















# Mindfulness Research Monthly

Providing monthly research updates on mindfulness

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

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AMERICAN MINDFULNESS  
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American Mindfulness Research Association

increases in physical activity and largest decreases in sweetened beverage consumption.

The women showed significant weight losses (1-5 pounds) and reduced waist-to-hip ratios at all five sites, without significant between-group differences. Only mindful eating trainees significantly improved their mental health quality or increased their fruit and vegetable intake, eating an additional 12 servings a month. Diet-and-exercise trainees reported significantly greater increases in weekly physical activity (117 minutes versus 60 minutes) and physical quality of life compared to mindful eating trainees.

Findings from this study show that mindful eating programs tailored to the needs of older, overweight lesbian and bisexual women can lead to improvements in mindful eating and perceived mental health, as well as increased fruit and vegetable consumption. Traditional diet-and-exercise programs fared better at improving physical activity and perceived physical health. Mindful eating programs provide an alternative for women who are ideologically averse to traditional diet-and-exercise programs. The lack of random assignment limits any inferences about between-group differences in outcomes.



# SEEKING RESEARCH SUBMISSIONS AND WORKSHOP PROPOSALS



Creativity, Innovations and Challenges  
in Mindfulness and Compassion

## Research Presentations:

Two chaired research symposia will be offered during the conference, and submissions under this heading will be considered part of those symposia. Individual presentations will be approximately 25 minutes including time for questions-and-answers, and will be followed by a 10-15 minute wrap-up by the discussant. Submission abstracts must include the following six components: (1) aims and objectives of the study; (2) a brief description of the participants, including age, gender, and (if applicable) targeted clinical population; (3) study design and methodology; (4) mindfulness component of interest or mindfulness intervention used; (5) main findings; and (6) a brief discussion. You are encouraged to include quantitative or mixed methods results and statistical analyses. Maximum 500 words. Submitters whose presentations are not accepted may be invited to submit their research as a poster.

## Research Posters:

A poster session will be held on Friday, February 10th and posters will also be displayed all day on February 11th (presenter attendance is not required on the 11th). Submission abstracts must include the following six components: (1) aims and objectives of the study; (2) a brief description of the participants, including age, gender, and (if applicable) targeted clinical population; (3) study design and methodology; (4) mindfulness component of interest or mindfulness intervention used; (5) main findings; and (6) a brief discussion. You are encouraged to include quantitative or mixed methods results and statistical analyses. Maximum 500 words.

## Breakout Sessions:

These are 1.5 hour or 3-hour sessions on topics of relevance to the theme of the conference—CREATIVITY, INNOVATIONS, AND CHALLENGES. We would like most sessions to include significant experiential components and interaction among participants, and these are requirements for 3-hour sessions. Our intention is to share the wisdom in the room and foster relationships among participants that will enhance the field. We encourage creativity and innovation in presentation styles and formats. Abstract submission should describe the content and format of the presentation in concise detail, names of presenters and any other relevant information. (Presentations intended largely to describe a single program or curriculum are discouraged unless the content is highly compelling for other reasons.)

**SUBMIT NOW. DEADLINE AUGUST 31, 2016.**

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

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