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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

Bradbury, H. (2013). **Collaborative selflessness: Toward an experiential understanding of the emergent responsive self in a caregiving context.** *The Journal of Applied Behavioral Science.* [link]

Byrne, C., Bond, L. A., London, M. (2013). **Effects of mindfulness-based versus interpersonal process group intervention on psychological well-being with a clinical university population.** *Journal of College Counseling, 16*(3), 213-227. [link]

Dreger, L. C., Mackenzie, C., McLeod, B. (2013). **Feasibility of a mindfulness-based intervention for aboriginal adults with type 2 diabetes.** *Mindfulness.* [link]

Fish, J. A., Ettridge, K.,... Knott, V. E. (2013). **Mindfulness-based cancer stress management: Impact of a mindfulness-based program on psychological distress and quality of life.** *European Journal of Cancer Care.* [link]

Frank, J. L., Reibel, D.,... Metz, S. (2013). **The effectiveness of mindfulness-based stress reduction on educator stress and well-being: Results from a pilot study.** *Mindfulness.* [link]

Gonzalez-Garcia, M., Ferrer, M. J.,... Clotet, B. (2013). **Effectiveness of mindfulness-based cognitive therapy on the quality of life, emotional status, and CD4 cell count of patients aging with HIV infection.** *AIDS and Behavior.* [link]

Greason, P. B., & Welfare, L. E. (2013). **The impact of mindfulness and meditation practice on client perceptions of common therapeutic factors.** *The Journal of Humanistic Counseling, 52*(2), 235-253. [link]

Guardino, C. M., Dunkel Schetter, C.,... Smalley, S. L. (2013). **Randomized controlled pilot trial of**

mindfulness training for stress reduction during pregnancy. *Psychology & Health.* [link]

Hughes, J. W., Fresco, D. M.,... Josephson, R. (2013). **Randomized controlled trial of mindfulness-based stress reduction for prehypertension.** *Psychosomatic Medicine, 75*(8), 721-728. [link]

Johansson, B., Bjuhr, H., & Rönnbäck, L. (2013). **Evaluation of an advanced mindfulness program following a MBSR program for participants suffering from mental fatigue after acquired brain injury.** *Mindfulness.* [link]

Melero-Llorente, J., Cebolla, S.,... Fernández-Liria, A. (2013). **Impact of mindfulness training on attentional control and anger regulation processes for psychotherapists in training.** *Psychotherapy Research.* [link]

Moody, K., Kramer, D.,... Stein, J. (2013). **Helping the helpers mindfulness training for burnout in pediatric oncology: A pilot program.** *Journal of Pediatric Oncology Nursing, 30*(5), 275-284. [link]

Pickut, B. A., Van Hecke, W.,... Parizel, P. M. (2013). **Mindfulness based intervention in Parkinson's disease leads to structural brain changes on MRI. A randomized controlled longitudinal trial.** *Clinical Neurology and Neurosurgery.* [link]

Razza, R. A., Bergen-Cico, D., & Raymond, K. (2013). **Enhancing preschoolers' self-regulation via mindful yoga.** *Journal of Child and Family Studies.* [link]

Rodriguez Vega, B., Melero-Llorente, J.,... Fernández-Liria, A. (2013). **Impact of mindfulness training on attentional control and anger regulation processes for psychotherapists in training.** *Psychotherapy Research.* [link]

Wells, R. E., Yeh, G. Y.,... Kaptchuk, T. (2013). **Meditation's impact on default mode network & hippocampus in mild cognitive impairment: A pilot study.** *Neuroscience Letters.* [link]

Zgierska, A., Obasi, C. N.,... Barrett, B. (2013). **Randomized controlled trial of mindfulness**

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meditation and exercise for the treatment of acute respiratory infection: Possible mechanisms of action. *Evidence-Based Complementary and Alternative Medicine*, 2013. [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Ainsworth, B., Eddershaw, R.,... Garner, M. (2013). **The effect of focused attention and open monitoring meditation on attention network function in healthy volunteers.** *Psychiatry Research*. [link]

Brown-Iannuzzi, J. L., Adair, K. C.,... Fredrickson, B. L. (2013). **Discrimination hurts, but mindfulness may help: Trait mindfulness moderates the relationship between perceived discrimination and depressive symptoms.** *Personality and Individual Differences*. [link]

Garland, E. L., Hanley, A.,... Froeliger, B. (2013). **State mindfulness during meditation predicts enhanced cognitive reappraisal.** *Mindfulness*. [link]

Hakamata, Y., Iwase, M.,... Inada, T. (2013). **The neural correlates of mindful awareness: A possible buffering effect on anxiety-related reduction in subgenual anterior cingulate cortex activity.** *PLoS ONE*, 8(10), e75526. [link]

Hawley, L. L., Schwartz, D.,... Segal, Z. V. (2013). **Mindfulness practice, rumination and clinical outcome in mindfulness-based treatment.** *Cognitive Therapy and Research*. [link]

Hayney, M. S., Coe, C. L.,... Barrett, B. (2013). **Age and psychological influences on immune responses to trivalent inactivated influenza vaccine in the meditation or exercise for preventing acute respiratory infection (MEPARI) trial.** *Human Vaccines & Immunotherapeutics*. [link]

Kim, B., Cho, S. J.,... Lee, S. H. (2013). **Factors associated with treatment outcomes in MBCT for panic disorder.** *Yonsei Medical Journal*, 54(6), 1454-1462. [link]

Kong, F., Wang, X., & Zhao, J. (2013). **Dispositional mindfulness and life satisfaction: The role of core self-evaluations.** *Personality and Individual Differences*. [link]

