

Contents

51 New Cites p1

19 Interventions

18 Associations

5 Methods

8 Reviews

1 Trial

Highlights p5

Announcements p7

Editor-in-Chief

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

INTERVENTIONS

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

Allexandre, D., Bernstein, A. M., Walker, E.,...Morledge, T. J. (2016). **A web-based mindfulness stress management program in a corporate call center: A randomized clinical trial to evaluate the added benefit of onsite group support.** *Journal of Occupational and Environmental Medicine.* [\[link\]](#)

Ando, M., Kira, H., Hayashida, S., Ito, S. (2016). **Effectiveness of the mindfulness art therapy short version for Japanese patients with advanced cancer.** *Art Therapy.* [\[link\]](#)

Barrett, C. J. (2016). **Mindfulness and rehabilitation: Teaching yoga and meditation to young men in an alternative to incarceration program.** *International Journal of Offender Therapy and Comparative Criminology.* [\[link\]](#)

Bernay, R., Graham, E., Devcich, D. A.,...Rubie-Davies, C. M. (2016). **Pause, breathe, smile: A mixed-methods study of student well-being following participation in an eight-week, locally developed mindfulness program in three New Zealand schools.** *Advances in School Mental Health Promotion.* [\[link\]](#)

Bohecker, L., Vereen, L. G., Wells, P. C., Wathen, C. C. (2016). **A mindfulness experiential small group to help students tolerate ambiguity.** *Counselor Education and Supervision.* [\[link\]](#)

Brotto, L. A., Chivers, M. L., Millman, R. D., Albert, A. (2016). **Mindfulness-based sex therapy improves genital-subjective arousal concordance in women with sexual**

desire/arousal difficulties. *Archives of Sexual Behavior.* [\[link\]](#)

Cherkin, D. C., Sherman, K. J., Balderson, B. H.,...Turner, J. A. (2016). **Effect of mindfulness-based stress reduction vs cognitive behavioral therapy or usual care on back pain and functional limitations in adults with chronic low back pain: A randomized clinical trial.** *Journal of the American Medical Association.* [\[link\]](#)

Daubenmier, J., Moran, P. J., Kristeller, J.,...Nixon, D. F. (2016). **Effects of a mindfulness-based weight loss intervention in adults with obesity: A randomized clinical trial.** *Obesity.* [\[link\]](#)

Gainey, A., Himathongkam, T., Tanaka, H., Suksom, D. (2016). **Effects of Buddhist walking meditation on glycemic control and vascular function in patients with type 2 diabetes.** *Complementary Therapies in Medicine.* [\[link\]](#)

Goldin, P. R., Morrison, A., Jazaieri, H.,...Gross, J. J. (2016). **Group CBT versus MBSR for social anxiety disorder: A randomized controlled trial.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Johnson, C., Burke, C., Brinkman, S., Wade, T. (2016). **Effectiveness of a school-based mindfulness program for transdiagnostic prevention in young adolescents.** *Behaviour Research and Therapy.* [\[link\]](#)

Kelly, A., Garland, E. L. (2016). **Trauma-Informed mindfulness-based stress reduction for female survivors of interpersonal violence: Results from a stage I RCT.** *Journal of Clinical Psychology.* [\[link\]](#)

Contents

51 New Cites p1

19 Interventions

18 Associations

5 Methods

8 Reviews

1 Trial

Highlights p5

Announcements p7

Editor-in-Chief

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

Kemper, K. J. (2016). **Brief online mindfulness training immediate impact.** *Journal of Evidence-Based Complementary & Alternative Medicine.* [link]

Mukherji, A., Glickman-Simon, R. (2016). **Mindfulness-Based stress reduction for posttraumatic stress disorder, coffee consumption and mortality, phytoestrogens for menopause, light therapy for non-seasonal depression, electroacupuncture for labor pain.** *EXPLORE: The Journal of Science and Healing.* [link]

Pollard, A., Burchell, J. L., Castle, D.,...Carlson, L. E. (2016). **Individualised mindfulness-based stress reduction for head and neck cancer patients undergoing radiotherapy of curative intent: A descriptive pilot study.** *European Journal of Cancer Care.* [link]

Scott-Hamilton, J., Schutte, N. S., Brown, R. F. (2016). **Effects of a mindfulness intervention on sports-anxiety, pessimism, and flow in competitive cyclists.** *Applied Psychology: Health and Well-Being.* [link]

Thierry, K. L., Bryant, H. L., Nobles, S. S., Norris, K. S. (2016). **Two-year impact of a mindfulness-based program on preschoolers' self-regulation and academic performance.** *Early Education and Development.* [link]

Warriner, S., Hunter, L., Dymond, M. (2016). **Mindfulness in maternity: Evaluation of a course for midwives.** *British Journal of Midwifery.* [link]

