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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

Asuzu, C. C. & Agokei, C. R. (2012). **Effectiveness of mindfulness training in fostering tobacco cessation among undergraduates in a Nigerian university.** *African Journal for the Psychological Study of Social Issues*, 15(1), 147-160. [\[link\]](#)

Clark, J., Doyle, M. J., Walsh, H., & Robson, D. (2012). **Mindfulness-based CBT for carers of service users.** *British Journal of Mental Health Nursing*, 1(3), 186-192. [\[link\]](#)

Ellett, L. (2012). **Mindfulness for paranoid beliefs: Evidence from two case studies.** *Behavioural and Cognitive Psychotherapy*. [\[link\]](#)

Fjorback, L. O., Arendt, M., Ørnbøl, E.,... Fink, P. (2012). **Mindfulness therapy for somatization disorder and functional somatic syndrome: Randomized trial with one-year follow-up.** *Journal of Psychosomatic Research*. [\[link\]](#)

Fjorback, L. O., Carstensen, T., Arendt, M.,... Fink, P. (2012). **Mindfulness therapy for somatization disorder and functional somatic syndromes: Analysis of economic consequences alongside a randomized trial.** *Journal of Psychosomatic Research*. [\[link\]](#)

Goldin, P., Ziv, M., Jazaieri, H., & Gross, J. (2012). **Randomized controlled trial of mindfulness-based stress reduction versus aerobic exercise: Effects on the self-referential brain network in social anxiety disorder.** *Frontiers in Human Neuroscience*, 6, 295. [\[link\]](#)

Kee, Y. H., Chatzisarantis, N. N. L., Kong, P. W.,... Chen, L. H. (2012). **Mindfulness, movement control, and attentional focus strategies: Effects of mindfulness on a postural balance**

**task.** *Journal of Sport & Exercise Psychology*, 34(5), 561-79. [\[link\]](#)

Kold, M., Hansen, T., Vedsted-Hansen, H., & Forman, A. (2012). **Mindfulness-based psychological intervention for coping with pain in endometriosis.** *Nordic Psychology*, 64(1), 2-16. [\[link\]](#)

Lehto, R. H. & Wyatt, G. (2012). **Perceptions about using mindfulness therapy: A lung cancer focus group study.** *Cancer Nursing*. [\[link\]](#)

Majid, S. A., Seghatoleslam, T., Homan, H. A.,... Habil, H. (2012). **Effect of mindfulness based stress management on reduction of generalized anxiety disorder.** *Iranian Journal of Public Health*, 41(10), 24-28. [\[link\]](#)

Spek, A. A., van Ham, N. C., & Nyklíček, I. (2012). **Mindfulness-based therapy in adults with an autism spectrum disorder: A randomized controlled trial.** *Research in Developmental Disabilities*, 34(1), 246-53. [\[link\]](#)

Yamada, K. & Victor, T. L. (2012). **The impact of mindful awareness practices on college student health, well-being, and capacity for learning: A pilot study.** *Psychology Learning & Teaching*, 11(2), 139-145. [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, C., McVay, M., Stewart, D.,... Copeland, A. (2012). **Mindfulness ameliorates the relationship between weight concerns and smoking behavior in female smokers: A cross-sectional investigation.** *Mindfulness*. [\[link\]](#)

Alleva, J., Roelofs, J., Voncken, M.,... Alberts, H. (2012). **On the relation between mindfulness**

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**and depressive symptoms: Rumination as a possible mediator.** *Mindfulness.* [\[link\]](#)

Butryn, M. L., Juarascio, A., Shaw, J.,... Forman, E. M. (2012). **Mindfulness and its relationship with eating disorders symptomatology in women receiving residential treatment.** *Eating Behaviors.* [\[link\]](#)

Compare, A., Callus, E., & Grossi, E. (2012). **Mindfulness trait, eating behaviours and body uneasiness: A case-control study of binge eating disorder.** *Eating and Weight Disorders.* [\[link\]](#)

Deng, Y. Q., Li, S., & Tang, Y. Y. (2012). **The relationship between wandering mind, depression and mindfulness.** *Mindfulness.* [\[link\]](#)

Desbordes, G., Negi, L. T., Pace, T. W.,... Schwartz, E. L. (2012). **Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state.** *Frontiers in Human Neuroscience*, 6, 292. [\[link\]](#)

Gerzina, H. A. & Porfeli, E. J. (2012). **Mindfulness as a predictor of positive reappraisal and burnout in standardized patients.** *Teaching and Learning in Medicine*, 24(4), 309-314. [\[link\]](#)

Hunsinger, M., Livingston, R., & Isbell, L. (2012). **Spirituality and intergroup harmony: Meditation and racial prejudice.** *Mindfulness.* [\[link\]](#)

Martin, L., Plumb-Villardaga, J., & Timko, C. (2012). **Examining the relationship amongst varieties of interpersonal valuing and mindfulness processes in eating pathology.** *Mindfulness.* [\[link\]](#)

