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#### Editor

David S. Black, MPH, PhD

#### Highlights by

Stephani Sutherland, PhD

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## INTERVENTIONS

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

Brotto, L. A., Erskine, Y., Carey, M., Ehlen, T., et al. (2012). **A brief mindfulness-based cognitive behavioral intervention improves sexual functioning versus wait-list control in women treated for gynecologic cancer.** *Gynecologic Oncology*. [link]

Ebnezar, J., Nagarathna, R., Yogitha, B., & Nagendra, H. R. (2012). **Effect of integrated yoga therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study.** *International Journal of Yoga*, 5(1), 28-36. [link]

Friese, M., Messner, C., & Schaffner, Y. (2012). **Mindfulness meditation counteracts self-control depletion.** *Consciousness and Cognition*. [link]

Hamilton, K. E., Wershler, J. L., Macrodimitris, S. D., Backs-Dermott, B. J., et al. (2012). **Exploring the effectiveness of a mixed-diagnosis group cognitive behavioral therapy intervention across diverse populations.** *Cognitive and Behavioral Practice*. [link]

Hartmann, M., Kopf, S., Kircher, C., Faude-Lang, V., et al. (2012). **Sustained effects of a mindfulness-based stress-reduction intervention in type 2 diabetic patients.** *Diabetes Care*. [link]

Mehranfar, M., Younesi, J., & Banihashem, A. (2012). **Effectiveness of mindfulness-based cognitive therapy on reduction of depression and anxiety symptoms in**

**mothers of children with cancer.** *Iranian Journal of Cancer Prevention*, 5(1). [link]

Melville, G. W., Chang, D., Colagiuri, B., Marshall, P. W., & Cheema, B. S. (2012). **Fifteen minutes of chair-based yoga postures or guided meditation performed in the office can elicit a relaxation response.** *Evidence-Based Complementary and Alternative Medicine*, 2012, 501986. [link]

Moss, A. S., Wintering, N., Roggenkamp, H., Khalsa, D. S., et al. (2012). **Effects of an 8-week meditation program on mood and anxiety in patients with memory loss.** *Journal of Alternative and Complementary Medicine*, 18(1), 48-53. [link]

Noggle, J. J., Steiner, N. J., Minami, T., & Khalsa, S. B. (2012). **Benefits of yoga for psychosocial well-being in a US high school curriculum: A preliminary randomized controlled trial.** *Journal of Developmental and Behavioral Pediatrics*. [link]

Palta, P., Page, G., Piferi, R. L., Gill, J. M., et al. (2012). **Evaluation of a mindfulness-based intervention program to decrease blood pressure in low-income African-American older adults.** *Journal of Urban Health*. [link]

Tekur, P., Nagarathna, R., Chametcha, S., Hankey, A., & Nagendra, H. R. (2012). **A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT.** *Complementary Therapies in Medicine*. [link]

Waller, G., Stringer, H., & Meyer, C. (2012). **What cognitive behavioral techniques do therapists report using when delivering cognitive behavioral therapy for the eating disorders?** *Journal of Consulting and Clinical Psychology*, 80(1), 171-75. [link]

# Mindfulness Research Monthly

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Wolever, R. Q., Bobinet, K. J., McCabe, K., Mackenzie, E. R., et al. (2012). **Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial.** *Journal of Occupational Health Psychology*. [link]

## ASSOCIATIONS

Articles examining how mindfulness is associated with psychological, social & biological variables

Cowdrey, F. A. & Park, R. J. (2012). **The role of experiential avoidance, rumination and mindfulness in eating disorders.** *Eating Behaviors*, 13(2), 100-105. [link]

Dambrun, M., Ricard, M., Després, G., Drelon, E., et al. (2012). **Measuring happiness: From fluctuating happiness to authentic--durable happiness.** *Frontiers in Psychology*, 3(16). [link]

Jong, H. W. (2012). **Mindfulness and spirituality as predictors of personal maturity beyond the influence of personality traits.** *Mental Health, Religion & Culture*. [link]

Lehmann, D., Faber, P. L., Tei, S., Pascual-Marqui, R. D., et al. (2012). **Reduced functional connectivity between cortical sources in five meditation traditions detected with lagged coherence using EEG tomography.** *Neuroimage*. [link]

Lustyk, M. K. B., Douglas, H. A. C., Bentley, J. A., & Gerrish, W. G. (2012). **Cardiovascular responses to a laboratory stressor in women: Assessing the role of body awareness.** *Body, Movement and Dance in Psychotherapy*, 7(1), 55-70. [link]

Williams, A. L., Ness, P. V., Dixon, J., & McCorkle, R. (2012). **Barriers to meditation by gender and age among cancer family caregivers.** *Nursing Research*, 61(1), 22-7. [link]

