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David S. Black, MPH, PhD

#### Highlights by

Stephani Sutherland, PhD

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## INTERVENTIONS

Articles evaluating the applied science and implementation of mindfulness-based interventions and related meditation practices

Benn, R., Akiva, T., Arel, S., & Roeser, R. W. (2012). **Mindfulness training effects for parents and educators of children with special needs.** *Developmental Psychology*. [\[link\]](#)

Berghmans, C., Godard, R., Joly, J., Tarquinio, C., & Cuny, P. (2012). **Effects of the mindfulness based stress reduction (MBSR) approach on psychic health (stress, anxiety, depression) and coping mode of diabetic patients: A controlled and randomized pilot study [French].** *Annales Médico-Psychologiques*. [\[link\]](#)

Brand, S., Holsboer-Trachsler, E., Naranjo, J. R., & Schmidt, S. (2012). **Influence of mindfulness practice on cortisol and sleep in long-term and short-term meditators.** *Neuropsychobiology*, 65(3), 109-18. [\[link\]](#)

Dunn, C., Hanieh, E., Roberts, R., & Powrie, R. (2012). **Mindful pregnancy and childbirth: Effects of a mindfulness-based intervention on women's psychological distress and well-being in the perinatal period.** *Archives of Women's Mental Health*, 15, 139-143. [\[link\]](#)

Gard, T., Brach, N., Hölzel, B. K., Noggle, J. J., et al. (2012). **Effects of a yoga-based intervention for young adults on quality of life and perceived stress: The potential mediating roles of mindfulness and self-compassion.** *The Journal of Positive Psychology*. [\[link\]](#)

Haydicky, J., Wiener, J., Badali, P., Milligan, K., & Ducharme, J. M. (2012). **Evaluation of a mindfulness-based intervention for adolescents with learning disabilities and co-occurring ADHD and anxiety.** *Mindfulness*. [\[link\]](#)

Helber, C., Zook, N. A., & Immergut, M. (2012). **Meditation in higher education: Does it enhance cognition?** *Innovative Higher Education*. [\[link\]](#)

Hoffman, C. J., Ersser, S. J., Hopkinson, J. B., Nicholls, P. G., et al. (2012). **Effectiveness of mindfulness-based stress reduction in mood, breast-and endocrine-related quality of life, and well-being in stage 0 to III breast cancer: A randomized, controlled trial.** *Journal of Clinical Oncology*. [\[link\]](#)

Hopkins, V. & Kuyken, W. (2012). **Benefits and barriers to attending MBCT reunion meetings: An insider perspective.** *Mindfulness*. [\[link\]](#)

Howells, F. M., Ives-Deliperi, V. L., Horn, N. R., & Stein, D. J. (2012). **Mindfulness based cognitive therapy improves frontal control in bipolar disorder: A pilot EEG study.** *BMC Psychiatry*, 12(1), 15. [\[link\]](#)

Johnston, D. (2012). **Mindfulness: A proposed couple-based intervention for the altered self-identity of breast cancer survivors.** *Mindfulness*. [\[link\]](#)

Lengacher, C. A., Kip, K. E., Barta, M. K., Post-White, J., et al. (2012). **A pilot study evaluating the effect of mindfulness-based stress reduction on psychological status, physical status, salivary cortisol, and interleukin-6 among advanced-stage**

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#### **cancer patients and their caregivers.**

*Journal of Holistic Nursing.* [\[link\]](#)

Moore, A., Gruber, T., Derose, J., & Malinowski, P. (2012). **Regular, brief mindfulness meditation practice improves electrophysiological markers of attentional control.** *Frontiers in Human Neuroscience.* [\[link\]](#)

Salmoirago-Blotcher, E., Carmody, J., Yeh, G. Y., Crawford, S. L., et al. (2012). **Design and methods for a pilot study of a phone delivered, mindfulness-based intervention in patients with implantable cardioverter defibrillators (ICD).** *Evidence Based Complementary and Alternative Medicine.* [\[link\]](#)

Taylor, V. A., Daneault, V., Grant, J., Scavone, G., et al. (2012). **Impact of meditation training on the default mode network during a restful state.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

van der Valk, R., van de Waerdt, S., Meijer, C. J., van den Hout, I., & de Haan, L. (2012). **Feasibility of mindfulness-based therapy in patients recovering from a first psychotic episode: A pilot study.** *Early Intervention in Psychiatry.* [\[link\]](#)

