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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

Brown, C. A. & Jones, A. K. (2012). **Psychobiological correlates of improved mental health in patients with musculoskeletal pain after a mindfulness-based pain management program.** *The Clinical Journal of Pain.* [\[link\]](#)

Carmody, J. F., Olendzki, B. C., Merriam, P. A.,... Ma, Y. (2012). **A novel measure of dietary change in a prostate cancer dietary program incorporating mindfulness training.** *Journal of the Academy of Nutrition and Dietetics.* [\[link\]](#)

Eckhardt, K. J. & Dinsmore, J. A. (2012). **Mindful music listening as a potential treatment for depression.** *Journal of Creativity in Mental Health,* 7(2), 175-186. [\[link\]](#)

Gockel, A., Burton, D., James, S., & Bryer, E. (2012). **Introducing mindfulness as a self-care and clinical training strategy for beginning social work students.** *Mindfulness.* [\[link\]](#)

Gootjes, L. & Rassin, E. (2012). **Perceived thought control mediates positive effects of meditation experience on affective functioning.** *Mindfulness.* [\[link\]](#)

Hunsinger, M., Livingston, R., & Isbell, L. (2012). **The impact of loving-kindness meditation on affective learning and cognitive control.** *Mindfulness.* [\[link\]](#)

Jazaieri, H., Jinpa, G. T., McGonigal, K.,... Goldin, P. R. (2012). **Enhancing compassion: A randomized controlled trial of a compassion cultivation training program.** *Journal of Happiness Studies.* [\[link\]](#)

Mirams, L., Poliakoff, E., Brown, R. J., & Lloyd, D. M. (2012). **Brief body-scan meditation practice improves somatosensory perceptual decision-making.** *Consciousness and Cognition.* [\[link\]](#)

Munshi, K., Eisendrath, S., & Delucchi, K. (2012). **Preliminary long-term follow-up of mindfulness-based cognitive therapy-induced remission of depression.** *Mindfulness.* [\[link\]](#)

Netterstrøm, B., Friebel, L., & Ladegaard, Y. (2012). **The effects of a group based stress treatment program (the kalmia concept) targeting stress reduction and return to work. A randomized, wait-list controlled trial.** *Journal of Environmental and Occupational Science,* 1(2). [\[link\]](#)

Ruths, F., de Zoysa, N., Frearson, S.,... Walsh, J. (2012). **Mindfulness-Based cognitive therapy for mental health professionals--a pilot study.** *Mindfulness.* [\[link\]](#)

Tsang, S. C. H., Mok, E. S., Lam, S. C., & Lee, J. K. (2012). **The benefit of mindfulness-based stress reduction to patients with terminal cancer.** *Journal of Clinical Nursing,* 21(17-18), 2690-96. [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Froeliger, B. E., Garland, E. L., Modlin, L. A., & McClernon, F. J. (2012). **Neurocognitive correlates of the effects of yoga meditation practice on emotion and cognition: A pilot study.** *Frontiers in Integrative Neuroscience,* 6(48). [\[link\]](#)

Graham, J., West, L., & Roemer, L. (2012). **The experience of racism and anxiety symptoms in**

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#### **an African American sample: Moderating effects of trait mindfulness.** *Mindfulness.* [[link](#)]

Jedel, S., Merriman, P., Hoffman, A.,... Keshavarzian, A. (2012). **Relationship of mindfulness, quality of life, and psychiatric symptoms among patients with ulcerative colitis.** *Mindfulness.* [[link](#)]

Khalsa, S. B., Ostermann, T., & Heusser, P. (2012). **Development of specific aspects of spirituality during a 6-month intensive yoga practice.** *Evidence-Based Complementary and Alternative Medicine, 2012.* [[link](#)]

Klimecki, O. M., Leiberg, S., Lamm, C., & Singer, T. (2012). **Functional neural plasticity and associated changes in positive affect after compassion training.** *Cerebral Cortex.* [[link](#)]

Lee, T. M. C., Leung, M. K., Hou, W. K.,... Chan, C. C. (2012). **Distinct neural activity associated with focused-attention meditation and loving-kindness meditation.** *PLoS ONE, 7(8), e40054.* [[link](#)]

Luders, E., Thompson, P. M., Kurth, F.,... Toga, A. W. (2012). **Global and regional alterations of hippocampal anatomy in long-term meditation practitioners.** *Human Brain Mapping.* [[link](#)]

Moor, K., Scott, A., & McIntosh, W. (2012). **Mindful eating and its relationship to body mass index and physical activity among university students.** *Mindfulness.* [[link](#)]

Naranjo, J. R. & Schmidt, S. (2012). **Is it me or not me? Modulation of perceptual-motor awareness and visuomotor performance by mindfulness meditation.** *BMC Neuroscience, 13(1), 88.* [[link](#)]

Niles, B., Vujanovic, A., Silberbogen, A.,... Potter, C. (2012). **Changes in mindfulness following a mindfulness telehealth intervention.** *Mindfulness.* [[link](#)]