## MECHANISMS

Articles examining the mechanisms and theory linking mindfulness to behavior, cognition, emotion & health

Lake, J., Helgason, C., & Sarris, J. (2012). **Integrative mental health (IMH): Paradigm, research, and clinical practice.** *Explore*, 8(1), 50-7. [link]

Lu, C. F., Smith, L. N., & Gau, C. H. (2012). **Exploring the Zen meditation experiences of patients with generalized anxiety disorder: A focus-group approach.** *Journal of Nursing Research*, 20(1), 43-52. [link]

Radestad, I. (2012). **Strengthening mindfulness.** *Sexual & Reproductive Healthcare*. [link]

Roberts-Wolfe, D., Sacchet, M., Hastings, E., Roth, H., & Britton, W. (2012). **Mindfulness training alters emotional memory recall compared to active controls: Support for an emotional information processing model of mindfulness.** *Frontiers in Human Neuroscience*, 6(15), 1-13. [link]

## METHODS

Articles developing and testing empirical procedures to advance mindfulness psychometrics & methodology

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Ireland, M. J. (2012). **Meditative insight: Conceptual and measurement development.** *Mental Health, Religion & Culture.* [link]

Kodituwakku, S., Lazar, S. W., Indic, P., Chen, Z., et al. (2012). **Point process time-frequency analysis of dynamic respiratory patterns during meditation practice.** *Medical & Biological Engineering & Computing.* [link]

Mrazek, M. D., Smallwood, J., & Schooler, J. W. (2012). **Mindfulness and mind-wandering: Finding convergence through opposing constructs.** *Emotion.* [link]

Sealy, P. A. (2012). **Autoethnography: Reflective journaling and meditation to cope with life-threatening breast cancer.** *Clinical Journal of Oncology Nursing,* 16(1), 38-41. [link]

Soler, J., Tejedor, R., Feliu-Soler, A., Pascual, J. C., et al. (2012). **Psychometric proprieties of spanish version of mindful attention awareness scale (MAAS).** *Actas Españolas De Psiquiatría,* 40(1), 19-26. [link]

## REVIEWS

Articles reviewing a content area of mindfulness or conducting a meta-analysis to synthesize research findings

Barton, D. L. & Pachman, D. R. (2012). **Clinical trials in integrative therapies.** *Seminars in Oncology Nursing,* 28(1), 10-28. [link]

Langhorst, J., Klose, P., Dobos, G. J., Bernardy, K., & Häuser, W. (2012). **Efficacy and safety of meditative movement therapies in fibromyalgia syndrome: A systematic review and meta-analysis of randomized controlled trials.** *Rheumatology International.* [link]

Moura, V. L., Faurot, K. R., Gaylord, S. A., Mann, J. D., et al. (2012). **Mind-Body interventions for**

**treatment of phantom limb pain in persons with amputation.** *American Journal of Physical Medicine & Rehabilitation.* [link]

Park, J. & Hughes, A. K. (2012). **Nonpharmacological approaches to the management of chronic pain in community-dwelling older adults: A review of empirical evidence.** *Journal of the American Geriatrics Society.* [link]

Silpakit, O. (2012). **Neuroscience study in mindfulness meditation.** *Journal of Mental Health of Thailand,* 20(1), 46-56. [link]

## TRIALS

Research on mindfulness that has been newly registered or recently updated (Feb 2012) at Clinicaltrial.gov

Karolinska Institute (B. Ljótsson, P.I.). **Cognitive behavioral therapy with or without exposure therapy for irritable bowel syndrome.** Trial# NCT01529567. [link]

Linköping University (G. Andersson, P.I.). **Internet-delivered psychodynamic therapy for depression and anxiety disorders (ATLAS).** Trial# NCT01532219. [link]

University of California, Los Angeles (D.S. Black, P.I.). **Effect of mindfulness training on sleep and inflammation among older adults with sleep problems (MAPS).** Trial# NCT01534338. [link]

University of California, Los Angeles (J.D. Creswell, P.I.). **Mindfulness meditation in older adults (MIND).** Trial# NCT01532596. [link]

University of Regensburg (B. Langguth, P.I.). **Mindfulness-based therapy in chronic tinnitus.** Trial# NCT01540357. [link]

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## HIGHLIGHTS

Summary of select studies from the issue, providing a snapshot of some of the latest work in the field

Yoga takes center stage this month, along with mindfulness techniques, as a viable way to reduce stress. Risks associated with stress continue to pile up, including increased risk of heart disease, diabetes, cancer, mood disorders, fatigue, chronic pain, and increased inflammation. The costs of work-related stress continue to rise—not just for workers but for employers as well. In response, some companies have begun to address the issue right in the workplace. A study from **Wolever et al. (J Occ Health Psych)**, funded in part by Aetna, Inc., randomly assigned the health insurance company's employees to a twelve-week program in yoga or mindfulness, or to an assessment-only control group.

