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


Associations
Articles examining the correlation and mechanism between mindfulness and other variables


Graham, J., West, L., & Roemer, L. (2012). The experience of racism and anxiety symptoms in
an African American sample: Moderating effects of trait mindfulness. *Mindfulness*. [link]


### METHODS

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


**Reviews**

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


**Trials**

*Research on mindfulness newly registered (Aug 2012) at Clinicaltrial.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]
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 Jinpa, 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 Stroop 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.
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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. To connect with others interested in the topic, see www.facebook.com/MindfulnessADHD

Events & Conferences

Clinical Meditation and Imagery


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

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

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

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

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