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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

Anderson, S. B., Guthery, A. M. (2015). **Mindfulness-based psychoeducation for parents of children with ADHD: An applied clinical project.** *Journal of Child and Adolescent Psychiatric Nursing.* [link]

Bogosian, A., Chadwick, P., Windgassen, S.,...Moss-Morris, R. (2015). **Distress improves after mindfulness training for progressive MS: A pilot randomised trial.** *Multiple Sclerosis.* [link]

Chan, R. R., Giardino, N., Larson, J. L. (2015). **A pilot study: Mindfulness meditation intervention in COPD.** *International Journal of Chronic Obstructive Pulmonary Disease.* [link]

Dobos, G., Overhamm, T., Büssing, A.,...Cramer, H. (2015). **Integrating mindfulness in supportive cancer care: A cohort study on a mindfulness-based day care clinic for cancer survivors.** *Supportive Care in Cancer.* [link]

Eames, C., Crane, R. S., Gold, E.,...Axford, N. (2015). **Mindfulness-based wellbeing for socio-economically disadvantaged parents: A pre-post pilot study.** *Journal of Children's Services.* [link]

Falsafi, N., Leopard, L. (2015). **Pilot study use of mindfulness, self-compassion, and yoga practices with low-income and/or uninsured patients with depression and/or anxiety.** *Journal of Holistic Nursing.* [link]

Kemper, K. J., Khirallah, M. (2015). **Acute effects of online mind-body skills training on resilience, mindfulness, and empathy.** *Journal of Evidence-based Complementary & Alternative Medicine.* [link]

Kimmes, J. G., Mallory, A. B., Cameron, C., Köse. (2015). **A treatment model for anxiety-related sexual dysfunctions using mindfulness**

meditation within a sex-positive framework. *Sexual and Relationship Therapy.* [link]

Luedtke, B., Davis, L., Monson, C. (2015). **Mindfulness-based cognitive-behavioral conjoint therapy for posttraumatic stress disorder: A case study.** *Journal of Contemporary Psychotherapy.* [link]

Meize-Grochowski, R., Shuster, G., Boursaw, B.,...Prasad, A. (2015). **Mindfulness meditation in older adults with postherpetic neuralgia: A randomized controlled pilot study.** *Geriatric Nursing.* [link]

Murray, G., Leitan, N. D., Berk, M.,...Allen, N. B. (2015). **Online mindfulness-based intervention for late-stage bipolar disorder: Pilot evidence for feasibility and effectiveness.** *Journal of Affective Disorders.* [link]

Phang, C. K., Chiang, K. C.,...Oei, T. P. S. (2015). **Effects of brief group MBCT for stress reduction among medical students in a Malaysian university.** *Mindfulness.* [link]

Przekop, P., Przekop, A., Haviland, M. G. (2015). **Multimodal compared to pharmacologic treatments for chronic tension-type headache in adolescents.** *Journal of Bodywork and Movement Therapies.* [link]

Quintana Hernández, D. J., Miró Barrachina, M. T., Ibáñez Fernández, I.,...Quintana, M. D. (2015). **Mindfulness-based stimulation in advanced Alzheimer's disease: A comparative, non-inferiority, clinical pilot study [Spanish].** *Revista Espanola De Geriatria Y Gerontologia.* [link]

Ramler, T. R., Tennison, L. R., Lynch, J., Murphy, P. (2015). **Mindfulness and the college transition: The efficacy of an adapted MBSR intervention in fostering adjustment among first-year students.** *Mindfulness.* [link]

Roland, L. T., Lenze, E. J., Hardin, F. M.,...Piccirillo, J. F. (2015). **Effects of MBSR therapy on subjective bother and neural connectivity in chronic tinnitus.** *Otolaryngology-Head and Neck Surgery.* [link]

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Sgalla, G., Cerri, S., Ferrari, R.,...Petropulacos, K. (2015). **MBSR in patients with interstitial lung diseases: A pilot, single-centre observational study on safety and efficacy.** *BMJ Open Respiratory Research.* [\[link\]](#)

van Dijk, I., Lucassen, P. L., Speckens, A. E. (2015). **Mindfulness training for medical students in their clinical clerkships: Two cross-sectional studies exploring interest and participation.** *BMC Medical Education.* [\[link\]](#)