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## ASSOCIATIONS

Articles examining associations between mindfulness and other variables and the mechanisms underlying these relationships

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Bieling, P. J., Hawley, L. L., Bloch, R. T., Corcoran, K. M., et al. (2012). **Treatment-specific changes in decentering following mindfulness-based cognitive therapy**

**versus antidepressant medication or placebo for prevention of depressive relapse.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Bramm, S. M., Cohn, A. M., & Hagman, B. T. (2012). **Can preoccupation with alcohol override the protective properties of mindful awareness on problematic drinking?** *Addictive Disorders & Their Treatment.* [\[link\]](#)

Dickenson, J., Berkman, E. T., Arch, J., & Lieberman, M. D. (2012). **Neural correlates of focused attention during a brief mindfulness induction.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

Farb, N. A., Anderson, A. K., & Segal, Z. V. (2012). **The mindful brain and emotion regulation in mood disorders.** *Canadian Journal of Psychiatry,* 57(2), 70-7. [\[link\]](#)

Froeliger, B., Garland, E. L., Kozink, R. V., Modlin, L. A., et al. (2012). **Meditation-State functional connectivity (msfc): Strengthening of the dorsal attention network and beyond.** *Evidence-Based Complementary and Alternative Medicine,* 2012. [\[link\]](#)

Garland, E. L. & Roberts-Lewis, A. (2012). **Differential roles of thought suppression and dispositional mindfulness in posttraumatic stress symptoms and craving.** *Addictive Behaviors.* [\[link\]](#)

Hasenkamp, W. & Barsalou, L. W. (2012). **Effects of meditation experience on functional connectivity of distributed brain networks.** *Frontiers in Human Neuroscience.* [\[link\]](#)

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
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Hinterman, C., Burns, L., Hopwood, D., & Rogers, W. (2012). **Mindfulness: Seeking a more perfect approach to coping with life's challenges.** *Mindfulness*. [\[link\]](#)

Kelley, T. M. & Lambert, E. G. (2012). **Mindfulness as a potential means of attenuating anger and aggression for prospective criminal justice professionals.** *Mindfulness*. [\[link\]](#)

Luders, E., Kurth, F., Mayer, E. A., Toga, A. W., et al. (2012a). **The unique brain anatomy of meditation practitioners: Alterations in cortical gyrification.** *Frontiers in Human Neuroscience*. [\[link\]](#)

Luders, E., Phillips, O. R., Clark, K., Kurth, F., et al. (2012b). **Bridging the hemispheres in meditation: Thicker callosal regions and enhanced fractional anisotropy (FA) in long-term practitioners.** *NeuroImage*. [\[link\]](#)

Masuda, A., Hill, M. L., & Tone, E. B. (2012). **The role of mindfulness and disordered eating cognitions in psychological distress among college females with elevated disordered eating.** *Mindfulness*. [\[link\]](#)

Nedeljkovic, M., Wirtz, P. H., & Ausfeld-Hafter, B. (2012). **Effects of taiji practice on mindfulness and self-compassion in healthy participants: A randomized controlled trial.** *Mindfulness*. [\[link\]](#)

Nejati, V., Zabihzadeh, A., Maleki, G., & Tehranchi, A. (2012). **Mind reading and mindfulness deficits in patients with major depression disorder.** *Procedia-Social and Behavioral Sciences*, 32, 431-437. [\[link\]](#)

Perroud, N., Nicastro, R., Jermann, F., & Huguelet, P. (2012). **Mindfulness skills in borderline personality disorder patients during dialectical behavior therapy: Preliminary results.** *International Journal of Psychiatry in Clinical Practice*. [\[link\]](#)

Ryan, A., Safran, J. D., Doran, J. M., & Muran, J. C. (2012). **Therapist mindfulness, alliance and treatment outcome.** *Psychotherapy Research*. [\[link\]](#)

Schmertz, S. K., Masuda, A., & Anderson, P. L. (2012). **Cognitive processes mediate the relation between mindfulness and social anxiety within a clinical sample.** *Journal of Clinical Psychology*, 68(3), 362-371. [\[link\]](#)

Sirois, F. M. & Tosti, N. (2012). **Lost in the moment? An investigation of procrastination, mindfulness, and well-being.** *Journal of Rational-Emotive & Cognitive-Behavior Therapy*. [\[link\]](#)

