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### Editor

David S. Black, PhD, MPH

### Highlights by

Stephani Sutherland, PhD

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## INTERVENTIONS

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

Agha-Bagheri, H., Mohammad-Khani, P., Emrani, S., & Farahmand, V. (2012). **The efficacy of mindfulness-based cognitive therapy group on the increase of subjective well-being and hope in patients with multiple sclerosis.** *Journal of Clinical Psychology*, 4(1), 23-31. [[link](#)]

Azulay, J., Smart, C. M., Mott, T., & Cicerone, K. D. (2012). **A pilot study examining the effect of mindfulness-based stress reduction on symptoms of chronic mild traumatic brain injury/postconcussive syndrome.** *The Journal of Head Trauma Rehabilitation*, 32(6), 413-20. [[link](#)]

Barrett, B., Hayney, M. S., Muller, D., ...Coe, C.L. (2012). **Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial.** *Annals of Family Medicine*, 10(4), 337-46. [[link](#)]

Bei, B., Byrne, M. L., Ivens, C., ...Allen, N.B. (2012). **Pilot study of a mindfulness-based, multi-component, in-school group sleep intervention in adolescent girls.** *Early Intervention in Psychiatry*. [[link](#)]

Black, D. S., Cole, S. W., Irwin, M. R., ...Lavretsky, H. (2012). **Yogic meditation reverses NF- $\kappa$ B and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial.** *Psychoneuroendocrinology*. [[link](#)]

Bostanov, V., M Keune, P., Kotchoubey, B., & Hautzinger, M. (2012). **Event-related brain potentials reflect increased concentration ability after mindfulness-based cognitive therapy for depression: A randomized clinical trial.** *Psychiatry Research*. [[link](#)]

Brady, S., O'Connor, N., Burgermeister, D., & Hanson, P. (2012). **The impact of mindfulness meditation in promoting a culture of safety on an acute psychiatric unit.** *Perspectives in Psychiatric Care*, 48(3), 129-37. [[link](#)]

Britton, W. B., Haynes, P. L., Fridel, K. W., & Bootzin, R. R. (2012). **Mindfulness-based cognitive therapy improves polysomnographic and subjective sleep profiles in antidepressant users with sleep complaints.** *Psychotherapy and Psychosomatics*, 81(5), 296-304. [[link](#)]

Burke, A. (2012). **Comparing individual preferences for four meditation techniques: Zen, Vipassana (mindfulness), qigong, and mantra.** *Explore*, 8(4), 237-42. [[link](#)]

Chiesa, A., Mandelli, L., & Serretti, A. (2012). **Mindfulness-based cognitive therapy versus psycho-education for patients with major depression who did not achieve remission following antidepressant treatment: A preliminary analysis.** *Journal of Alternative and Complementary Medicine*. [[link](#)]

Creswell, J. D., Irwin, M. R., Burklund, L. J., ...Cole, S.W.. (2012). **Mindfulness-based stress reduction training reduces loneliness and pro-inflammatory gene expression in older adults: A small randomized controlled trial.** *Brain, Behavior, and Immunity*. [[link](#)]

Johansson, B., Bjuhr, H., & Rönnbäck, L. (2012). **Mindfulness-based stress reduction (MBSR) improves long-term mental fatigue after stroke or traumatic brain injury.** *Brain Injury*. [[link](#)]

Jouper, J. & Johansson, M. (2012). **Qigong and mindfulness-based mood recovery: Exercise experiences from a single case.** *Journal of Bodywork and Movement Therapies*. [[link](#)]

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Kearney, D. J., Milton, M. L., Malte, C. A., ...Simpson, T. L. (2012). **Participation in mindfulness-based stress reduction is not associated with reductions in emotional eating or uncontrolled eating.** *Nutrition Research*, 32(6), 413-20. [\[link\]](#)

Leydon, G. M., Eyles, C., & Lewith, G. T. (2012). **A mixed methods feasibility study of mindfulness meditation for fatigue in women with metastatic breast cancer.** *European Journal of Integrative Medicine*. [\[link\]](#)

Muzik, M., Hamilton, S. E., Rosenblum, K., ...Hadi, Z. (2012). **Mindfulness yoga during pregnancy for psychiatrically at-risk women: Preliminary results from a pilot feasibility study.** *Complementary Therapies in Clinical Practice*. [\[link\]](#)

Reddy, S. D., Negi, L. T., Dodson-Lavelle, B., ...Craighead, L. W. (2012). **Cognitive-Based compassion training: A promising prevention strategy for at-risk adolescents.** *Journal of Child and Family Studies*. [\[link\]](#)

SeyedAlinaghi, S., Jam, S., Foroughi, M., ...Black, D. S. (2012). **Randomized controlled trial of mindfulness-based stress reduction delivered to human immunodeficiency virus-positive patients in Iran: Effects on CD4+ T lymphocyte count and medical and psychological symptoms.** *Psychosomatic Medicine*. [\[link\]](#)