Reber, C., Boden, M., Mitragotri, N.,... Bonn-Miller, M. (2012). **A prospective investigation of mindfulness skills and changes in emotion regulation among military veterans in posttraumatic stress disorder treatment.** *Mindfulness.* [[link](#)]

Tyler Boden, M., Bernstein, A., Walser, R. D.,... Bonn-Miller, M. O. (2012). **Changes in facets of mindfulness and posttraumatic stress disorder treatment outcome.** *Psychiatry Research.* [[link](#)]

## METHODS

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

Hoffman, C. J., Ersser, S. J., & Hopkinson, J. B. (2012). **Mindfulness-based stress reduction in breast cancer: A qualitative analysis.** *Complementary Therapies in Clinical Practice.* [[link](#)]

Ireland, M. (2012). **Meditation and psychological health: Modeling theoretically derived predictors, processes, and outcomes.** *Mindfulness.* [[link](#)]

Jacobs, T. L. (2012). **Contemplative practice, chronic fatigue, and telomerase activity: A comment on Ho et al.** *Annals of Behavioral Medicine.* [[link](#)]

Lifshitz, M. (2012). **Hypnosis and meditation: Vehicles of attention and suggestion.** *The Journal of Mind-Body Regulation, 2(1), 3-11.* [[link](#)]

Sauer-Zavala, S., Walsh, E., Eisenlohr-Moul, T., & Lykins, E. (2012). **Comparing mindfulness-based intervention strategies: Differential effects of sitting meditation, body scan, and mindful yoga.** *Mindfulness.* [[link](#)]

Sauer, S., Walach, H., Schmidt, S.,... Kohls, N. (2012). **Assessment of mindfulness: Review on state of the art.** *Mindfulness.* [[link](#)]

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## REVIEWS

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

Dumont, L., Martin, C., & Broer, I. (2012).

**Functional neuroimaging studies of hypnosis and meditation: A comparative perspective.** *The Journal of Mind-Body Regulation*, 2(1), 58-70. [\[link\]](#)

Farb, N. A. S. (2012). **Mind your expectations: Exploring the roles of suggestion and intention in mindfulness training.** *The Journal of Mind-Body Regulation*, 2(1), 27-42. [\[link\]](#)

Grant, J. A. (2012). **Towards a more meaningful comparison of meditation and hypnosis.** *The Journal of Mind-Body Regulation*, 2(1), 71-74. [\[link\]](#)

Hale, L., Strauss, C., & Taylor, B. (2012). **The effectiveness and acceptability of mindfulness-based therapy for obsessive-compulsive disorder: A review of the literature.** *Mindfulness*. [\[link\]](#)

Lynn, S., Malaktaris, A., Maxwell, R.,... van der Kloet, D. (2012). **Do hypnosis and mindfulness practices inhabit a common domain? Implications for research, clinical practice, and forensic science.** *The Journal of Mind-Body Regulation*, 2(1), 12-26. [\[link\]](#)

Menezes, C. B., Pereira, M. G., & Bizarro, L. (2012). **Sitting and silent meditation as a strategy to study emotion regulation.** *Psychology & Neuroscience*, 5(1), 27-36. [\[link\]](#)

Semmens-Wheeler, R. & Dienes, Z. (2012). **The contrasting role of higher order awareness in hypnosis and meditation.** *The Journal of Mind-Body Regulation*, 2(1), 43-57. [\[link\]](#)

Weber, B., Jermann, F., Lutz, A.,... Bondolfi, G. (2012). **Mindfulness-based therapeutic approaches: Benefits for individuals suffering from pain.** [French] *Revue Médicale Suisse*, 8(347), 1395-8. [\[link\]](#)

## TRIALS

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

Northern California Institute of Research and Education (T. C. Neylan, P.I.). **Integrative exercise for post-deployment stress.** Trial # NCT01674244. [\[link\]](#)

The Hong Kong Polytechnic University (W. T. Chien, P.I.). **Mindfulness-based psychoeducation for schizophrenia.** Trial # NCT01667601. [\[link\]](#)

University College, London (A. Steptoe, P.I.). **A randomised controlled trial to investigate the effects of a mindfulness smartphone app on well-being in the workplace.** Trial # NCT01661569. [\[link\]](#)

University of Aarhus (R. Zachariae & M. Johannsen, P.I.). **The effectiveness of mindfulness on chronic pain in breast cancer survivors.** Trial # NCT01674881. [\[link\]](#)

University of Wisconsin, Madison (J. M. Davis, P.I.). **Pilot study on mindfulness for tobacco and alcohol in university students.** Trial # NCT01679236. [\[link\]](#)

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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*

Mindfulness is usually taught in conjunction with practices that emphasize kindness and compassion towards oneself and others. This month three studies explore the effects of lovingkindness and compassion meditation on compassion, attention, emotional learning, and brain function.