## METHODS

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

Blom, K., How, M., Dai, M., Baker, B., et al. (2012). **Hypertension analysis of stress reduction using mindfulness meditation and yoga (the HARMONY study): Study protocol of a randomised control trial.** *BMJ Open*, 2(2), e000848. [\[link\]](#)

Nejati, V., Zabihzadeh, A., Nikfarjam, M. R., Pournaghdali, A., et al. (2012). **Self as a social cue: Evidence for reading mind from eyes test.** *Procedia-Social and Behavioral Sciences*, 32, 82-88. [\[link\]](#)

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Phillips, R. E., Cheng, C., Oemig, C., Hietbrink, L., & Vonnegut, E. (2012). **Validation of a Buddhist coping measure among primarily non-Asian Buddhists in the United States.** *Journal for the Scientific Study of Religion*, 51(1), 156-172. [\[link\]](#)

Van Dam, N. T., Hobkirk, A. L., Danoff-Burg, S., & Earleywine, M. (2012). **Mind your words: Positive and negative items create method effects on the five facet mindfulness questionnaire.** *Assessment*. [\[link\]](#)

## REVIEWS

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

Csillik, A. & Tafticht, N. (2012). **Effects of mindfulness and of mindfulness intervention [French].** *Pratiques Psychologiques*. [\[link\]](#)

Davis, T. S. (2012). **Mindfulness-Based approaches and their potential for educational psychology practice.** *Educational Psychology in Practice*, 28(1), 31-46. [\[link\]](#)

Goldstein, C. M., Josephson, R., Xie, S., & Hughes, J. W. (2012). **Current perspectives on the use of meditation to reduce blood pressure.** *International Journal of Hypertension*, 2012, Article ID 578397. [\[link\]](#)

McCaffrey, G., Raffin-Bouchal, S., & Moules, N. J. (2012). **Buddhist thought and nursing: A hermeneutic exploration.** *Nursing Philosophy*, 13(2), 87-97. [\[link\]](#)

McLean, L. (2012). **Mindfulness of the psyche, mindfulness of the self.** *Australian and New Zealand Journal of Psychiatry*. [\[link\]](#)

Meiklejohn, J., Phillips, C., Freedman, M. L., et al. (2012). **Integrating mindfulness training into K-12 education: Fostering the resilience of teachers and students.** *Mindfulness*. [\[link\]](#)

Phelan, J. (2012). **Friendliness to the self.** *Mindfulness*. [\[link\]](#)

Sipe, W. E. & Eisendrath, S. J. (2012). **Mindfulness-based cognitive therapy: Theory and practice.** *Canadian Journal of Psychiatry*, 57(2), 63-9. [\[link\]](#)

## TRIALS

Research on mindfulness newly registered or recently updated (Mar 2012) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Brigham and Women's Hospital. (Noggle, J., PI). **Evaluation of yoga for sleep disturbances in post traumatic stress disorder (PTSD).** Trial# NCT01556074. [\[link\]](#)

Department of Veterans Affairs (Lim, K., PI). **Meditation interventions for treatment of PTSD in Veterans (VMP).** Trial# NCT01548742. [\[link\]](#)

Michigan State University (Lehto, R. PI). **Mindfulness therapy for individuals with lung cancer.** Trial # NCT01565980. [\[link\]](#)

University of Utah. (Kinney, A., PI). **Body mind training project.** Trial # NCT01564394. [\[link\]](#)

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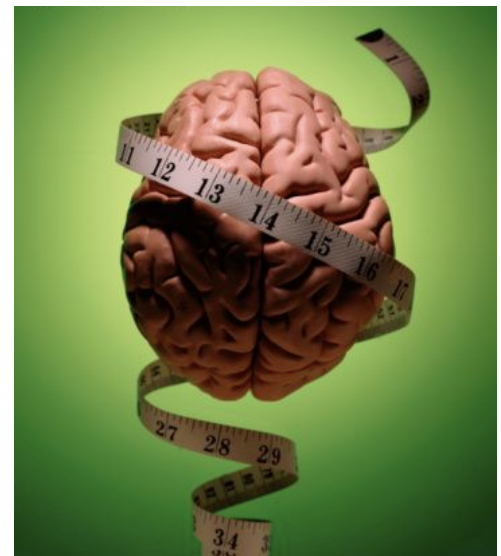
## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness*

