

## Contents

43 New Cites p1

15 Interventions

10 Associations

7 Methods

7 Reviews

4 Trials

Highlights p4

Announcements p5

### Editor

David S. Black, PhD, MPH

### Highlights by

Seth Segall, PhD

Subscribe at

www.mindfulexperience.org  
/newsletter.php



## INTERVENTIONS

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

Ames, C. S., Richardson, J., Payne, S.,... Leigh, E. (2013). **Mindfulness-based cognitive therapy for depression in adolescents.** *Child and Adolescent Mental Health.* [\[link\]](#)

Arefnasab, Z., Ghanei, M., Noorbala, A. A.,... Salehi, M. (2013). **Effect of mindfulness based stress reduction on quality of life (SF-36) and spirometry parameters in chemically pulmonary injured veterans.** *Iranian Journal of Public Health, 42(9), 1026-1033.* [\[link\]](#)

Bédard, M., Felteau, M., Marshall, S.,... Rees, L. (2013). **Mindfulness-based cognitive therapy reduces symptoms of depression in people with a traumatic brain injury: Results from a randomized controlled trial.** *The Journal of Head Trauma Rehabilitation.* [\[link\]](#)

Blom, K., Baker, B., How, M.,... Tobe, S. W. (2013). **Hypertension analysis of stress reduction using mindfulness meditation and yoga: Results from the harmony randomized controlled trial.** *American Journal of Hypertension.* [\[link\]](#)

Dakwar, E., & Levin, F. R. (2013). **Individual mindfulness-based psychotherapy for cannabis or cocaine dependence: A pilot feasibility trial.** *The American Journal on Addictions.* [\[link\]](#)

Davis, J. M., Mills, D. M., Stankevitz, K. A.,... Smith, S. S. (2013). **Pilot randomized trial on mindfulness training for smokers in young adult binge drinkers.** *BMC Complementary and Alternative Medicine, 13(1), 215.* [\[link\]](#)

Dunn, R., Callahan, J. L., & Swift, J. K. (2013). **Mindfulness as a transtheoretical clinical process.** *Psychotherapy, 50(3), 312.* [\[link\]](#)

Fortney, L., Luchterhand, C., Zakletskaia, L.,... Rakel, D. (2013). **Abbreviated mindfulness intervention for job satisfaction, quality of life, and compassion in primary care clinicians: A pilot study.** *The Annals of Family Medicine, 11(5), 412-420.* [\[link\]](#)

Idusohan-Moizer, H., Sawicka, A., Dendle, J., & Albany, M. (2013). **Mindfulness-based cognitive therapy for adults with intellectual disabilities: An evaluation of the effectiveness of mindfulness in reducing symptoms of depression and anxiety.** *Journal of Intellectual Disability Research.* [\[link\]](#)

Jennings, P. A., Frank, J. L., Snowberg, K. E.,... Greenberg, M. T. (2013). **Improving classroom learning environments by cultivating awareness and resilience in education (CARE): Results of a randomized controlled trial.** *School Psychology Quarterly.* [\[link\]](#)

Kang, Y., Gray, J. R., & Dovidio, J. F. (2013). **The nondiscriminating heart: Lovingkindness meditation training decreases implicit intergroup bias.** *Journal of Experimental Psychology General.* [\[link\]](#)

Keyworth, C., Knopp, J., Roughley, K.,... Coventry, P. (2013). **A mixed methods pilot study of the acceptability and effectiveness of a brief meditation and mindfulness intervention for people with diabetes and coronary heart disease.** *Behavioral Medicine.* [\[link\]](#)

Reid, D., Farragher, J., & Ok, C. (2013). **Exploring mindfulness with occupational therapists practicing in mental health contexts.** *Occupational Therapy in Mental Health, 29(3), 279-292.* [\[link\]](#)

Sibinga, E., Perry-Parrish, C., Chung, S. -E.,... Ellen, J. M. (2013). **School-based mindfulness instruction for urban male youth: A small randomized controlled trial.** *Preventive Medicine.* [\[link\]](#)