Würtzen, H., Dalton, S. O., Christensen, J.,...Johansen, C. (2015). **Effect of MBSR on somatic symptoms, distress, mindfulness and spiritual wellbeing in women with breast cancer: Results of a randomized controlled trial.** *Acta Oncologica.* [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Cosme, D., Wiens, S. (2015). **Self-reported trait mindfulness and affective reactivity: A motivational approach using multiple psychophysiological measures.** *PLoS ONE.* [\[link\]](#)

Dorjee, D., Lally, N., Darrall-Rew, J., Thierry, G. (2015). **Dispositional mindfulness and semantic integration of emotional words: Evidence from event-related brain potentials.** *Neuroscience Research.* [\[link\]](#)

Grund, A., Grunschel, C., Bruhn, D., Fries, S. (2015). **Torn between want and should: An experience-sampling study on motivational conflict, well-being, self-control, and mindfulness.** *Motivation and Emotion.* [\[link\]](#)

Janz, P., Pepping, C. A., Halford, W. K. (2015). **Individual differences in dispositional mindfulness and initial romantic attraction: A speed dating experiment.** *Personality and Individual Differences.* [\[link\]](#)

Krishnakumar, S., Robinson, M. D. (2015). **Maintaining an even keel: An affect-mediated model of mindfulness and hostile work behavior.** *Emotion.* [\[link\]](#)

Long, E. C., Christian, M. S. (2015). **Mindfulness buffers retaliatory responses to injustice: A regulatory approach.** *Journal of Applied Psychology.* [\[link\]](#)

McGillivray, C. J., Pidgeon, A. M. (2015). **Resilience attributes among university students: A comparative study of psychological distress, sleep disturbances and mindfulness.** *European Scientific Journal.* [\[link\]](#)

Mohammadkhani, P., Khanipour, H., Azadmehr, H.,...Naseri, E. (2015). **Trait mindfulness, reasons for living and general symptom severity as predictors of suicide probability in males with substance abuse or dependence.** *Iranian Journal of Psychiatry.* [\[link\]](#)

Neale-Lorello, D., Haaga, D. A. (2015). **The observing facet of mindfulness moderates stress/symptom relations only among meditators.** *Mindfulness.* [\[link\]](#)

Pepping, C. A., Davis, P. J., O'Donovan, A. (2015). **The association between state attachment security and state mindfulness.** *PLoS ONE.* [\[link\]](#)

Rodriguez, M. A., Xu, W., Wang, X., Liu, X. (2015). **Self-acceptance mediates the relationship between mindfulness and perceived stress.** *Psychological Reports.* [\[link\]](#)

Sahdra, B. K., Ciarrochi, J., Parker, P. D., Heaven, P. (2015). **Empathy and nonattachment independently predict peer nominations of prosocial behaviour of adolescents.** *Frontiers in Psychology.* [\[link\]](#)

Sairanen, E., Tolvanen, A., Karhunen, L.,...Lappalainen, R. (2015). **Psychological flexibility and mindfulness explain intuitive eating in overweight adults.** *Behavior Modification.* [\[link\]](#)

Schirda, B., Nicholas, J. A., Prakash, R. S. (2015). **Examining trait mindfulness, emotion**

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dysregulation, and quality of life in multiple sclerosis. *Health Psychology.* [[link](#)]

Song, Y., Song, T., Lee, J. Y.,...Kwon, S. H. (2015). **Mindfulness meditation experiences among patients with coronary artery disease: A phenomenological study.** *Korean Journal of Adult Nursing.* [[link](#)]

Wenzel, M., von Versen, C., Hirschmüller, S., Kubiak, T. (2015). **Curb your neuroticism-mindfulness mediates the link between neuroticism and subjective well-being.** *Personality and Individual Differences.* [[link](#)]

METHODS

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

Aguado, J., Luciano, J. V., Cebolla, A.,...Garcia Campayo, J. (2015). **Bifactor analysis and construct validity of the five-facet mindfulness questionnaire (FFMQ) in non-clinical Spanish samples.** *Frontiers in Psychology.* [[link](#)]

Klein, R., Dubois, S., Gibbons, C.,...Bédard, M. (2015). **The Toronto and Philadelphia mindfulness scales: Associations with satisfaction with life and health-related symptoms.** *International Journal of Psychology and Psychological Therapy.* [[link](#)]