Everything we think and feel, remember and experience is said to have 'neural correlates.' The physiological activity of our brains' neurons and glial cells, bloodflow, and bodily interactions all underlie our experience of life. What might be the pure neural correlates of mindful meditation in beginners? **Dickenson et al. (Soc Cog Affect Neuro)** set out to carefully examine this question. While previous studies have divulged brain areas involved in mindfulness, the current study instructed participants to focus mindfully on their breath while control subjects were instructed to "let your mind take you wherever it goes as your normally would throughout the day." Functional magnetic resonance imaging (fMRI) revealed that mindful breathing relative to controls specifically recruited an attention network including the anterior cingulate cortex, the insula, and frontal-parietal regions, while the default mode network activity was greater in the mind-wandering condition. Interestingly, trait mindfulness, as measured by self-report with the Mindful Attention Awareness Scale (MAAS), was associated with greater activation of these regions, and mindfulness even in beginners suppressed activity of the default mode network, a network activated often during daydreaming and mind wandering.

Again using fMRI, **Hasenkamp and Barsalou (Front Hum Neuro)** found that among healthy meditation practitioners who were savvy to breath-focused meditation, activity in the default mode network was

associated with mind wandering, and that connectivity between attentional networks increased with lifetime hours of meditation practice. The authors suggest that these plastic changes in network connectivity are lasting and represent the correlates of meditation's "off-the-mat" benefits to daily life.



Finally, **Moore et al. (Front Hum Neuro)** shifted to electroencephalographic (EEG) measurements of attention among meditation naïve participants during mindfulness meditation training. The longitudinal randomized controlled study found evidence that mindfulness meditation practice over 16 weeks improved subjects' efficiency of the use of attention resources in the brain, which might underlie the often observed benefits to self-regulation of attention. Moreover, total meditation time over the course of the intervention was strongly and significantly correlated with self-reported mindfulness level on the Five Facet Mindfulness Questionnaire (FFMQ). Although the exact underpinnings of meditation—and indeed of attention itself—remain incompletely understood, the two processes appear intricately intertwined.

# ANNOUNCEMENTS

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

## Books & Media

[Insert your announcement here.](#)

## Events & Conferences

### Harvard Medical School Mindfulness Conference

May 11-12, 2012 at the Boston Park Plaza Hotel in downtown Boston. This conference explores how mindfulness meditation, especially acceptance and compassion, can be integrated into patient care and support the therapist's own well-being. You will be able to define compassion as a psychological skill; identify conditions to support or hinder compassion in psychotherapy; describe the neurobiological processes of awareness and acceptance; trace the historical roots of compassion mind training; help patients respond compassionately to their own suffering; and implement self-compassion as an antidote to compassion fatigue. In addition, you will be able to describe the use of acceptance and compassion-oriented approaches, such as the applications of dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and internal family systems (IFS) to treating children, adolescents, adults, and couples.

**INFO:** [www.cambridgecme.org](http://www.cambridgecme.org)

### Yoga Service Conference

Join us at the Yoga Service Conference, May 18-20th, 2012 at Omega in Rhinebeck, NY. Learn how yoga heals trauma; how to start and fund a yoga service project; how to work within institutions and about current research in yoga service. Register at [www.eomega.org](http://www.eomega.org); Use discount code "YSC."

**INFO:** [www.yogaservicecouncil.org](http://www.yogaservicecouncil.org)

## Jobs & Volunteer

### Website Developer Needed

Mindfulness Research Guide is seeking a volunteer to help with website development and design for its services to the mindfulness community. Volunteers should have a minimum of 6 years experience in website development and should be familiar with WordPress hosting. Please send email with resume to [mrginform@gmail.com](mailto:mrginform@gmail.com)

**INFO:** [www.mindfulexperience.org](http://www.mindfulexperience.org)

## Research & Education

### Certificate in Mindfulness and Psychotherapy

The Institute for Meditation and Psychotherapy is accepting applications for the fifth year of its comprehensive nine-month program in mindfulness and psychotherapy. Twenty-two faculty, weekly classes, case consultation, two retreats. Enrollment is limited, and there is an option for remote learning.

**INFO:** [www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)

### Iyengar Yoga for Cancer Survivors

The Pediatric Pain Program at UCLA is conducting a study on Iyengar yoga for young adult survivors of childhood cancer experiencing persistent fatigue. The study involves a free 12-week course of yoga.

**INFO:** Please call Dr. Subhadra Evans at (310) 475 3191 ext. 221 for more information.

### Submit to Journal Issue on Mindfulness

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)

### 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)