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Editor

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

Crane-Okada, R., Kiger, H., Sugerman, F.,... Anderson, N. (2012). **Mindful movement program for older breast cancer survivors: A pilot study.** *Cancer Nursing*, 35(4), e1-13. [\[link\]](#)

de Zoysa, N., Ruths, F. A., Walsh, J., & Hutton, J. (2012). **Mindfulness based cognitive therapy for mental health professionals: A long-term qualitative follow-up study.** *Mindfulness*. [\[link\]](#)

Garland, E. L., Schwarz, N. R., Kelly, A.,... Howard, M. O. (2012). **Mindfulness-Oriented recovery enhancement for alcohol dependence: Therapeutic mechanisms and intervention acceptability.** *Journal of Social Work Practice in the Addictions*, 12(3), 242-63. [\[link\]](#)

Geschwind, N., Peeters, F., Huibers, M.,... Wichers, M. (2012). **Efficacy of mindfulness-based cognitive therapy in relation to prior history of depression: Randomised controlled trial.** *The British Journal of Psychiatry*. [\[link\]](#)

Huijbers, M. J., Spijker, J., Donders, A. T.,... Speckens, A. E., (2012). **Preventing relapse in recurrent depression using mindfulness-based cognitive therapy, antidepressant medication or the combination: Trial design and protocol of the MOMENT study.** *BMC Psychiatry*, 12(1), 125. [\[link\]](#)

Iglesias, S. L., Azzara, S., Argibay, J. C.,...Lagomarsino, E. (2012). **Psychological and physiological response of students to different types of stress management programs.** *American Journal of Health Promotion*, 26(6), 149-58. [\[link\]](#)

Josefsson, T., Lindwall, M., & Broberg, A. (2012). **The effects of a short-term mindfulness based intervention on self-reported mindfulness, decentering, executive attention, psychological health, and coping style: Examining unique mindfulness effects and mediators.** *Mindfulness*. [\[link\]](#)

Liu, X., Wang, S., Chang, S.,... Si, M. (2012). **Effect of brief mindfulness intervention on tolerance and distress of pain induced by cold-pressor task.** *Stress and Health*. [\[link\]](#)

Phelan, J. (2012). **Practicing with fear.** *Mindfulness*. [\[link\]](#)

Pinniger, R., Brown, R. F., Thorsteinsson, E. B., & McKinley, P. (2012). **Argentine tango dance compared to mindfulness meditation and a waiting-list control: A randomised trial for treating depression.** *Complementary Therapies in Medicine*. [\[link\]](#)

Shapiro, S. L., Jazaieri, H., & Goldin, P. R. (2012). **Mindfulness-based stress reduction effects on moral reasoning and decision-making.** *The Journal of Positive Psychology*. [\[link\]](#)

Singh, N., Lancioni, G., Winton, A.,... Singh, J. (2012). **A mindfulness-based smoking cessation program for individuals with mild intellectual disability.** *Mindfulness*. [\[link\]](#)

Temme, L. J., Fenster, J., & Ream, G. L. (2012). **Evaluation of meditation in the treatment of chemical dependency.** *Journal of Social Work Practice in the Addictions*, 12(3), 264-81. [\[link\]](#)

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Williams, J. G. & Kuyken, W. (2012).
Mindfulness-based cognitive therapy: A promising new approach to preventing depressive relapse. *The British Journal of Psychiatry*, 200(5), 359-60. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, C. E., Benitez, L., Kinsaul, J.,... Copeland, A. L. (2012). **Effects of brief mindfulness instructions on reactions to body image stimuli among female smokers: An experimental study.** *Nicotine & Tobacco Research*. [\[link\]](#)

Bergomi, C., Ströhle, G., Michalak, J.,... Berking, M. (2012). **Facing the dreaded: Does mindfulness facilitate coping with distressing experiences? A moderator analysis.** *Cognitive Behaviour Therapy*. [\[link\]](#)

Delevoye-Turrell, Y. N. & Bobineau, C. (2012). **Motor consciousness during intention-based and stimulus-based actions: Modulating attention resources through mindfulness meditation.** *Frontiers in Psychology*, 3, 290. [\[link\]](#)

Keng, S. L., Smoski, M. J., Robins, C. J.,... Brantley, J. G. (2012). **Mechanisms of change in mindfulness-based stress reduction: Self-Compassion and mindfulness as mediators of intervention outcomes.** *Journal of Cognitive Psychotherapy*, 26(3), 270-280. [\[link\]](#)

Lutz, A., McFarlin, D. R., Perlman, D. M.,... Davidson, R. J. (2012). **Altered anterior insula activation during anticipation and experience of painful stimuli in expert meditators.** *NeuroImage*. [\[link\]](#)

Reb, J., Narayanan, J., & Chaturvedi, S. (2012). **Leading mindfully: Two studies on the influence of supervisor trait mindfulness on employee well-being and performance.** *Mindfulness*. [\[link\]](#)