Zangi, H. A., Mowinckel, P., Finset, A., ...Hagen, K. B. (2012). **A mindfulness-based group intervention to reduce psychological distress and fatigue in patients with inflammatory rheumatic joint diseases: A randomised controlled trial.** *Annals of the Rheumatic Diseases*, 71(6), 911-7. [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Ciesla, J. A., Reilly, L. C., Dickson, K. S., ...Updegraff, J. A. (2012). **Dispositional mindfulness moderates the effects of stress among adolescents:**

**Rumination as a mediator.** *Journal of Clinical Child & Adolescent Psychology*. [\[link\]](#)

Cunha, M. & Paiva, M. J. (2012). **The test anxiety in adolescents: The role of self-criticism and acceptance and mindfulness skills.** *The Spanish Journal of Psychology*, 15(2), 533-43. [\[link\]](#)

Jislin-Goldberg, T., Tanay, G., & Bernstein, A. (2012). **Mindfulness and positive affect: Cross-sectional, prospective intervention, and real-time relations.** *The Journal of Positive Psychology*. [\[link\]](#)

Kushner, K. (2012). **You cannot wash off blood with blood: Entering the mind through the body.** *EXPLORE: The Journal of Science and Healing*, 8(4), 243-48. [\[link\]](#)

Leung, M. K., Chan, C. C., Yin, J., ...Lee, T. M. (2012). **Increased gray-matter volume in the right angular and posterior parahippocampal gyri in loving-kindness meditators.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

## METHODS

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

Cebolla, A., García-Palacios, A., Soler, J., ...Botella, C. (2012). **Psychometric properties of the Spanish validation of the five facets of mindfulness questionnaire (FFMQ).** *The European Journal of Psychiatry*, 26(2), 118-26. [\[link\]](#)

Herd, J., Bührle, B., Bader, K., & Hännly, C. (2012). **Participation in an adapted version of MBCT in psychiatric care.** *Mindfulness*. [\[link\]](#)

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## REVIEWS

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

Chiesa, A. (2012). **The difficulty of defining mindfulness: Current thought and critical issues.** *Mindfulness*. [\[link\]](#)

Grégoire, S., Baron, C., & Baron, L. (2012). **Mindfulness and counselling.** *Canadian Journal of Counselling and Psychotherapy*, 46(2). [\[link\]](#)

Kelley, M. M., Latta, R. E., & Gimmetad, K. (2012). **Acceptance and mindfulness-based tobacco cessation interventions for individuals with mental health disorders.** *Journal of Dual Diagnosis*, 8(2), 89-98. [\[link\]](#)

Lifshitz, M., Campbell, N. K., & Raz, A. (2012). **Varieties of attention in hypnosis and meditation.** *Consciousness and Cognition*. [\[link\]](#)

Marchand, W. R. (2012). **Mindfulness-based stress reduction, mindfulness-based cognitive therapy, and Zen meditation for depression, anxiety, pain, and psychological distress.** *Journal of Psychiatric Practice*, 18(4), 233-52. [\[link\]](#)

Tang, Y. Y., Yang, L., Leve, L. D., & Harold, G. T. (2012). **Improving executive function and its neurobiological mechanisms through a mindfulness-based intervention: Advances within the field of developmental neuroscience.** *Child Development Perspectives*. [\[link\]](#)

Wetherill, R. & Tapert, S. F. (2012). **Adolescent brain development, substance use, and psychotherapeutic change.** *Psychology of Addictive Behaviors*. [\[link\]](#)

Witkiewitz, K., Lustyk, M. K., & Bowen, S. (2012). **Retraining the addicted brain: A review of hypothesized neurobiological mechanisms of mindfulness-based relapse prevention.** *Psychology of Addictive Behaviors*. [\[link\]](#)

## TRIALS

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

Johns Hopkins University (E. Sibinga, P.I.). **Improving wellness for young men.** Trial # NCT01650233. [\[link\]](#)

Rotman Research Institute at Baycrest (R. Hinst). **Cognitive activation therapy for MCI: A randomized control study.** Trial # NCT01641328. [\[link\]](#)

Southern Methodist University (J. Smits, P.I.). **Yoga for stress and mental health.** Trial # NCT01652807. [\[link\]](#)

University of Arizona (C. Raison, P.I.). **The sounds of compassion: testing how specific elements of meditation change daily life.** Trial # NCT01643369. [\[link\]](#)

University of California, San Francisco (L. Duncan, P.I.). **Pilot trial of centering pregnancy with mindfulness skills.** Trial # NCT01646463. [\[link\]](#)

University of Wisconsin, Madison (B. Barrett, P.I.). **University of Wisconsin meditation and exercise cold study (MEPARI-2).** Trial # NCT01654289. [\[link\]](#)

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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*

Scientists are increasingly scrutinizing mindfulness and meditation in medical contexts. This month, several new studies provide compelling evidence for how mindfulness interventions may protect health in such contexts by altering bodily systems.