REVIEWS

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

Chan, R. R., Larson, J. L. (2015). **Meditation interventions for chronic disease populations: A systematic review.** *Journal of Holistic Nursing.* [[link](#)]

Deuster, P. A., Schoomaker, E. (2015). **Mindfulness: A fundamental skill for**

performance sustainment and enhancement. *Journal of Special Operations Medicine.* [[link](#)]

Felver, J. C., Hoyos, C. E., Tezanos, K., Singh, N. N. (2015). **A systematic review of mindfulness-based interventions for youth in school settings.** *Mindfulness.* [[link](#)]

Griffiths, M., Shonin, E., Van Gordon, W. (2015). **Mindfulness as a treatment for gambling disorder: Current directions and issues.** *Journal of Gambling and Commercial Gaming Research.* [[link](#)]

Khoury, B., Sharma, M., Rush, S. E., Fournier, C. (2015). **MBSR for healthy individuals: A meta-analysis.** *Journal of Psychosomatic Research.* [[link](#)]

Malachowski, M. G. (2015). **Mindfulness for pediatrics: Evidence-based resources.** *Journal of Consumer Health on the Internet.* [[link](#)]

McCorquodale, L. L. (2015). **Mindfulness and professional practice: A generative dialogue.** *Reflective Practice.* [[link](#)]

Panaioti, A. (2015). **Mindfulness and personal identity in the western cultural context: A plea for greater cosmopolitanism.** *Transcultural Psychiatry.* [[link](#)]

Redstone, L. (2015). **Mindfulness meditation and aromatherapy to reduce stress and anxiety.** *Archives of Psychiatric Nursing.* [[link](#)]

Shobitha, M., Kohli, S. K. (2015). **Physiological effects of practice of loving-kindness meditation.** *International Journal of Physiology.* [[link](#)]

de Souza, I. C., de Barros, V. V., Gomide, H. P.,...Noto, A. R. (2015). **Mindfulness-based interventions for the treatment of smoking: A systematic literature review.** *The Journal of Alternative and Complementary Medicine.* [[link](#)]

Tang, Y. Y., Hölzel, B. K., Posner, M. I. (2015). **The neuroscience of mindfulness meditation.** *Nature Reviews Neuroscience.* [[link](#)]

Van Gordon, W., Shonin, E., Griffiths, M. D. (2015). **Towards a second generation of mindfulness-**

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based interventions. *The Australian and New Zealand Journal of Psychiatry.* [\[link\]](#)

Will, A., Rancea, M., Monsef, I.,...Skoetz, N. (2015).

Mindfulness-based stress reduction for women diagnosed with breast cancer. *The Cochrane Library.* [\[link\]](#)

TRIALS

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

Johns Hopkins University (E.M. Sibinga, PI).

Improving treatment adherence in HIV-positive youth through mindfulness training. NIH/NCCIH project #5R01AT007888-03. [\[link\]](#)

Oregon Health & Science University (M. Fried-Oken, PI). **Clinic interactions of a brain-computer interface for communication.** NIH/NIDCD project #2R01DC009834-06A1. [\[link\]](#)

Ralph H Johnson VA Medical Center (K.T. Brady, PI). **Mindfulness-based recovery in veterans with substance use disorders.** Veteran Affairs project #11O1RX001292-01A2. [\[link\]](#)

UMASS Medical School, Worcester (J. Brewer PI). **Mobile mindfulness for smoking cessation.** NIH/NCI project #5R21CA184254-02. [\[link\]](#)

Wake Forest University (F. Zeidan, PI). **Brain mechanisms supporting mindfulness-based pain relief.** NIH/NCCIH project #5K99AT008238-02. [\[link\]](#)

University of North Carolina Chapel Hill (D.L. Penn, PI). **Targeting stress reactivity in schizophrenia: Integrated coping awareness therapy.** NIH/NIMH project #5R21MH100250-02. [\[link\]](#)

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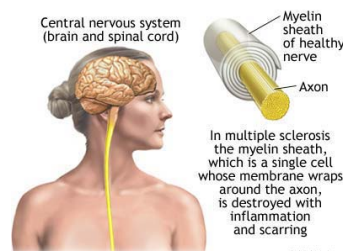
HIGHLIGHTS

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

Multiple Sclerosis (MS) is an autoimmune disease that damages the integrity of nerve cells in the brain and spinal cord resulting in a variety of sensory and motor deficits and often leading to mobility impairment, pain, and fatigue. MS patients frequently suffer from depression and anxiety, and there is some evidence that stress may play a role in precipitating tissue damage. MS can manifest as either a relapsing and remitting disease with symptoms that wax and wane, or as a progressive disease with a degenerative course.