## Contents

43 New Cites p1

15 Interventions

10 Associations

7 Methods

7 Reviews

4 Trials

Highlights p4

Announcements p5

### Editor

David S. Black, PhD, MPH

Highlights by  
Seth Segall, PhD

Subscribe at  
www.mindfulexperience.org  
/newsletter.php



Witkiewitz, K., Greenfield, B. L., & Bowen, S. (2013). **Mindfulness-based relapse prevention with racial and ethnic minority women.** *Addictive Behaviors.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Beach, M. C., Roter, D., Korhuis, P. T.,... Moore, R. D. (2013). **A multicenter study of physician mindfulness and health care quality.** *The Annals of Family Medicine, 11*(5), 421-428. [\[link\]](#)

Blecharz, J., Luszczynska, A., Scholz, U.,... Cieslak, R. (2013). **Predicting performance and performance satisfaction: Mindfulness and beliefs about the ability to deal with social barriers in sport.** *Anxiety, Stress & Coping, 1-35.* [\[link\]](#)

Dor-Ziderman, Y., Berkovich-Ohana, A., Glicksohn, J., & Goldstein, A. (2013). **Mindfulness-induced selflessness: A MEG neurophenomenological study.** *Frontiers in Human Neuroscience, 7,* 582. [\[link\]](#)

Feldman, G., Dunn, E., Stemke, C., Bell, K., & Greeson, J. (2013). **Mindfulness and rumination as predictors of persistence with a distress tolerance task.** *Personality and Individual Differences.* [\[link\]](#)

Ferrarelli, F., Smith, R., Dentico, D.,... Tononi, G. (2013). **Experienced mindfulness meditators exhibit higher parietal-occipital EEG gamma activity during NREM sleep.** *PLoS ONE, 8*(8), e73417. [\[link\]](#)

Hoge, E. A., Hölzel, B. K., Marques, L.,... Simon, N. M. (2013). **Mindfulness and self-compassion in generalized anxiety disorder: Examining predictors of disability.** *Evidence-Based*

*Complementary and Alternative Medicine, 2013.* [\[link\]](#)

Luberto, C. M., McLeish, A. C., Robertson, S. A.,... Jeffries, E. R. (2013). **The role of mindfulness skills in terms of distress tolerance: A pilot test among adult daily smokers.** *The American Journal on Addictions.* [\[link\]](#)

Morgan, J. R., Price, M., Schmertz, S. K.,... Anderson, P. L. (2013). **Cognitive processes as mediators of the relation between mindfulness and change in social anxiety symptoms following cognitive behavioral treatment.** *Anxiety, Stress & Coping.* [\[link\]](#)

Raes, A. K., Bruyneel, L., Loeys, T.,... De Raedt, R. (2013). **Mindful attention and awareness mediate the association between age and negative affect.** *The Journals of Gerontology Series B.* [\[link\]](#)

Soysa, C. K., & Wilcomb, C. J. (2013). **Mindfulness, self-compassion, self-efficacy, and gender as predictors of depression, anxiety, stress, and well-being.** *Mindfulness.* [\[link\]](#)

## METHODS

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

Bonifas, R. P., & Napoli, M. (2013). **Mindfully increasing quality of life: A promising curriculum for MSW students.** *Social Work Education.* [\[link\]](#)

Borker, D. R. (2013). **Mindfulness practices and learning economics.** *American Journal of Business Education, 6*(5), 495-504. [\[link\]](#)

Burrows, L. (2013). **Transforming 'the red beast' within through mindfulness and therapeutic storytelling: A case study.** *Australian Journal of Guidance and Counselling.* [\[link\]](#)

## Contents

43 New Cites p1

15 Interventions

10 Associations

7 Methods

7 Reviews

4 Trials

Highlights p4

Announcements p5

### Editor

David S. Black, PhD, MPH

Highlights by  
Seth Segall, PhD

Subscribe at  
www.mindfulexperience.org  
/newsletter.php



Inchausti, F., Prieto, G., & Delgado, A. R. (2013). **Rasch analysis of the Spanish version of the mindful attention awareness scale (MAAS) in a clinical sample [Spanish].** *Revista De Psiquiatria Y Salud Mental.* [link]