Saggar, M., King, B. G., Zanesco, A. P.,... Saron, C. D. (2012). **Intensive training induces longitudinal changes in meditation state-related EEG oscillatory activity.** *Frontiers in Human Neuroscience*, 6, 256. [\[link\]](#)

Telles, S., Raghavendra, B. R., Naveen, K. V.,... Subramanya, P. (2012). **Changes in autonomic variables following two meditative states described in yoga texts.** *Journal of Alternative and Complementary Medicine*. [\[link\]](#)

METHODS

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

Bihari, J. & Mullan, E. (2012). **Relating mindfully: A qualitative exploration of changes in relationships through mindfulness-based cognitive therapy.** *Mindfulness*. [\[link\]](#)

Fledderus, M., Voshhaar, M. A. H., ten Klooster, P. M., & Bohlmeijer, E. T. (2012). **Further evaluation of the psychometric properties of the acceptance and action questionnaire-II.** *Psychological Assessment*. [\[link\]](#)

Quintana, M. & Rivera, O. (2012). **Mindfulness training online for stress reduction, a global measure.** *Studies in Health Technology and Informatics*, 181, 143-8. [\[link\]](#)

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Sauer, S., Ziegler, M., Danay, E.,... Kohls, N. (2012). **Specific objectivity of mindfulness—A Rasch analysis of the Freiburg mindfulness inventory.** *Mindfulness*. [link]

REVIEWS

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

Falb, M. D. & Pargament, K. I. (2012). **Relational mindfulness, spirituality, and the therapeutic bond.** *Asian Journal of Psychiatry*. [link]

Jerath, R., Barnes, V. A., Dillard-Wright, D.,... Hamilton, B. (2012). **Dynamic change of awareness during mind-body techniques neural correlates and physiology.** *Frontiers in Human Neuroscience*, 6, 131. [link]

Katz, D. & Toner, B. (2012). **A systematic review of gender differences in the effectiveness of mindfulness-based treatments for substance use disorders.** *Mindfulness*. [link]

McCarney, R. W., Schulz, J., & Grey, A. R. (2012). **Effectiveness of mindfulness-based therapies in reducing symptoms of depression: A meta-analysis.** *European Journal of Psychotherapy & Counselling*, 14(3), 279-299. [link]

Park, C. (2012). **Mind-body CAM interventions: Current status and considerations for integration into clinical health psychology.** *Journal of Clinical Psychology*. [link]

Sarris, J., Moylan, S., Camfield, D. A.,... Schweitzer, I. (2012). **Complementary medicine, exercise, meditation, diet, and lifestyle modification for anxiety disorders: A review of current evidence.** *Evidence-based Complementary and Alternative Medicine*, 2012, 809653. [link]

Sojcher, R., Gould Fogerite, S., & Perlman, A. (2012). **Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder.** *Explore*, 8(5), 271-6. [link]

Stanley, S. (2012). **Mindfulness: Towards A critical relational perspective.** *Social and Personality Psychology Compass*, 6(9), 631-41. [link]

Whalan, M. K., Denton, I. H., Mohan, T.,... Dhillon, R. (2012). **Are we mindful of psychosis?** *Australian and New Zealand Journal of Psychiatry*, 46(5), 476-77. [link]

Zainal, N. Z., Booth, S., & Huppert, F. A. (2012). **The efficacy of mindfulness-based stress reduction on mental health of breast cancer patients: A meta-analysis.** *Psycho-Oncology*. [link]

TRIALS

Research trials on mindfulness newly registered (Sep 2012) at Clinicaltrial.gov

Mayo Clinic. (R. P. Benzo, P.I.). **Pulmonary rehabilitation before lung cancer resection.** Trial # NCT01682850. [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

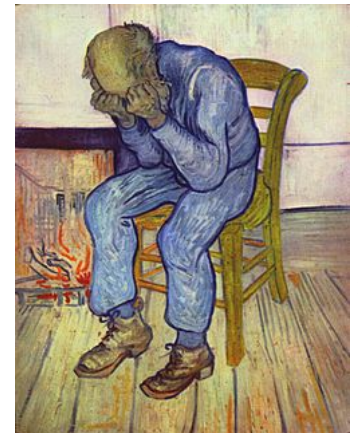
Depression continues to be the most significant mental health problem in the United States today. Seventeen percent of the population will experience at least one major depressive episode at some point during their lifetimes, and recovered patients are often troubled by residual symptoms and remain at risk for recurrences. Most depressed patients experience at least one recurrence, and at least one-third suffer from residual symptoms that fail to completely resolve. Insufficient treatment response and risk of recurrence persist as problems despite the widespread use of antidepressant medications.

Previous research has shown that Mindfulness-Based Cognitive Therapy (MBCT) significantly reduces the likelihood of recurrence in patients with histories of three or more depressive episodes. As a consequence, trials of MBCT are often limited to individuals who have had multiple depressive episodes but don't currently meet the full diagnostic criteria for depression. Two new studies challenge these limitations, suggesting that mindfulness-based treatments can successfully reduce both active depression and residual symptoms regardless of prior depression history.