Bogosian et al. [Multiple Sclerosis Journal] completed a pilot study of the effectiveness of a mindfulness-based intervention (MBI) for reducing distress in patients with progressive MS. The intervention, adapted from Mindfulness-Based Cognitive Therapy (MBCT) and tailored to the specific needs of MS patients, was delivered via eight teleconferenced one-hour group sessions. Meditations were kept brief (10-20 minutes) and the mindful movement component was eliminated. Forty British patients with progressive MS were randomly assigned to either the MBI or a waitlist control. They completed a variety of self-report measures at baseline, immediate post-intervention, and three-month follow-up. The cohort was 90% Caucasian and 55% female (average age = 53 years).

The MBI participants reported significantly lower rates of distress at immediate post-intervention (moderate effect size) and three-month follow-up (large effect size) compared to the waitlist controls. They also reported significantly greater reductions in depression and the psychological impact of their MS (moderate to large effect sizes) at both assessment points. Anxiety was significantly lower (moderate effect size) at three month follow-up, but not at post-intervention. Group differences in physical symptoms (e.g., pain and fatigue) tended to be non-significant except for pain at three-months (less for MBI participants, moderate effect size) and the



physical impact of MS (less for MBI participants, small effect size) at post-intervention. The cumulative cost of care was lower for MBI participants as compared to controls by an average of \$3,400, but the difference was not statistically significant.

The pilot study demonstrated the ability of a teleconference-delivered MBI to reduce mental distress in progressive MS patients. MBIs may be a cost effective way of reducing the cumulative consumption of health care services. The study was limited by its lack of both an active control group and a measure to quantify changes in mindfulness.

Cancer survivors often suffer from mental distress, and there is a growing interest in evidence-based integrative approaches that address survivor's psychological, social, and spiritual needs. **Dobos et al. [Supportive Care in Cancer]** tracked the emotional well-being of 117 cancer survivors referred to an 11-week Mindfulness-Based Day Care (MBDC) offered at a clinic in Essen, Germany. Participants were assessed before, immediately after, and three months following treatment on a variety of self-report questionnaires. The clinic, which combined Mindfulness-Based Stress Reduction (MBSR) with relaxation, cognitive restructuring, diet, exercise, and naturopathic interventions, met once weekly for six hours over the 11 week period. Participants were mostly female (91%) and mostly breast cancer survivors (65%) (average age = 54 years).

Over the course of the study, the cancer survivors reported significant improvements in their physical, emotional, role, social, and cognitive quality of life, and significant decreases in their depression, anxiety, fatigue, pain, and insomnia. The magnitude of improvements ranged from an 8% improvement in physical quality of life to a 34% decrease in depression. They also reported significantly greater life and health satisfaction, greater mindfulness (on the Freiburg Mindfulness Inventory) and improved adaptive coping, including spiritual and religious coping.

The study documented a significant improvement in the quality of life and mental well being of the cancer survivors attending the MBDC clinic. Since it lacked a control arm, no definitive inference can be made as to whether the improvements were due to participation in the program or confounding factors such as the passage of time. Effect sizes were not reported, so it is challenging to evaluate the clinical significance of the improvements. Lastly, the combination of so many different therapeutic modalities may have improved the MBDC's effectiveness, but makes it harder to tease out the program's active ingredients.

ANNOUNCEMENTS

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Events & Conferences

Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org
www.mcc2015.org

Mindfulness in Society conference, UK

Hosted in July 2015 by Bangor University's Centre for Mindfulness Research and Practice, this 5 day conference will integrate the science and practice of mindfulness. Leading experts will combine workshops with research and keynote speeches with a full practice day led by Professor Mark Williams. Topics for the popular 'all day' events include: the role of mindfulness in compassionate living, transforming suffering, the workplace, birthing, pain & long-term health conditions and exploring cutting edge neuroscience. Location: Chester, UK.