Ostafin, B. D., Bauer, C., & Myxter, P. (2012). **Mindfulness decouples the relation between automatic alcohol motivation and heavy drinking.** *Journal of Social and Clinical Psychology*, 31(7), 729-745. [\[link\]](#)

Pidgeon, A., Lacota, K., & Champion, J. (2012). **The moderating effects of mindfulness on psychological distress and emotional eating behaviour.** *Australian Psychologist.* [\[link\]](#)

Prakash, R. S., De Leon, A. A., Klatt, M.,... Patterson, B. (2012). **Mindfulness disposition and default-mode network connectivity in older adults.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

Reid, D. & Naseer, Z. (2012). **Exploring arising moments and mindfulness in occupational therapists working in diverse clinical practice areas.** *Occupational Therapy in Health Care.* [\[link\]](#)

Ruocco, A. C. & Direkoglu, E. (2012). **Delineating the contributions of sustained attention and working memory to individual differences in mindfulness.** *Personality and Individual Differences.* [\[link\]](#)

Van Vugt, M. K., Hitchcock, P., Shahar, B., & Britton, W. (2012). **The effects of mindfulness-based cognitive therapy on affective memory recall dynamics in depression: A mechanistic model of rumination.** *Frontiers in Human Neuroscience*, 6(257). [\[link\]](#)

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## METHODS

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

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Christopher, M., Woodrich, L., & Tiernan, K. (2012). **Using cognitive interviews to assess the cultural validity of state and trait measures of mindfulness among Zen Buddhists.** *Mindfulness.* [\[link\]](#)

Del Re, A. C., Flückiger, C., Goldberg, S. B., & Hoyt, W. T. (2012). **Monitoring mindfulness practice quality: An important consideration in mindfulness practice.** *Psychotherapy Research.* [\[link\]](#)

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Frewen, P., Unholzer, F., Logie-Hagan, K., & MacKinley, J. (2012). **Meditation breath attention scores (MBAS): Test-retest reliability and sensitivity to repeated practice.** *Mindfulness*. [\[link\]](#)

Irving, J., Park-Saltzman, J., Fitzpatrick, M.,... Hutchinson, T. (2012). **Experiences of health care professionals enrolled in mindfulness-based medical practice: A grounded theory model.** *Mindfulness*. [\[link\]](#)

Sunbay-Bilgen, Z., Christopher, M. S., & Rogers, B. (2012). **Examining a proactive self-care index in a mindfulness-based stress reduction (MBSR) program.** *Journal of Participatory Medicine*, 4, e22. [\[link\]](#)

van Aalderen, J., Breukers, W., Reuzel, R., & Speckens, A. (2012). **The role of the teacher in mindfulness-based approaches: A qualitative study.** *Mindfulness*. [\[link\]](#)

## REVIEWS

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

Boellinghaus, I., Jones, F., & Hutton, J. (2012). **The role of mindfulness and loving-kindness meditation in cultivating self-compassion and other-focused concern in health care professionals.** *Mindfulness*. [\[link\]](#)

Chiesa, A., Serretti, A., & Jakobsen, J. C. (2012). **Mindfulness: Top-down or bottom-up emotion regulation strategy?** *Clinical Psychology Review*. [\[link\]](#)

Cramer, H., Haller, H., Lauche, R., & Dobos, G. (2012). **Mindfulness-based stress reduction for low back pain. A systematic review.** *BMC Complementary and Alternative Medicine*, 12(1), 162. [\[link\]](#)

Cramer, H., Lauche, R., Paul, A., & Dobos, G. (2012). **Mindfulness-based stress reduction for breast cancer: A systematic review and**

**meta-analysis.** *Current Oncology*, 19(5), e343-352. [\[link\]](#)

Hwang, Y. S. & Kearney, P. (2013). **A systematic review of mindfulness intervention for individuals with developmental disabilities: Long-term practice and long lasting effects.** *Research in Developmental Disabilities*, 34(1), 314-326. [\[link\]](#)

Lu, C. (2012). **Integrating mindfulness into school physical activity programming.** *Teaching and Learning*, 7(1), 37-46. [\[link\]](#)

Rempel, K. (2012). **Mindfulness for children and youth: A review of the literature with an argument for school-based implementation.** *Canadian Journal of Counselling and Psychotherapy*, 46(3). [\[link\]](#)

Rybak, C. (2012). **Nurturing positive mental health: Mindfulness for wellbeing in counseling.** *International Journal for the Advancement of Counselling*. [\[link\]](#)

Sturm, D. C., Presbury, J., & Echterling, L. G. (2012). **The elements: A model of mindful supervision.** *Journal of Creativity in Mental Health*, 7(3), 222-232. [\[link\]](#)

Vago, D. R. & David, S. A. (2012). **Self-awareness, self-regulation, and self-transcendence (S-ART): A framework for understanding the neurobiological mechanisms of mindfulness.** *Frontiers in Human Neuroscience*, 6(296). [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (Oct 2012) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Charite University (B. Brinkhaus, P.I.). **Walking for stress reduction.** Trial # NCT01716832. [\[link\]](#)

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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*

Tens of millions of Americans suffer from chronic pain which contributes to mood and sleep disorders, impairs social and vocational functioning, saps joie de vivre, and costs an estimated \$635 billion dollars annually in associated medical costs and lost productivity.