Can a compassionate attitude towards self and others be taught? Thupten Jingpa, Ph.D., the Dalai Lama's principal English translator, has developed a nine-week compassion cultivation training (CCT) that combines elements of Theravada lovingkindness and Tibetan compassion meditations. **Jazalieri et al. (*J of Happiness Stud*)** studied-compassion and fear of compassion (e.g., fear of being taken advantage of, feelings of unworthiness) in CCT trainees. The trainees showed greater self-compassion and decreased fear of compassion when compared with a waitlist control group. The amount of time trainees spent in meditation was directly correlated with their decrease in fear of compassion towards others.

Lovingkindness meditation also affects basic psychological processes such as cognitive control and emotional conditioning.

**Hunsinger et al. (*Mindfulness*)** studied participants in a three-session lovingkindness meditation training. Trainees completed a Stoop task -- a measure of their ability to focus while ignoring interfering stimuli. They also viewed Chinese ideographs that were paired with positive, negative, or neutral pictures in conditioning trials and were then asked to rate how much they liked each of the ideographs. Trainees were more easily influenced by the positive pictures than members of a control group, which received no training, but there was no similar effect for the sad pictures. This

suggests that lovingkindness may facilitate associating pleasant affect with novel stimuli. Why is this important? The researchers speculate that lovingkindness practice could help us develop positive attitudes towards people we are meeting for the first time. Trainees also correctly categorized stimuli faster on the Stroop task than the control group suggesting that the concentration needed to perform lovingkindness meditation helped them to develop their attentional focus.

Not all meditation is alike. Different forms of meditation probably activate different neural systems and have their own unique and specific benefits.

Researchers are beginning to chart how different types of meditation differentially affect the brain. **Lee et al. (*PLOS One*)** monitored expert and novice lovingkindness meditation (LKM) and focused-attention meditation (FAM) practitioners in an fMRI scanner as they performed a variety of tasks. Experienced meditators averaged over 6,000 hours of meditation practice; novices had practiced for only one week. LKM and FAM activated different brain regions. Both types of meditation affected neural activation in response to the presentation of happy and sad pictures, but did so differently. Sad pictures activated attention-processing systems in FAM meditators and emotional regulation systems in LKM meditators. Participants also completed a mood questionnaire on which experienced LKM meditators reported the lowest levels of negative affect. FAM and LKM experts both made fewer omission errors than novices on a measure of sustained attention, but only FAM experts made fewer commission errors than novices while in the meditative state. These results point to FAM's greater effect on attention-specific brain regions.





# ANNOUNCEMENTS

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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](http://www.mindfulness-adhd.com). To connect with others interested in the topic, see [www.facebook.com/MindfulnessADHD](http://www.facebook.com/MindfulnessADHD)

## 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 [drichardschaub@gmail.com](mailto:drichardschaub@gmail.com)  
[www.huntingtonmeditation.com](http://www.huntingtonmeditation.com)

## Promoting Mindful Practice in Medicine

Promoting Mindful Practice in Medical Education and Practice -- October 31 - November 3, 2012. A workshop designed for medical practitioners and educators wishing to incorporate mindful practice into their professional lives. Workshop goals are to develop greater awareness in teaching and clinical work; reduce clinician burnout; improve well-being; and enhance the quality of patient-centered care clinicians provide. Held at the beautiful Chapin Mill Retreat Center, in Western New York. Faculty: Ron Epstein, MD, Mick Krasner, MD Fred Marshall, MD, Shauna Shapiro, PhD.

**INFO:** Contact the University of Rochester School of Medicine and Dentistry Center for Experiential Learning, 585-275-4392. Course website: <http://www.cvent.com/events/promoting-mindful-practice-in-medical-education-and-practice/event-summary-6954fabe9d3a4af5a1a7e309ffe9bc59.aspx>

## Art and Science of Contemplative Teaching

Register now for the Garrison Institute's symposium "The Art and Science of Contemplative Teaching and Learning: Exploring Ways of Knowing", Nov. 16-18, 2012. The event features a keynote by Dan Siegel and workshops that explore bringing mindfulness to K-12 classrooms through the arts, yoga, and movement. Presenters include Laura Rendón, Linda Lantieri, Tish Jennings, Trish Broderick, Bidyut Bose, and more! Early registration discount in effect through Sept. 17.

**INFO:** For information, registration, and scholarship application, visit [www.garrisoninstitute.org/education2012](http://www.garrisoninstitute.org/education2012)

## Jobs & Volunteer

### Science Writer Position Filled

The position of Science Writer for *Mindfulness Research Monthly* is now filled. Thank you all for your applications.

**INFO:** [mrginform@gmail.com](mailto:mrginform@gmail.com)

## Research & Education

### Help Me Bring Mindfulness to K12 Students

I am passionate about bringing mindfulness to schools. Canadian K12 district principal (bilingual- french) wanting to begin EdD in this area. Looking for a school /research center to assist me. BEd U of Alberta and Master of Religious Ed Newman Theological College (Edmonton, Alberta).

**INFO:** Contact Angela at [a\\_auger@telus.net](mailto:a_auger@telus.net)

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

**INFO:** For instructions for authors and online submission, go to <http://informahealthcare.com/loi/sum>