Kiyoshi-Teo, H., Krein, S. L., & Saint, S. (2013). **Applying mindful evidence-based practice at the bedside: Using catheter-associated urinary tract infection as a model.** *Infection Control and Hospital Epidemiology, 34*(10), 1099-1101. [link]

Rose, K. H. (2013). **Managing conflict in projects: Applying mindfulness and analysis for optimal results.** *Project Management Journal.* [link]

Tanay, G., & Bernstein, A. (2013). **State mindfulness scale (SMS): Development and initial validation.** *Psychological Assessment.* [link]

## REVIEWS

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

Brewer, J. A., & Garrison, K. A. (2013). **The posterior cingulate cortex as a plausible mechanistic target of meditation: Findings from neuroimaging.** *Annals of the New York Academy of Sciences.* [link]

Buttle, H. (2013). **More than the sum of my parts: A cognitive psychologist reflects on mindfulness/meditation experience.** *Reflective Practice.* [link]

Crawford, C., Wallerstedt, D. B., Khorsan, R.,... Walter, J. A. (2013). **A systematic review of biopsychosocial training programs for the self-management of emotional stress: Potential applications for the military.** *Evidence-Based Complementary and Alternative Medicine, 2013*, ID 747694. [link]

Kang, Y., Gruber, J., & Gray, J. R. (2013). **Mindfulness and de-automatization.** *Emotion Review, 5*(2), 192-201. [link]

Singh, A. N. A., Kristeller, J. L., Raffone, A., & Giommi, F. (2013). **Conference scene: Advances in mindfulness research.** *Neuropsychiatry, 3*(5), 467-470. [link]

Tesh, M., Learman, J., & Pulliam, R. M. (2013). **Mindful self-compassion strategies for survivors of intimate partner abuse.** *Mindfulness.* [link]

Wells, C. M. (2013). **Principals responding to constant pressure: Finding a source of stress management.** *NASSP Bulletin.* [link]

## TRIALS

Research trials on mindfulness newly registered (OCT 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Emory University (N.J. Thompson, PI). **Preventing depression in people with epilepsy: an extension of project UPLIFT.** Trial# NCT01941706. [link]

Emory University (J. Park, PI). **Mechanisms of intradialytic hypertension.** Trial# NCT01947673. [link]

l'Hospital de la Santa Creu i Sant Pau (A. Pascual, PI). **Integral attention program with or without palliative chemotherapy in advanced cancer patients.** Trial# NCT01949974. [link]

Oregon Health and Science University (H. Wahbeh, PI). **Mindfulness meditation for cognition and mood.** Trial# NCT01946893. [link]

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
www.mindfulexperience.org

OCT 2013

Vol. 4 - Num. 10

## Contents

43 New Cites p1

15 Interventions

10 Associations

7 Methods

7 Reviews

4 Trials

Highlights p4

Announcements p5

### Editor

David S. Black, PhD, MPH

### Highlights by

Seth Segall, PhD

Subscribe at

www.mindfulexperience.org  
/newsletter.php



## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

In today's high stress medical environment, 60% of clinicians suffer from symptoms of burnout at some point in their careers, impairing both clinician morale and patient health outcomes. Mindfulness might play an important role in preventing clinician burnout and improving the quality of clinician-patient interactions, thereby improving patient compliance, satisfaction, and well-being.

Can mindfulness indeed improve the quality of clinician-patient interactions? **Beach et al. [Ann Family Med.]** audiotaped clinician-patient interactions between 45 physicians, nurse practitioners, and physician assistants and 437 HIV-positive patients. Taped interactions were coded for content, and analyzed for how patient-centered, as opposed to clinician-centered, the interactions were. Patient-centered interactions included activities such as rapport building, discussing psychosocial/lifestyle issues and patient-initiated questions, and focusing on emotions, as opposed to interactions like clinician-initiated biomedical questions and directive statements. The research team also measured how mindful the caregivers were based on their self-reports on the Mindful Attention Awareness Scale (MAAS), and analyzed the associations between clinician mindfulness and the quality of clinician-patient interactions.

