Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations.


Shawyer, F., Meadows, G. N., Judd, F., Martin, P. R., et al. (2012). The DARE study of relapse prevention in depression: Design for a phase 1/2 translational randomised controlled trial involving mindfulness-based cognitive therapy and supported self-monitoring. BMC Psychiatry. [link]


Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biological and psychosocial constructs.


Etiology & Associations continued...


Trousselard, M., Steider, D., Claverie, D., & Canini, F. (2012). Relationship between mindfulness and psychological adjustment in soldiers according to their confrontation with repeated deployments and stressors. *Psychology, 3*(1), 100-115. [link]

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically.


Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

**Clinical Trials**

Clinical Trials cites studies related to mindfulness that have been newly registered or recently updated (Jan 2011) at ClinicalTrials.gov.

Florida State University (E. Garland, PI). **Mindfulness-oriented recovery enhancement for chronic pain patients receiving opioid therapy.** Trial# NCT01505101. [link]

McMaster University (PI not given). **A pilot study evaluating a multidisciplinary chronic pain group therapy in a primary care setting (LEAP).** Trial# NCT01517256. [link]

University of Wisconsin, Madison (E.M. Seppala, PI). **Complementary and alternative interventions for veterans with posttraumatic stress disorder.** Trial# NCT01512303. [link]

**Theory & Processes continued...**


**Method & Measures**

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and studies focusing on methodology in mindfulness research.


**Highlights**

by Stephani Sutherland, PhD

Every month, select studies from the issue will be highlighted. *Highlights* will summarize these studies' findings, providing a snapshot of some of the latest themes in the field.

**Shifting Perceptions**

How long does “now” last? Longer for meditators, perhaps, according to *Sauer et al. (Person Indiv Diff)*. Decades of psychology research suggests that we humans divide our experience of time into discrete blocks of a few seconds, each of which we intuitively call “now.” One established tool for examining the temporal experience of *nowness* measures stabilization time of a bi-stable image. Basically, a familiar image called the Necker cube can appear to the viewer in either of two orientations. How often subjects notice the switch in perception supposedly marks the “present moment” duration. Because mindfulness and meditation are rooted in awareness of the present moment, the authors examined whether long-time meditation practice would affect the length of the present-moment epoch. Experienced daily meditators and people who had never meditated displayed similar switch times. But interestingly, when researchers instructed subjects to hold one perspective for as long as possible, meditators did so for significantly longer periods than non-meditators. Self-reported mindfulness in both groups corresponded to longer epochs in both experimental conditions. One might argue whether the switching can really be used as a measure of the experience of now, but it certainly captures the activity of attention circuits that may well be affected by mindfulness and meditation practices.

*Lajeunesse & Rodríguez (Transport Res)* also investigated people's experience of time this month. How we get to work—by bike or bus, on foot or driving a car—has a big impact on our day. Many people consider using more...

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**David S. Black, M.P.H., Ph.D.**  
Editor, Mindfulness Research Monthly  
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CALL FOR PAPERS: SPECIAL ISSUE (Click HERE for more details)

Substance Use & Misuse is an international journal comprised of 436 issues published between 1966 and 2011. Informa Healthcare publishes the journal and articles are indexed in over 20 databases including Medline, Pubmed, PsychInfo, and Journal Citation Reports.

Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions

Guest Editor: David S. Black, M.P.H., Ph.D.

Important Dates:

12-01-2012   Deadline for initial submission

07-01-2013   Deadline for revised drafts

01-01-2014   Anticipated publication of special issue

Topics sought for the Special Issue:

Studies on the use of mindfulness-based interventions (MBIs) to treat substance users/misusers. Substances can include psychoactive drugs, psychiatric medications, and behavioral addictions such as gambling, work, food, sex, overeating, shopping, internet. Interventions can pertain to treatment, prevention, abstinence, harm-reduction, quality of life and wellbeing.

Empirical studies and/or review papers examining the current state of evidence and/or mechanisms linking mindfulness and substance use/misuse; the creation of new theory or extending previous theory to articulate mechanisms; unresolved critical issues associated with mindfulness-based interventions regarding substance use(rs)/misuse(rs); and the biology of mindfulness and the addiction process, including associations with craving, dependence, withdrawal, and pleasure seeking.

Manuscript Requirements: A double spaced article of no more than 25 pages of text exclusive of tables/graphic materials is recommended [link to author instructions]. Brief reports are also acceptable.

Submission: Manuscripts should be submitted by email with the subject line “Special Issue SU&M” in MS Word format to David Black at dblack@mednet.ucla.edu. Papers are reviewed by the editors and if suitable for this publication, are then subject to peer review.