**INTERVENTIONS**

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


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


van Leeuwen, S., Singer, W., & Melloni, L. (2012). Meditation increases the depth of information processing and improves the allocation of attention in space. Frontiers in Human Neuroscience, 6(133). [link]


METHODS

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


Lau, M., Colley, L., Willett, B., & Lynd, L. (2012). Employee’s preferences for access to mindfulness-based cognitive therapy to reduce the risk of depressive relapse—A discrete choice experiment. Mindfulness. [link]

**REVIEWs**

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


**TRIALs**

Research on mindfulness newly registered or recently updated (Jun 2012) at ClinicalTrials.gov


Duke University. ([J. Mitchell, P.I.). *Executive functioning and mindfulness in adults with attention deficit/hyperactivity disorder imaging.* Trial # NCT01629914. [link]

Massachusetts General Hospital. (A. Yeung, P.I.). *Tai Chi intervention for Chinese Americans with depression.* Trial # NCT01619631. [link]


Seattle Institute for Biomedical and Clinical Research. (D. Kearney, P.I.). *The effects of mindfulness training on eating behaviors and food intake.* Trial # NCT01616368. [link]


University Medical Centre Groningen. (R. Sanderman, P.I.). *Mindfulness-based cognitive therapy (MBCT) and cognitive behavioral therapy (CBT) for depression in diabetes patients.* Trial # NCT01630512. [link]
Highlights

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

The mental characteristic of mindfulness is said to have many emerging benefits on health. But how exactly does mindfulness lead to improved health? Baer et al. (J Clin Psychol.) first examined the most classic aim of a mindfulness-based intervention: reducing stress. Subjects undergoing a standard mindfulness-based stress reduction (MBSR) program were experiencing higher-than-normal levels of stress due to chronic pain, illness, or other circumstances. According to self-report, mindfulness—as measured with an abbreviated 15-item version of the Five-Facet Mindfulness Questionnaire (FFMQ)—began to increase after two weeks of training, and stress reduction kicked in after week four. These findings help confirm the long-held belief that mindfulness is the active ingredient underlying stress reduction induced by MBSR.

Murphy et al. (J Am Coll Health.) postulated that the established ways to improve health—like getting better sleep, more exercise, and eating healthy—might interact with trait mindfulness. In a longitudinal etiological assessment of female college students, a group in which health practices often fall by the wayside, researchers measured trait mindfulness with the Mindfulness Awareness Attention Scale (MAAS). Trait mindfulness scores predicted better health behaviors. Moreover, the researchers determined that mindfulness levels at the start of the academic quarter predicted better physical health at the end of the quarter, above and beyond the influence of the expected behavioral factors. Mindfulness, sleep quality, and eating behaviors influenced one another bidirectionally with respect to the health outcomes in complex ways that are not yet explained.

Another study this month examined the effects of trait mindfulness on eating patterns in obese sedentary older adults. In an interesting study design, Paolini et al. (Front Aging Neurosci.) used functional magnetic resonance imaging (fMRI) to measure activity in the default mode network (DMN), a sort of resting brain activity circuit. Participants were divided into “high” and “low” mindfulness groups based on their scores on the Mindfulness Awareness Attention Scale (MAAS). They had a normal breakfast and then went two and a half hours without food. The researchers then took fMRI as the subjects viewed pictures of food and during a rest period immediately following. “High” mindfulness participants returned to DMN activity more easily, suggesting they defaulted to this attention state when the food cues ended. The effect was more pronounced when subjects had consumed a liquid meal shake before resting. Those with “low” mindfulness scores, however, did not appear to return to DMN activity but continued with other brain activity networks, including the insula, auditory cortex and amygdala, indicating a continued preoccupation with the food thoughts. The findings may help guide future strategies in treating obese people who overeat due to low mindfulness paired with a high drive to consume food.
JULY 2012

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php
Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

“The Mindfulness Prescription for Adult ADHD” Book
In our fast-paced culture the feelings of being scattered, easily distracted, or restless are common. However, for over 4% of adults in the U.S. who have adult ADHD, these feelings are persistent and get in the way of achievement and psychological well-being. Dr. Lidia Zylowka, a psychiatrist based in Santa Cruz, CA and a co-founding member of the UCLA Mindful Awareness Research Center, has written a book that explains ADHD and show how adults with ADHD can use mindfulness to develop more attention, strength emotion regulation skills, and balance their lives. The book and its CD outlines a step-by-step mindfulness approach that is relevant to all who are new to mindfulness and/or find it difficult to meditate. Now also available as an eBook.
INFO: For more see www.mindfulness-adhd.com. To connect with others interested in the topic, see www.facebook.com/MindfulnessADHD

Events & Conferences

Conference Submissions Now Being Accepted
Call For Conference Submissions for Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education, and Research
Become part of this historic conference Feb. 1-3, 2013, featuring Jon and Myla Kabat-Zinn, through submitting any of the following for review and consideration: 2-hour breakout sessions; research presentations, research posters; pre- and post-conference workshops on specific programs or topics of interest. Visit our submission site at http://www.surveymonkey.com/s/8JY79CT for details. DEADLINE: August 1, 2012
Location: Catamaran Resort & Hotel, San Diego, CA
INFO: Email: cme.ucsd.edu/bridging/index.html Email: mindfulness@ucsd.edu

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. Please send email with resume to mrginform@gmail.com
INFO: view the website at www.mindfulexperience.org

Research & Education

MBSR/CT Professional Training Australia
A seven day intensive in-depth exploration of the practice of teaching MBSR/CT using a range of didactic, experiential and small group work and providing opportunities for practice teaching/leading/inquiry. This program is for people who already have an ongoing meditation practice including retreats and previous participation in an MBSR/CT program.
Dates: 20th - 27th September, 2012
INFO: info@openground.com.au
www.openground.com.au

American Viniyoga Institute Training
INFO: www.viniyoga.com