Zgierska, A. E., Burzinski, C. A., Cox, J.,...Bačkonja, M. (2016). **Mindfulness meditation and cognitive behavioral therapy intervention reduces pain severity and sensitivity in opioid-treated chronic low back pain: Pilot findings from a randomized controlled trial.** *Pain Medicine.* [link]

ASSOCIATIONS

Articles examining the correlates and mechanisms of mindfulness

Arch, J. J., Brown, K. W., Goodman, R. J.,...Tillman, S. (2016). **Enjoying food without caloric cost: The impact of brief mindfulness on laboratory eating outcomes.** *Behaviour Research and Therapy.* [link]

Bajaj, B., Robins, R. W., Pande, N. (2016). **Mediating role of self-esteem on the relationship between mindfulness, anxiety, and depression.** *Personality and Individual Differences.* [link]

Davis, T. J., Morris, M., Drake, M. M. (2016). **The moderation effect of mindfulness on the relationship between adult attachment and wellbeing.** *Personality and Individual Differences.* [link]

Dixon, H. C., Overall, N. C. (2016). **Dispositional mindfulness attenuates the link between daily stress and depressed mood.** *Journal of Social and Clinical Psychology.* [link]

Eisenlohr-Moul, T. A., Peters, J. R., Pond Jr, R. S., DeWall, C. N. (2016). **Both trait and state mindfulness predict lower aggressiveness via anger rumination: A multilevel mediation analysis.** *Mindfulness.* [link]

Contents

51 New Cites p1

19 Interventions

18 Associations

5 Methods

8 Reviews

1 Trial

Highlights p5

Announcements p7

Editor-in-Chief

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

Fallah, N. (2016). **Mindfulness, coping self-efficacy and foreign language anxiety: A mediation analysis.** *Educational Psychology.* [\[link\]](#)

Flett, A. L., Haghbin, M., Pychyl, T. A. (2016). **Procrastination and depression from a cognitive perspective: An exploration of the associations among procrastinatory automatic thoughts, rumination, and mindfulness.** *Journal of Rational-Emotive & Cognitive-Behavior Therapy.* [\[link\]](#)

Garland, E. L., Kiken, L. G., Faurot, K.,...Gaylord, S. A. (2016). **Upward spirals of mindfulness and reappraisal: Testing the mindfulness-to-meaning theory with autoregressive latent trajectory modeling.** *Cognitive Therapy and Research.* [\[link\]](#)

Gouveia, M. J., Carona, C., Canavarro, M. C., Moreira, H. (2016). **Self-compassion and dispositional mindfulness are associated with parenting styles and parenting stress: The mediating role of mindful parenting.** *Mindfulness.* [\[link\]](#)

Heath, N. L., Carsley, D., De Riggi, M.,...Mettler, J. (2016). **The relationship between mindfulness, depressive symptoms and non-suicidal self-injury amongst adolescents.** *Archives of Suicide Research.* [\[link\]](#)

Lee, K. H., Lin, H. C., Wang, P. W., Yen, C. F. (2016). **An integrated model of depression, compulsion, and mindfulness among heroin abusers in Taiwan.** *The American Journal on Addictions.* [\[link\]](#)

Leung, M. Y., Liang, Q., Yu, J. (2016). **Development of a mindfulness--stress--performance model for construction**

workers. *Construction Management and Economics.* [\[link\]](#)

Loucks, E. B., Gilman, S. E., Britton, W. B.,...Buka, S. L. (2016). **Associations of mindfulness with glucose regulation and diabetes.** *American Journal of Health Behavior.* [\[link\]](#)

Lueke, A., Gibson, B. (2016). **Brief mindfulness meditation reduces discrimination.** *Psychology of Consciousness: Theory, Research, and Practice.* [\[link\]](#)

Lyons, A. (2016). **Mindfulness attenuates the impact of discrimination on the mental health of middle-aged and older gay men.** *Psychology of Sexual Orientation and Gender Diversity.* [\[link\]](#)

Meppelink, R., de Bruin, E. I., Wanders-Mulder, F. H.,...Bögels, S. M. (2016). **Mindful parenting training in child psychiatric settings: Heightened parental mindfulness reduces parents' and children's psychopathology.** *Mindfulness.* [\[link\]](#)

Zeidan, F., Adler-Neal, A. L., Wells, R. E.,...Coghill, R. C. (2016). **Mindfulness-meditation-based pain relief is not mediated by endogenous opioids.** *The Journal of Neuroscience.* [\[link\]](#)

Zivnuska, S., Kacmar, K. M., Ferguson, M.,...Jawahar, I. M. (2016). **Mindfulness at work: Resource accumulation, well-being, and attitudes.** *Career Development International.* [\[link\]](#)