Acute respiratory infection—also known as the common cold—ranks as the country’s most expensive illness, with a \$40 billion annual price tag. **Barrett et al. (*Ann Fam Med*)** investigated whether mindfulness-based stress reduction (MBSR) or a moderate physical exercise program would affect the course of this illness. Participants in the MBSR and exercise groups caught significantly fewer colds than those in the control group, but only meditators experienced markedly shorter and less severe colds than controls. The researchers also collected samples from participants’ noses, which contained biological markers of immune system activity and viral infection. These did not differ among groups, indicating those who received MBSR also encountered viral infections. Surprisingly, a battery of self-reported psychosocial tests reflected only a small reduction in stress and increased optimism in the intervention groups, perhaps because the sample of mostly women over 50 was quite healthy.

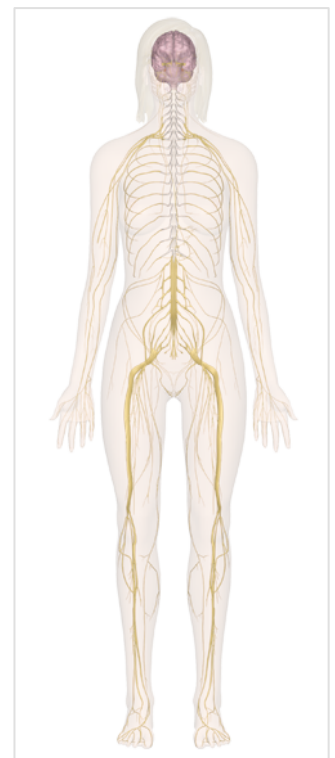
Another costly—and growing—affliction in the U.S. is traumatic brain injury (TBI). Symptoms of TBI typically fall into four clusters: cognitive and attention problems; physical manifestations like pain; psychiatric outcomes like mood disorders; and emotional dysregulation. Although most people recover normally after TBI, a minority experience chronic symptoms that require ongoing care. Remarkably, this group makes up an estimated 2% of Americans. Because some of MBSR’s aims are to increase one’s self awareness and reduce emotional reactivity, **Azulay et al. (*J Head Trauma Rehabil*)** hypothesized that it

might improve outcomes for those suffering from the chronic effects of mild TBI. For the uncontrolled pilot study, the authors used a slightly modified version of a 10-week MBSR training with greater emphasis on attention skills, building awareness of internal and external experience, and shifting perspective on those experiences. Participants’ self-reported quality of life and self-confidence increased, and they saw slight improvements in some measures of cognitive function and attention after training.

Acute and chronic psychosocial stress can wreak havoc even on the body, but for people infected with human immunodeficiency virus (HIV), stress can spell disaster.

Stress acts through the hypothalamic-pituitary-adrenal (HPA) axis and other endocrine signaling systems to influence the immune system. **Sayedalinaghi et al. (*Psychosom Med*)** followed Iranians living with HIV—a group often encountering stigma and related stress—over 12 months after they received either 8-week MBSR training or a brief “education and support” control condition. Their data indicated that those receiving

MBSR saw an immediate increase in CD4, a common marker used to track immune function and HIV progression. This rise in CD4 returned to baseline level by 12 months. Participants also reported temporary improvements in psychological symptoms early on, but only self-reports of medical symptoms significantly improved and persisted over the entire 12-month follow-up period.



## ANNOUNCEMENTS

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

### Books & Media

#### The Path of Mindfulness Meditation

A new in-depth book about mindfulness and its application for personal transformation and emotional healing.

**INFO:** Available through Amazon at <http://www.amazon.com/dp/1432736884/>

### Events & Conferences

#### Clinical Meditation and Imagery

Our 30th year of Clinical Meditation and Imagery certificate training for health professionals. One Saturday per month in Huntington NY. Continuing education credits. Begins: September 22, 2012.

**INFO:** Contact: Dr. Richard Schaub  
[dr-richardschaub@gmail.com](mailto:dr-richardschaub@gmail.com)  
[www.huntingtonmeditation.com](http://www.huntingtonmeditation.com)

### Jobs & Volunteer

#### Science Writer Needed

*Mindfulness Research Monthly* is currently seeking a science writer for its *Highlights* section. Successful applicants must have experience in translating basic science into layman's terms for a general public audience. Ph.D. or equivalent preferred, but other experienced writers will be considered based on qualifications. A research stipend is available.

**INFO:** Send CV and writing sample to [mrginform@gmail.com](mailto:mrginform@gmail.com)

### 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](mailto:info@openground.com.au)  
[www.openground.com.au](http://www.openground.com.au)

#### Recruiting Mindfulness Online Survey Participants

£20 Amazon voucher draw is given! The research aims to investigate the relationship between mindfulness and organizational behavior. Your participation is very important in exploring the benefit of mindfulness practice in working experience!! Greatly appreciate if you could share this info as widely as possible. Thank you.

**INFO:** Further details at <http://www.ljmu.ac.uk/mindfulness/120973.asp>

### Submit to Journal Issue on 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 manuscripts on the use of mindfulness-based interventions to treat substance users/misusers. Deadline for initial submission is Dec. 1, 2012. For details, go to:

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

**INFO:** Submit your manuscripts at <http://informahealthcare.com/loi/sum>

### 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)