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


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]


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


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


**METHODS**

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


**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:
Reviews

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


Trials

Research on mindfulness newly registered (Jul 2012) at ClinicalTrial.gov

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

Rotman Research Institute at Baycrest (R. Hinsta). 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]
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.
Submit your announcements online at www.mindfulexperience.org/announcements.php

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


INFO: Contact: Dr. Richard Schaub drrichardschaub@gmail.com 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

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

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

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

American Viniyoga Institute Training


INFO: www.viniyoga.com