Jon Kabat-Zinn's groundbreaking 1982 study was the first to suggest the value of MBSR in treating chronic pain. Early MBSR studies were demonstration projects that lacked randomized assignment and sophisticated controls. The field has gradually matured over time, with randomized controlled studies becoming more frequent, along with meta-analyses that assess the magnitude of effect sizes across studies. Meanwhile, researchers are continuing to explore the efficacy of MBSR in treating new disorders, and starting to analyze the cost-benefit ratios associated with treatment outcomes.

**Cramer et al.** (*BMC Complement Altern Med*) explored whether MBSR was specifically effective for patients with chronic low-back pain. The authors located three randomized controlled studies that addressed the issue. While one study of 37 failed back surgery patients found MBSR significantly reduced pain and disability, two studies with a combined total of 77 geriatric (average age = 76) low-back pain patients failed to detect such a benefit. The geriatric treatment differed from standard MBSR,



however, in that it excluded yoga and the all-day retreat from the treatment protocol. Two studies also measured pain acceptance and reported significant improvements in that domain. While evidence that MBSR reduces low-back pain and disability was deemed inconclusive, the authors found limited support that MBSR improves pain acceptance.

In a randomized, controlled study, **Fjorback et al.** (*J of Psychosom Res*) compared the effectiveness of MBSR with enhanced treatment-as-usual in 119 patients with overlapping diagnoses of fibromyalgia, chronic fatigue syndrome, and somatization disorder. The enhanced treatment-as-usual protocol included an individualized two-hour cognitive behavioral consultation. While the MBSR group was significantly more improved by the end of treatment, the two groups were found to be equally improved one year later. On the other hand, significantly fewer MBSR patients ended up on permanent disability. At 15-month follow-up, 25% of the MBSR group were receiving disability pensions, compared with 45% of the control group.

In an uncontrolled pilot study, **Kold et al.** (*Nordic Psychology*) used MBSR (supplemented by mental imagery and biofeedback) to treat 10 women with endometriosis--a painful condition affecting 10% of all fertile women in which endometrial tissue proliferates throughout the abdominal cavity causing inflammation, bleeding, and adhesions. The women in this study exhibited significant and lasting improvement in their bodily pain, physical functioning, feelings of powerlessness, emotional wellbeing, and social support.

Collectively, these studies offer some limited, mixed support for the general efficacy of MBSR in the treatment of chronic pain. They also underscore the need for additional studies to identify 1) the specific conditions and age groups that are most likely to benefit from MBSR, and 2) the specific MBSR components that are the active ingredients for specific pain-related outcomes. Researchers would do well to measure pain acceptance in addition to pain intensity in future studies.

# ANNOUNCEMENTS

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## Events & Conferences

### MBCPM Facilitator Training

Mindfulness-Based Chronic Pain Management (MBCPM) is a 13-week course, created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain/disease learn the principles of Mindfulness meditation and how these relate to suffering less pain. Modeled on Kabat-Zinn's MBSR program. MBCPM was designed to better address the unique needs of the chronic pain/disease population. Since its creation in 2002 almost 6,000 people have gone through the program. A 3-day intensive MBCPM Level 1 Facilitator Training is being offered from February 20 to 22, 2013 at St. Michael's Hospital in Toronto, Ontario, Canada. To qualify for the course, applicants must have completed a Mindfulness course taught by an accredited teacher of MBSR, MBCT or MBCPM, have a consistent meditation practice, have attended Mindfulness and/or pain conferences, and hold a professional qualification at the Masters level or above, preferably in medicine or another health care field.

**INFO:** More information and to apply please visit <http://www.neuronovacentre.com>

### Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session.

**INFO:** More information at <http://depts.washington.edu/ccfwb/mlconference.html>

## Research & Education

### Online UCLA Intro to Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Next class: Nov 5 - Dec 15 (and offered throughout the year). Advanced classes available.

**INFO:** More information at [http://marc.ucla.edu/body.cfm?id=85#map\\_s1\\_online](http://marc.ucla.edu/body.cfm?id=85#map_s1_online)

### 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:

[http://www.mindfulexperience.org/resources/black\\_2012\\_call.pdf](http://www.mindfulexperience.org/resources/black_2012_call.pdf)

**INFO:** For instructions: <http://informahealthcare.com/page/sum/Description#Instructions>

For submissions: <http://mc.manuscriptcentral.com/lsum>

### MINDFO: Get in the Know

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