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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

Baer, R. A., Carmody, J., & Hunsinger, M. (2012). **Weekly change in mindfulness and perceived stress in a mindfulness-based stress reduction program.** *Journal of Clinical Psychology.* [link]

Bowen, S., Haworth, K., Grow, J., ... Kohlenberg, R. (2012). **Interpersonal mindfulness informed by functional analytic psychotherapy: Findings from a pilot randomized trial.** *International Journal of Behavioral Consultation and Therapy, 7*(2-3), 9-15. [link]

Burg, J. M. & Wolf, O. T. (2012). **Mindfulness as self-regulated attention.** *Swiss Journal of Psychology, 71*(3), 135-39. [link]

Clark, P. G., Cortese-Jimenez, G., & Cohen, E. (2012). **Effects of reiki, yoga, or meditation on the physical and psychological symptoms of chemotherapy-induced peripheral neuropathy: A randomized pilot study.** *Journal of Evidence-Based Complementary & Alternative Medicine.* [link]

Frye, L. A. & Spates, C. R. (2012). **Prolonged exposure, mindfulness, and emotion regulation for the treatment of PTSD.** *Clinical Case Studies.* [link]

Goodman, M. J. & Schorling, J. B. (2012). **A mindfulness course decreases burnout and improves well-being among healthcare providers.** *The International Journal of Psychiatry in Medicine, 43*(2), 119-28. [link]

Himelstein, S., Hastings, A., Shapiro, S., & Heery, M. (2012). **Mindfulness training for self-regulation and stress with incarcerated youth A pilot study.** *Probation Journal, 59*(2), 151-65. [link]

Hoppes, S., Bryce, H., Hellman, C., & Finlay, E. (2012). **The effects of brief mindfulness training on caregivers' well-being.** *Activities, Adaptation & Aging, 36*(2), 147-66. [link]

Jazaieri, H., Goldin, P. R., Werner, K., ... Gross, J. J. (2012). **A randomized trial of MBSR versus aerobic exercise for social anxiety disorder.** *Journal of Clinical Psychology.* [link]

Lee, J. J. (2012). **Teaching mindfulness at a public research university.** *Journal of College and Character, 13*(2), 9. [link]

Lord, S. A. (2012). **Meditative dialogue: Tuning in to the music of family therapy.** *Journal of Family Therapy.* [link]

McManus, F., Surawy, C., Muse, K., ... Williams, J. M. G. (2012). **A randomized clinical trial of mindfulness-based cognitive therapy versus unrestricted services for health anxiety (hypochondriasis).** *Journal of Consulting and Clinical Psychology.* [link]

Monshat, K. & Castle, D. J. (2012). **Mindfulness training: An adjunctive role in the management of chronic illness?** *The Medical Journal of Australia, 196*(9), 569-4. [link]

Newsome, S., Waldo, M., & Gruszka, C. (2012). **Mindfulness group work: Preventing stress and increasing self-compassion among helping professionals in training.** *The Journal for Specialists in Group Work.* [link]

Tharaldsen, K. B. & Bru, E. (2012). **Evaluating the mindfulness-based coping program: An effectiveness study using a mixed model approach.** *Mental Illness, 4*(1), e11. [link]

Tonelli, M. E. & Wachholtz, A. B. (2012). **Meditation-Based treatment yielding immediate relief for meditation-naive migraineurs.** *Pain Management Nursing.* [link]

Wallmark, E., Safarzadeh, K., Daukantaite, D., & Maddux, R. E. (2012). **Promoting altruism through meditation: An 8-week randomized controlled pilot study.** *Mindfulness.* [link]

Zernicke, K. A., Campbell, T. S., Blustein, P. K., ... Carlson, L. E. (2012). **Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: A randomized wait-list controlled trial.** *International Journal of Behavioral Medicine.* [link]

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, C. E., McVay, M. A., Kinsaul, J., ... Copeland, A. L. (2012). **Unique relationships between facets of mindfulness and eating pathology among female smokers.** *Eating Behaviors.* [link]

Brown, K. W., Weinstein, N., & Creswell, J. D. (2012). **Trait mindfulness modulates neuroendocrine and affective responses to social evaluative threat.** *Psychoneuroendocrinology.* [link]

Cahn, B. R., Delorme, A., & Polich, J. (2012). **Event-related delta, theta, alpha, and gamma correlates to auditory oddball processing during Vipassana meditation.** *Social Cognitive and Affective Neuroscience.* [link]

Farb, N. A. S., Segal, Z. V., & Anderson, A. K. (2012). **Mindfulness meditation training alters cortical representations of interoceptive attention.** *Social Cognitive and Affective Neuroscience.* [link]

Kox, M., Stoffels, M., Smeekens, S. P., ... Pickkers, P. (2012). **The influence of concentration/meditation on autonomic nervous system activity and the innate immune response: A case study.** *Psychosomatic Medicine*, 74(5), 489-94. [link]

Lee, Y. C. & Chao, H. F. (2012). **The role of active inhibitory control in psychological well-being and mindfulness.** *Personality and Individual Differences.* [link]

Murphy, M. J., Mermelstein, L. C., Edwards, K. M., & Gidycz, C. A. (2012). **The benefits of dispositional mindfulness in physical health: A longitudinal study of female college students.** *Journal of American College Health*, 60(5), 341-48. [link]

Pakenham, K. I. & Samios, C. (2012). **Couples coping with multiple sclerosis: A dyadic perspective on the roles of mindfulness and acceptance.** *Journal of Behavioral Medicine.* [link]