Participants in one condition learned Viniyoga, a therapeutic style of yoga that focuses primarily on the breath and on adapting the *asana* postures according to the needs and goals of the individual. In weekly one-hour sessions, employees learned a sequence of movements specifically designed for the study by American Viniyoga Institute. Those receiving the "Mindfulness at Work" training participated either in person or online in weekly hour-long sessions and a two-hour practice intensive at week 10. The mindfulness practice was developed for the workplace by eMindful, Inc., a company that also partially funded the study. Both mind-body methods significantly improved self-reported levels of stress, perceived sleep quality, and coherence ratio of heart-rate variability, a physiological indicator of autonomic nervous system balance. The findings suggest that yoga and mindfulness



practices tailored to the workplace can provide companies with a way to combat stress and improve employee health in-house, a notion with growing support.

Importantly, many of the harmful effects of stress are mediated through over-activity of the sympathetic nervous system, and specifically of the HPA axis, formed by the hypothalamus, pituitary, and adrenal glands. With ongoing stress, chronic activation of the HPA axis results in sustained physiological stress on the body and brain. Australian researchers (**Melville et al. Evid-Bsd Comp Alt Med**) took a closer look the immediate effects of yoga and mindfulness. The authors measured physiological indicators of stress in people who had received just 15 minutes of yoga, mindfulness meditation, or work as usual. The yoga instruction emphasized deep breathing and used chair-based postures; the guided meditation was delivered in an mp3 audio file. Just after yoga or meditation, participants reported lower perceived stress, and physiological markers indicated they were in a more relaxed state with reduced sympathetic nervous system activity. Notably, the authors hypothesize that the benefits of both practices may arise from reduced breathing rate. Their analysis of the physiological data also supported the idea that a physical yoga practice might help prepare the mind for meditation, perhaps increasing benefits to the nervous system.

School-aged teens can also benefit from yoga training, according to a separate report from **Noggle et al. (J Devel Behav Ped)**. In this study, high school juniors and seniors either took a normal physical education (PE) class or a Kripalu yoga class, another breath-centered yoga practice that also emphasizes self-awareness. The authors determined that the yoga instruction in a high school PE class was feasible and appeared to improve psychosocial measures of wellbeing. Taken together, the three studies reflect a growing awareness of daily stress as a major burden on health, and they illustrate that yoga and mindfulness practices can be used in everyday settings to reduce the effects of stress.

# ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

## Books & Media

### Still Quiet Place CDs for Youth

These CDs provide children and teens with foundational mindfulness practices. These brief age-adapted practices support young people in discovering the stillness and quietness (aka awareness) between the breaths. From this foundation they are invited to watch what happens in their bodies, minds and hearts. Playful tracks for young children encourage them be otters riding the waves of the breath, and blow kisses of loving kindness. The P.E.A.C.E practice for teens offers step-by-step suggestions for responding in difficult circumstances.

**INFO:** [www.stillquietplace.com](http://www.stillquietplace.com)

## Events & Conferences

### Investigating and Integrating Mindfulness Conference

Investigating and Integrating Mindfulness in Medicine, Health Care, and Society The 10th Annual International Scientific Conference for Clinicians, Researchers and Educators Presented by The Center for Mindfulness in Medicine, Health Care, and Society March 28 – April 1, 2012 Sheraton Four Points, Norwood MA The 2012 Conference will feature more than 75 presentations that include research forums, presentation dialogues, workshops, keynotes, breakfast roundtables, and a full day retreat. Up to 33 AMA PRA Category 1 Credits– please see the conference website **INFO:** <http://umassmed.edu/cfm/conference>

## Jobs & Volunteer

None Posted

## Research & Education

### Submit to Special Theme Journal Issue

Submit your articles to the special issue on Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions. The journal of Substance Use & Misuse has released a call for papers seeking manuscripts on the use of mindfulness-based interventions to treat substance users/misusers. Deadline for initial submission is Dec. 1, 2012.

**INFO:** [www.mindfulexperience.org/resources/bl\\_ack\\_2012\\_call.pdf](http://www.mindfulexperience.org/resources/bl_ack_2012_call.pdf)

**CONTACT:** [dblack@mednet.ucla.edu](mailto:dblack@mednet.ucla.edu)

### American Viniyoga Institute Training

Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour Viniyoga Studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013

**INFO:** [www.viniyoga.com](http://www.viniyoga.com) or [studentadvisor@viniyoga.com](mailto:studentadvisor@viniyoga.com)