Geschwind et al. (*Br J Psychiatry*.) studied patients with residual symptoms from previously diagnosed depressive episodes. The research subjects were randomly assigned to either MBCT or a wait-list control. MBCT reduced residual symptoms by 30-35%, an improvement that was sustained at 6- and 12-month follow-up. The patients improved regardless of their number of prior episodes. Patients with only one or two previous episodes improved just as much as those with three or more. This is important because patients with residual symptoms are at greatest risk for recurrence. The authors conclude that the practice of restricting MBCT

trials to patients with three or more depressive episodes needs "urgent re-examination."

McCarney et al. (*Euro J Psycho Counsel*.) performed a meta-analysis of the effect of mindfulness-based treatments on depressive symptoms as measured by the Beck Depression Inventory (BDI). Eleven studies that implemented mindfulness-based programs such as MBSR and



Sorrowing Old Man, 1890, Vincent Van Gogh

MBCT were included in the meta-analysis. The patients in these studies were being treated for depression, anxiety, ADHD, or eating disorders. The various mindfulness-based programs reduced BDI scores by an average of 8.73 points--a large and significant effect size--and a mean reduction of 25%-59% from pretreatment levels. The results support the use of mindfulness-based interventions to treat current depressive symptoms and not just to prevent recurrence.

Of course, it's always better to prevent symptoms before they develop. **Bergomi et al. (*Cogn Behav Ther*.)** studied how mindfulness and distressing experiences (e.g., loss, failure, and humiliation) interact to affect mood and psychiatric symptoms. Higher levels of trait mindfulness acted as a protective factor in this large community sample, significantly reducing the effects of distressing experiences on both negative mood and the severity of self-reported psychiatric symptoms. The study doesn't tease out how mindfulness accomplishes its effects, and its correlational, non-prospective design limits the conclusions that can be drawn. Nevertheless, it suggests a possible role for mindfulness training in primary prevention--stopping illnesses before they occur--which is the holy grail of mental health research.

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php

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

Books & Media

None posted

Events & Conferences

Mindful Living Programs MBSR Retreats

Providing mindfulness retreats for health care professionals for 13 years we offer 24 hours CME, MCEP, CEU's for physicians, psychologists, nurses, and counselors. Learn how Mindfulness Based Stress Reduction contributes to medicine and psychotherapy and gain skills that promote wellness and healthful living.

INFO: Visit

www.mindfullivingprograms.com or call 831.469-3338 for more information.

Flagstaff Living Compassion Conference

Explore the multidimensional nature of compassion, its philosophical, psychological, and spiritual roots; its cultivation and expression; its importance, relevance, and application in our everyday lives. Related events include Self-Compassion Workshop of October 25. Date: October 26-27, 2012. Presented by the NAU Social and Behavioral Sciences Compassion Project.

INFO: Website:

www.nau.edu/SBS/Events/Living-Compassion/

Art and Science of Contemplative Teaching

Register now for the Garrison Institute's symposium "The Art and Science of Contemplative Teaching and Learning: Exploring Ways of Knowing," November 16-18, 2012. The event features a keynote by Dan Siegel, and workshops that explore bringing mindfulness to K-12 classrooms through the arts, yoga, and movement. Presenters include Laura Rendón, Linda Lantieri, Tish Jennings, Trish Broderick, Bidyut Bose, and more! Continuing Education Units (CEUs) are now available through the State University of New York at New Paltz.

INFO: For information and registration:

www.garrisoninstitute.org/education2012

Jobs & Volunteer

None posted

Research & Education

Help Me Bring Mindfulness to K12 Students

I am passionate about bringing mindfulness to schools. Canadian K12 district principal (bilingual- French) wanting to begin EdD in this area. Looking for a school /research center to assist me. BEd U of Alberta and Master of Religious Ed Newman Theological College (Edmonton, Alberta).

INFO: Contact Angela at

a_auger@telus.net

Participate in Smartphone Research

Researchers at the University of Chicago are currently conducting a smartphone experience sampling study across the US and Canada with a focus on how people deal with desires and wants in everyday life. We are interested in including a broad range of characteristics in our sample, including participants who are interested in and practicing mindfulness/meditation. Compensation is up to \$30; all you need is a smartphone.

INFO: The study is called the "Tracking Desires Study" and can be accessed:

http://chicagobooth.qualtrics.com/SE/?SID=SV_9zShFTtL0Rb3HEN

Special Issue on Substance Use and Mindfulness

Submit your manuscript to the special issue on *Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions*. The journal *Substance Use & Misuse* is seeking articles on the use of mindfulness-based interventions to treat substance users/misusers and etiological papers linking mindfulness and substance use. Deadline for submission is December 1, 2012. For details, go to: http://www.mindfulexperience.org/resources/black_2012_call.pdf

INFO: For instructions for authors and online submission, go to

<http://informahealthcare.com/page/sum/Description#Instructions>