METHODS

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

Carciofo, R., Yang, J., Song, N.,...Zhang, K. (2016). **Psychometric evaluation of Chinese-**

Contents

51 New Cites p1

19 Interventions

18 Associations

5 Methods

8 Reviews

1 Trial

Highlights p5

Announcements p7

Editor-in-Chief
David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

language 44-item and 10-item big five personality inventories, including correlations with chronotype, mindfulness and mind wandering. *PLoS ONE*. [\[link\]](#)

Chenneville, T., St. John Walsh, A. (2016). A **"mindful rational living" approach for addressing HIV in the school setting.** *International Journal of School & Educational Psychology*. [\[link\]](#)

Laurie, J., Blandford, A. (2016). **Making time for mindfulness.** *International Journal of Medical Informatics*. [\[link\]](#)

O'Leary, K., Dockray, S., Hammond, S. (2016). **Positive prenatal well-being: Conceptualising and measuring mindfulness and gratitude in pregnancy.** *Archives of Women's Mental Health*. [\[link\]](#)

Petersen, M., la Cour, P. (2016). **Mindfulness - what works for whom? Referral, feasibility, and user perspectives regarding patients with mixed chronic pain.** *The Journal of Alternative and Complementary Medicine*. [\[link\]](#)

REVIEWS

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

Cachia, R. L., Anderson, A., Moore, D. W. (2016). **Mindfulness in individuals with autism spectrum disorder: A systematic review and narrative analysis.** *Review Journal of Autism and Developmental Disorders*. [\[link\]](#)

Carlson, L. E. (2016). **Mindfulness-based interventions for coping with cancer.** *Annals of the New York Academy of Sciences*. [\[link\]](#)

Chesin, M., Interian, A., Kline, A.,...Stanley, B. (2016). **Reviewing mindfulness-based interventions for suicidal behavior.** *Archives of Suicide Research*. [\[link\]](#)

Lewis, B. (2016). **Mindfulness, mysticism, and narrative medicine.** *Journal of Medical Humanities*. [\[link\]](#)

Masterpasqua, F. (2016). **Mindfulness mentalizing humanism: A transtheoretical convergence.** *Journal of Psychotherapy Integration*. [\[link\]](#)

McEwen, B. S. (2016). **In pursuit of resilience: Stress, epigenetics, and brain plasticity.** *Annals of the New York Academy of Sciences*. [\[link\]](#)

Nilsson, H. (2016). **Socioexistential mindfulness: Bringing empathy and compassion into health care practice.** *Spirituality in Clinical Practice*. [\[link\]](#)

Perry-Parrish, C., Copeland-Linder, N., Webb, L., Sibinga, E. M. (2016). **Mindfulness-based approaches for children and youth.** *Current Problems in Pediatric and Adolescent Health Care*. [\[link\]](#)

TRIALS

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

University of Colorado (K. Hutchison, PI). **Dismantling MBRP: Identifying critical neuroimmune mechanisms of action.** NIH/NIAAA project #1R01AA024632-01. [\[link\]](#)

Contents

51 New Cites p1

19 Interventions

18 Associations

5 Methods

8 Reviews

1 Trials

Highlights p5

Announcements p7

Editor-in-Chief

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

HIGHLIGHTS

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

Can being mindfully aware heighten the pleasure of eating? Arch et al. [*Behavior Research and Therapy*] addressed this question in a series of studies while also exploring whether mindfulness promotes more healthful food choices.

In the first study, 81 male and female undergraduates were randomly assigned to either a mindful eating or a distracted eating condition. Participants in the mindful eating condition were instructed to eat a series of five chocolate chips while focusing on their sensory experience. Participants in the distraction condition ate their chocolate chips while searching for hidden words in a find-a-word puzzle. Mindful participants rated their chocolate chips as significantly more enjoyable (Cohen's $d = 0.51$) and had a marginally significantly greater desire to eat another chocolate chip ($d = 0.38$) than distracted eaters.

In the second experiment with 136 male and female undergraduates, the researchers repeated the first study using raisins instead of chocolate chips. Mindful eaters showed a marginally significant tendency to enjoy the raisins more ($d = 0.27$) and a significantly higher desire to eat another raisin ($d = 0.39$) than distracted eaters.

The researchers wanted to know if people who ate mindfully ended up consuming more calories because they enjoyed eating more, or fewer calories because their improved attention led to greater behavioral control.

In the third study, 102 male and female undergraduates again ate raisins, but were randomly assigned to either a mindful eating group that was instructed to focus on their sensory experience, a distracted eating group that was told to focus on find-a-word puzzles while eating, or a "no special instructions"

control. The mindful eaters again rated the raisins as significantly more enjoyable and were significantly more likely to desire another raisin than either of the control groups.