INFO: Programme, registration & research submission:
<http://www.bangor.ac.uk/mindfulness/conference.php.en>

Deepening Our Practice

A 5-day silent retreat for MBSR/MBCT teachers, clinicians, and educators. Sunday, June 21 to Friday, June 26, 2015.

Pendle Hill Retreat Center near Philadelphia, Pennsylvania.

Facilitated by Diane Reibel, PhD, and Don McCown, PhD, co-authors of Teaching Mindfulness:

A practical guide for clinicians and educators. Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions. Time for participants to meet individually with teachers.

Facilitated small group discussions on practice themes. Free time for contemplation and rest in beautiful surroundings: <http://www.pendlehill.org>

INFO: Register at
<http://www.mindfulnessandmore.com>

II International Meeting on Mindfulness

II International Meeting on Mindfulness Sao Paulo, Brazil, June 24-27, 2015

INFO: <http://www.mindfulnessmeeting.com>

Koru Mindfulness Teacher Certification Training

Koru Mindfulness is the evidence-based mindfulness training program developed in the Duke University student counseling center specifically for college-age adults. Koru, now established at more than 30 universities nationwide, is a popular and practical program for introducing mindfulness to this sometimes-skeptical developmental stage. Certification training appropriate for

those who work with young adults in any setting. Apply now for 2015 certification workshops in Boston, MA and Petaluma, CA.

INFO: Visit:
<http://korumindfulness.org/teacher-certification/benefits/>

Learning to BREATHE Workshop

Mindfulness for YOU and Mindfulness for YOUTH, a workshop introduction to Learning to BREATHE, will be held on June 13 and 14 in Philadelphia, PA. Facilitators are Trish Broderick and Diane Reibel.

INFO: Search this event's name at <http://www.ticketleap.com> for registration information.

Research & Education

Brown University Contemplative Pedagogy Program

Educators attend a week of Brown Contemplative Studies courses, receive training in: first-person pedagogies; contemplative science and research, course design July 12 – July 18, 2015 Tuition: \$600 APPLICATION:

1) CV, 2) Description of proposed contemplative pedagogy course

INFO: Send to:
Contemplative_Studies@brown.edu
Deadline: 5/1/15
<http://www.contemplativestudies.org>

Continued...

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Cultivating Emotional Balance Teacher Training

The fifth Cultivating Emotional Balance Teacher Training (CEBTT), led by B. Alan Wallace, Ph.D and Eve Ekman, Ph.D, will take place in Australia from June 23 – July 28, 2015. There are still a few spaces available.

INFO: For more info or to request an application: retreats@sbinstitute.com

Bangor University Mindfulness Postgraduate Programme

The Centre for Mindfulness Research and Practice at Bangor University (UK) is now open for student applications for two courses in 2015/2016: Masters in Mindfulness-Based approaches and Postgraduate Diploma in Teaching Mindfulness-Based courses. Our established postgraduate programmes are designed to provide experiential learning and theoretical knowledge of mindfulness-based approaches. The deadline for postgraduate applications is 30th April 2015. We are also holding an open day in Bangor on 17th April 2015 for prospective students or anyone who wishes to learn about the work at CMRP. All are welcome.

INFO: Visit: <http://www.bangor.ac.uk/mindfulness/>

Books & Media

New Book! Mindfulness for Teachers

Mindfulness for Teachers by University of Virginia Associate Professor Patricia Jennings is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable 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: Visit: <http://books.wwnorton.com/books/Mindfulness-for-Teachers/>

Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

INFO: <http://www.florencepress.com>

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: <http://amzn.com/0393708071>

New Book by Sasha Loring

RELIEF: Release Stress and Harmful Habits and Awaken Your Best Self. An evidence based guide to updating how your brain and body communicate, leading to improved health and wellbeing. Learn to reduce reactivity to stressors and to re-orient your body for greater ease.

INFO: <http://www.amazon.com/Relief-Release-Stress-Harmful-Habits/dp/1500407984>

Employment & Volunteer

Mindfulness Post Doctoral Research Fellow

The Cambridge Health Alliance Center for Mindfulness and Compassion is seeking a post-doctoral research fellow to serve as a program manager for a system transformation project that seeks to integrate mindfulness into CHA's primary care patient-centered medical homes throughout metro-north Boston.

INFO: <http://www.challiance.org/Careers/CHAJobListings.aspx>

Keyword: Mindfulness