choose the correct response from a set of competing responses tends to diminish. Can mindfulness training help us retain our attention, executive control and emotional regulation as we age? **Malinowski, et al [Mindfulness]** randomly assigned mature adults to either mindfulness training or an active comparison group, and assessed the changes in their ability to perform a task that demanded focused attention, executive control, and emotional regulation while their brain activity was measured.

The researchers assigned a predominantly female cohort of 56 British older adults (average age = 64) to either mindfulness training or a “brain training” comparison condition. Mindfulness training entailed four 90-minute group-training sessions in breath-focused concentration meditation with instructions for maintaining a non-judgmental, non-elaborative attitude. Mindfulness trainees practiced meditation at home at least 10 minutes a day, five days a week, over 8 weeks.

The comparison condition met as a group for an equivalent amount of time. Both groups entailed psychoeducation, group discussion, and skills practice, but the “brain training” group practiced mental arithmetic instead of meditation, both in the groups and at home.

All participants completed the Five Facet Mindfulness Questionnaire (FFMQ) and a Stroop task, before and after training. The Stroop task required participants to count the number of words they saw that were presented on a computer screen. Sometimes the words’ meanings interfered with their counting (e.g., when the word “two” appeared three times) or had emotional connotations that could slow their processing speed. Participants needed to ignore the meanings and stay focused on the task.

Electroencephalography (EEG) concurrently measured the participants’ evoked response potentials (ERPs), which are brain waveforms generated specifically in response to the task.

Mindfulness trainees showed significant improvement on both their FFMQ Observing scores and their Stroop reaction times as compared to brain training trainees. Better Stroop reaction times were significantly correlated with larger fronto-central N2 ERP amplitudes (an electrical wave occurring approximately 200 milliseconds after words were presented), and mindfulness trainees showed significantly greater increases in N2 amplitudes than controls. These N2 ERPs originated in brain regions associated with attentional regulation, but not in regions associated with executive control or emotional processing.



While mindfulness improved reaction times generally, it didn’t specifically do so for incongruent or emotional word presentations. In other words, mindfulness training strengthened generic attention rather than specific executive functions involved in conflict resolution and emotional regulation.

This study shows significant improvements in attention and associated brain regions resulting from breath-focused mindfulness practice as compared to brain training in an older age group. These findings support mindfulness training as a means of improving attention in older adults; the study’s brevity of training and reliance on only a single training modality of breath concentration may account for the lack of any executive functioning/emotional regulation effects.

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Our center's professional staff is dedicated to the insights and meditative practices that dramatically reduce anxiety. We focus on three groups who are in transition stages of life: young adults; people in recovery; aging adults. We provide personal guidance to individuals and organizations and train and certify health professionals in our methods.

**INFO:** Go to:

<http://www.huntingtonmeditation.com>  
or contact Dr. Richard Schaub at  
[drrichardschaub@gmail.com](mailto:drrichardschaub@gmail.com)

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## Research & Education

### Seeking Mindfulness Practitioners for Survey

We are seeking mindfulness practitioners to complete online survey for mindfulness. research. Please consider participating if you are currently taking or have ever completed a mindfulness meditation course, such as Mindfulness-Based Stress Reduction. The purpose of this study is to help develop a new survey for mindfulness research. If you decide to take part in this study, you will be asked to complete survey questions online now and again in two weeks. If you are interested in participating, please copy or click on the link provided below:

**INFO:**

Survey link:

<https://redcap.vanderbilt.edu/surveys/?s=YM87WL844Y>

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## Books & Media

### NEW! The Science of Happiness

Drawing on the latest scientific research on happiness, resilience, willpower, compassion, and mindfulness, Stanford researcher Emma Seppala demonstrates that being happy is the most productive thing we can do for our personal and professional success, and shares practical strategies for increasing happiness in our daily lives. Her new book, THE HAPPINESS TRACK, is out now.

**INFO:** Learn more:

<http://www.emmaseppala.com/book/>

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### New Edited Mindfulness Volume

Mindfulness and Buddhist-Derived Approaches in Mental Health and Addiction: Edited by Edo Shonin, William Van Gordon and Mark D Griffiths, the volume provides a timely synthesis and discussion of recent developments in mindfulness research and practice within mental health and addiction domains.

**INFO:**

<http://www.springer.com/in/book/9783319222547>

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## Employment & Volunteer

No posts

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