Following eating the raisins, participants were led into a room with healthful (almonds, carrot sticks) and "unhealthful" (candy, pretzels, potato chips) snacks and told to avail themselves of the food choices. Following five minutes during which participants could eat as they liked (free-eating), they were then asked to sample as much as they wanted of each of the snacks and rate them on taste while under the same mindful or distraction conditions they were under while eating the raisins. The researchers measured their caloric intake under both the free-eating and taste-rating conditions.



There were no group differences in caloric intake during free-eating. During taste-rating, mindful eaters consumed significantly fewer "junk food" and total overall calories than controls—54 fewer calories than the distracted eaters. Eaters in the distraction condition consumed 48% more calories during taste-rating than during free-eating, presumably because being distracted on the find-a-word puzzle while taste-rating interfered with regulating food intake.

Together, these studies suggest that an undistracted sensory focus can increase eating pleasure and even help people regulate the type and amount of food consumed. The study is limited by its assumption that the instruction to "focus on sensation" induces a state of "mindfulness" similar to that obtained by meditative practice.

Mindfulness Research Monthly

Providing monthly research updates on mindfulness

www.goAMRA.org

APR 2016

Vol. 7 - No. 4

Contents

51 New Cites p1

19 Interventions

18 Associations

5 Methods

8 Reviews

1 Trials

Highlights p5

Announcements p7

Editor-in-Chief

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

Jobs can be a major source of stress. Mindfulness-based interventions (MBIs) can reduce stress, but employers may be reluctant to offer them due to time and cost concerns. Web-based MBIs may help to address such concerns, but research suggests participant engagement in online programs tends to be low. **Alexandre, et al. [Journal of Occupational & Environmental Medicine]** randomly assigned employees to a web-based MBI with and without group and clinical expert support in an effort to discover how to best improve web-based MBI engagement and outcomes for workers.

The researchers recruited 161 predominantly Caucasian (77%), female (83%) (average age = 40) debt collectors, customer service representatives, and fraud representatives from a pool of 900 employees working at a corporate call center in Ohio. These employees reported greater levels of stress and exhaustion than average American workers. The employees were randomly assigned to one of four experimental conditions: 1) a web-based MBI, 2) a web-based MBI with group support, 3) a web-based MBI with both group and clinician support, and 4) a wait-list control. All three intervention conditions ran for 8 weeks and participants had access to both weekly online and weekly CD/MP3-delivered mindfulness lectures and guided meditations including a body scan, sitting, and lovingkindness meditation. Group support consisted of small-to-medium sized practice-and-discussion groups which met weekly for one hour. All groups were employee-led, but the groups with clinician support met on three occasions with a licensed social worker or counselor who did not serve as a “mindfulness teacher” but discussed topics such as letting go, acceptance, non-judging, and compassion from a cognitive-behavioral perspective.

Participants were assessed on self-report measures of emotional wellbeing, vitality, stress, burnout, exhaustion, professional efficiency, and mindfulness (the Mindful Attention Awareness Scale) at baseline, 8 and 16 weeks, and one-year follow-up. Company performance ratings were also analyzed. Sixty-three percent of participants completed their self-report measures at 8 weeks, and 50% at 16 weeks, with no difference in completion

rates between groups. At one-year follow-up, 19% of those without support groups completed the measures, while over 40% of those with group support did. Participants preferred using the CDs and MP3s to using the web-based modules: about half of the participants never logged on to the online resource. Participants with group support were twice as likely to log on and three times as likely to engage in home practice. At 16 weeks, 64% of the participants with group support still meditated, compared to only 25% of those without group support.



Participants in all the intervention groups improved significantly by eight weeks on all measures of wellbeing. Changes in measures of professional efficiency and productivity were not shown. Participants with group support improved more (average Cohen's $d = 0.8$) than those without ($d = 0.4$). Participants with group support expressed significantly higher program satisfaction and saw their stress and exhaustion levels decline to that of the average U.S. worker. Most improvements were maintained at 16 weeks, and improvements in stress, vitality, emotional wellbeing and role functioning remained significant at one year, mostly for the participants with group support. The wait-list controls improved on only one variable—stress—and their stress improvement was significantly less than that of the treatment groups. Clinician support did not further improve outcomes and the groups without a clinician actually tended towards better outcomes.

The study supports the efficacy of a web-based MBI offered in the workplace to improve several domains of employee wellbeing. These benefits did not extend to employee productivity and efficiency. Adding practice-and-support groups improved engagement with mindfulness practice and wellbeing outcomes, but adding limited, part-time support from a clinician did not extend extra benefit.

ANNOUNCEMENTS

Categories: Events & Conferences, Research & Education, Books & Media, and Employment & Volunteer

Events & Conferences

Anxiety Study Group

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

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>