Paolini, B., Burdette, J. H., Laurienti, P. J., ... Rejeski, W. J. (2012). **Coping with brief periods of food restriction: Mindfulness matters.** *Frontiers in Aging Neuroscience*, 4(13). [link]

Paul, N. A., Stanton, S. J., Greeson, J. M., ... Wang, L. (2012). **Psychological and neural mechanisms of trait mindfulness in reducing depression vulnerability.** *Social Cognitive and Affective Neuroscience.* [link]

Tang, Y. Y., Lu, Q., Fan, M., ... Posner, M. I. (2012). **Mechanisms of white matter changes induced by meditation.** *Proc Natl Acad Sci U S A.* [link]

Troy, A. S., Shallcross, A. J., Davis, T. S., & Mauss, I. B. (2012). **History of mindfulness-based cognitive therapy is associated with increased cognitive reappraisal ability.** *Mindfulness.* [link]

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]

Webb, J. R., Phillips, T. D., Bumgarner, D., & Conway-Williams, E. (2012). **Forgiveness, mindfulness, and health.** *Mindfulness.* [link]

METHODS

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

Crane, R. & Kuyken, W. (2012). **The implementation of mindfulness-based cognitive therapy: Learning from the UK health service experience.** *Mindfulness.* [link]

Lange, K., Gorbunova, A., & Christ, O. (2012). **The influence of mindfulness on different aspects of pain perception and affective reactivity to pain - feasibility of a multimethodical approach.** *Mindfulness.* [link]

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]

Woolhouse, H., Knowles, A., & Crafti, N. (2012). **Adding mindfulness to CBT programs for binge eating: A mixed-methods evaluation.** *Eating Disorders*, 20(4), 321-39. [link]

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REVIEWS

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

Asare, F., Störsrud, S., & Simrén, M. (2012). **Meditation over medication for irritable bowel syndrome? On exercise and alternative treatments for irritable bowel syndrome.** *Current Gastroenterology Reports.* [\[link\]](#)

Brewer, J. A., Elwafi, H. M., & Davis, J. H. (2012). **Craving to quit: Psychological models and neurobiological mechanisms of mindfulness training as treatment for addictions.** *Psychology of Addictive Behaviors.* [\[link\]](#)

Chen, K. W., Berger, C. C., Manheimer, E., ...Lejuez, C. W. (2012). **Meditative therapies for reducing anxiety: A systematic review and meta-analysis of randomized controlled trials.** *Depression and Anxiety.* [\[link\]](#)

Davis, L. & Kurzban, S. (2012). **Mindfulness-Based treatment for people with severe mental illness: A literature review.** *American Journal of Psychiatric Rehabilitation,* 15(2), 202-32. [\[link\]](#)

Greene, P. B., Philip, E. J., Poppito, S. R., & Schnur, J. B. (2012). **Mindfulness and psychosocial care in cancer: Historical context and review of current and potential applications.** *Palliative and Supportive Care.* [\[link\]](#)

Kozasa, E. H., Tanaka, L. H., Monson, C., ... Peres, M. P. (2012). **The effects of meditation-based interventions on the treatment of fibromyalgia.** *Current Pain and Headache Reports.* [\[link\]](#)

Kuan, T. (2012). **Cognitive operations in Buddhist meditation: Interface with western psychology.** *Contemporary Buddhism,* 13(1), 35-60. [\[link\]](#)

Lang, A. J., Strauss, J. L., Bomyea, J., ... Essex, M. (2012). **The theoretical and empirical basis for meditation as an intervention for PTSD.** *Behavior Modification.* [\[link\]](#)

Sequeira, S. & Ahmed, M. (2012). **Meditation as a potential therapy for autism: A review.** *Autism Research and Treatment,* 2012, Article ID 835847. [\[link\]](#)

TRIALS

Research on mindfulness newly registered or recently updated (Jun 2012) at [Clinicaltrial.gov](#)

Carnegie Mellon University (D. Creswell, P.I.). **Mindfulness-based meditation to treat stress in unemployed community adults.** Trial # NCT01628809. [\[link\]](#)

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. [\[link\]](#)

Mayo Clinic. (C. Stonnington, P.I.). **A post-transplant resilience intervention.** Trial # NCT01629069. [\[link\]](#)

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

Seattle Institute for Biomedical and Clinical Research. (D. Kearney, P.I.). **Mindfulness-based stress reduction and the microbiome.** Trial # NCT01619384. [\[link\]](#)

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. [\[link\]](#)

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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

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.

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, strengthen 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: Web:

<http://cme.ucsd.edu/bridging/index.html> Email: mindfulness@ucsd.edu

.b Teacher Training with MiSP

Train to teach .b, the Mindfulness in Schools Project's highly respected mindfulness programme for adolescents, as endorsed by Jon Kabat-Zinn. Residential teaching retreat with creators of the curriculum at Oxford University, 28th-31st August, £895 inclusive of full-board and all materials. Minimum eligibility is an established Insight or MBCT/SR practice.

INFO: For more information about .b and an application form for this and future UK and US trainings, please contact info@mindfulnessinschools.org, or contact us via <http://mindfulnessinschools.org>

Mindfulness Teacher Development Course, UK

Seven day Teacher Development Course, Lancashire, UK. October to November 2012 Cost: £490 This programme gives participants: experience of reflection on mindfulness practice; clinical and academic information; plus insight into teaching aims and methods, in preparation to provide mindfulness-based interventions for individual clients and Mindfulness-based Cognitive Therapy for groups.

INFO: Applications and enquiries should be to Alistair Smith, alistair@cali.co.uk

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

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