When highly mindful clinicians (the MAAS upper tertile) were compared with less mindful clinicians (the MAAS lower tertile), mindful clinicians' interactions were more patient-centered, with substantially more rapport building and psychosocial focus. Mindful clinicians met with their patients longer (an extra 5.8 minutes on average), exhibited more positive emotional tone, and were rated as more effective communicators by their patients. Patients were also more satisfied with the overall care that these more mindful clinicians provided.

Previous studies have shown that health care providers can be taught to be mindful, but busy clinicians often don't have the time to attend lengthy programs. **Fortney et al. [Ann Family Med.]** tested the efficacy of an abbreviated form of Mindfulness Based Stress Reduction in alleviating/preventing symptoms of clinician burnout. The program offered 14 hours of mindfulness instruction over a three-day weekend, followed by two 2-hour post-training sessions. Exercises emphasized mindfulness while sitting, walking, listening and speaking, mindfulness in interaction with patients, and compassion for self and others. Participants were encouraged to practice 10-20 minutes per day at home. Thirty primary care providers (physicians, nurse practitioners and physician assistants) participated in the program. They were assessed at baseline, immediately after the intervention, and at 8-week and 9-month follow-up on measures of burnout, depression, anxiety, stress, resilience, and compassion. While 63% of the participants had some prior meditation experience at some point in their life, only 7% were actively practicing meditation at the start of the study.



After the intervention, the clinicians reported significant decreases in emotional exhaustion, depersonalization, anxiety, and stress, and significant increases in a sense of personal accomplishment. All of these differences were significant at nine-month follow-up. No changes in clinician resilience or compassion were found, but the clinicians' high scores on the brief five-item compassion scale at baseline left little room for improvement. These preliminary results suggest that abbreviated MBSR holds promise as a time-efficient means of improving clinician well-being, and, as a consequence, the quality of patient care.



# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>  
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

### Learning to BREATHE Workshop

A workshop for teachers and clinicians, "Mindfulness for YOU and Mindfulness for YOUTH," will be offered by Diane Reibel and Trish Broderick. Participants will participate in activities from Learning to BREATHE, a mindfulness-based social and emotional learning curriculum for classrooms and other settings. Please see the website below for more specific details and for registration information. Dates: November 9 & 10, 2013 Location: Chestnut Hill College, Philadelphia, PA.

**INFO:** Website and registration link: [www.learning2breathe.org](http://www.learning2breathe.org)

## Research & Education

### Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

**INFO:** <http://www.contemplativeeducation.ca>

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

**INFO:** More details at <http://marc.ucla.edu/body.cfm?id=112>

## Books & Media

### New: An Exploration of Ethics

*The Ethical Space of Mindfulness in Clinical Practice*, by Donald McCown, principal author of *Teaching Mindfulness: A practical guide for clinicians and educators*. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "Provides valuable lessons for both educators and clinicians in the fast-growing MBI community. It is an insightful exploration, rich in discerning dialogue

about a relational view of the ethical in the mindful profession. The author brings alive the dialogue in a practical and accessible way." - Dr. Heyoung Ahn, Executive Director, The Korea Center for MBSR

**INFO:** Order on Amazon: <http://amzn.com/1849058504>

### Research Project: Mindfulness Unexpected Effects

One of the criticisms about the practice of mindfulness is their possible unexpected effects. The International Group for the Investigation of Mindfulness is carrying out a study to analyze these possible effects. In order to make this study as broad and as explanatory as possible, we require cooperation from individuals who have experience in both the practice and teaching of mindfulness and meditation. This consists of answering a series of questions on a website in this link (15 minutes).

<https://es.surveymonkey.com/s/effects> (English)

<https://es.surveymonkey.com/s/efectos> (Español)

<https://es.surveymonkey.com/s/efeitos> (Português)

INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS

**INFO:** E-mail: [investigaprimaria@gmail.com](mailto:investigaprimaria@gmail.com)  
Website: [www.webmindfulness.com](http://www.webmindfulness.com)

## Employment

**INFO:** None posted