Petter, M., Chambers, C. T.,... Dick, B. D. (2013). **The role of trait mindfulness in the pain experience of adolescents.** *The Journal of Pain*. [link]

Ritvo, P., Vora, K.,... Perez, D. (2013). **Reductions in negative automatic thoughts in students attending mindfulness tutorials predicts increased life satisfaction.** *International Journal of Educational Psychology*, 2(3), 272-296. [link]

Saunders, J., Barawi, K., McHugh, L. (2013). **Mindfulness increases recall of self-threatening information.** *Consciousness and Cognition*, 22(4), 1375-1383. [link]

de Vibe, M., Solhaug, I.,... Bjørndal, A. (2013). **Does personality moderate the effects of mindfulness training for medical and psychology students?** *Mindfulness*. [link]

METHODS

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

Advocat, J., Russell, G.,... Vandenberg, B. (2013). **The effects of a mindfulness-based lifestyle program for adults with Parkinson's disease: Protocol for a mixed methods, randomised two-group control study.** *BMJ Open*, 3(10), e003326. [link]

Arbel, O. (2013). **Sowing the seeds of mindfulness: Experiences from the Israeli desert mindfulness clinic.** *Mindfulness*. [link]

Beng, T. S., Chin, L. E.,... Meng, C. B. (2013). **Mindfulness-Based supportive therapy-proposing a palliative psychotherapy from a**

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conceptual perspective to address suffering in palliative care. *American Journal of Hospice and Palliative Medicine.* [link]

Hucker, A., & McCabe, M. P. (2013). **An online, mindfulness-based, cognitive-behavioral therapy for female sexual difficulties: Impact on relationship functioning.** *Journal of Sex & Marital Therapy.* [link]

Marx, R., Strauss, C., Williamson, C. (2013). **Mindfulness apprenticeship: A new model of NHS-based MBCT teacher training.** *Mindfulness.* [link]

Mendelson, T., Dariotis, J.,... Greenberg, M. (2013). **Implementing mindfulness and yoga in urban schools: A community-academic partnership.** *Journal of Children's Services, 8(4).* [link]

Sarenmalm, E. K., Mårtensson, L. B.,... Bergh, I. (2013). **MBSR study design of a longitudinal randomized controlled complementary intervention in women with breast cancer.** *BMC Complementary and Alternative Medicine, 13(1), 248.* [link]

Thienot, E., Jackson, B.,... Fournier, J. (2013). **Development and preliminary validation of the mindfulness inventory for sport.** *Psychology of Sport and Exercise.* [link]

Tovote, K. A., Fleeer, J.,... Schroevers, M. J. (2013). **Cognitive behavioral therapy and MBCT for depressive symptoms in patients with diabetes: Design of a randomized controlled trial.** *BMC Psychology.* [link]

REVIEWS

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

Cacciatore, J., Thieleman, K.,... Orlowski, K. (2013). **Of the soul and suffering: Mindfulness-based interventions and bereavement.** *Clinical Social Work Journal.* [link]

Hyland, T. (2013). **Moral education, mindfulness, and social engagement fostering**

social capital through therapeutic Buddhist practice. *SAGE Open, 3(4).* [link]

Lauche, R., Cramer, H.,... Schmidt, S. (2013). **A systematic review and meta-analysis of MBSR for the fibromyalgia syndrome.** *Journal of Psychosomatic Research.* [link]

Luders, E. (2013). **Exploring age-related brain degeneration in meditation practitioners.** *Annals of the New York Academy of Sciences.* [link]

Roemer, L., Williston, S. K.,... Orsillo, S. M. (2013). **Mindfulness and acceptance-based behavioral therapies for anxiety disorders.** *Current Psychiatry Reports, 15(11).* [link]

Shonin, E., Van Gordon, W. (2013). **Searching for the present moment.** *Mindfulness.* [link]

Vago, D. R. (2013). **Mapping modalities of self-awareness in mindfulness practice: A potential mechanism for clarifying habits of mind.** *Annals of the New York Academy of Sciences.* [link]

TRIALS

Research trials on mindfulness newly registered (OCT 2013) at Clinicaltrials.gov

Department of Veteran Affairs (D. J. Kearney, PI). **Healing of PTSD experiences.** Trial# NCT01971541. [link]

University of California, San Francisco (L. Saslow, PI). **Examining the effects of diet on health with an online program.** Trial# NCT01967992. [link]

University of Massachusetts (E. Salmoirago-Blotcher). **Mindfulness training to promote healthy diet and physical activity in teens.** Trial# NCT01975896. [link]

University of Washington (C. Price, PI). **Body-oriented therapy.** Trial# NCT01960036. [link]

Yale University (R. Sinha, PI). **Family-based mindfulness intervention.** Trial# NCT01974102. [link]

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HIGHLIGHTS

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

Time stops for no one, with illness and age exacting seemingly inexorable costs on both mind and body over the course of the life span. This month, two articles present evidence for the capacity of mindfulness to alter fundamental biology by ameliorating the effects of both aging and the burden of illness over time.

The human brain shrinks an average of five percent per decade after age forty. **Luders [Ann N Y Acad Sci.]** reviews the evidence for meditation's neuropreservative and/or neuroplastic effects on normal age-related brain degeneration. She summarizes the results from three cross-sectional studies that compared age-related brain changes in meditators and non-meditators. Of the studies reviewed: study 1 found that long-term vipassana meditators showed a lesser decrease in right frontal cortical thickness with age compared to non-meditators; study 2 found that zen meditators showed a lesser decrease in total gray matter volume with age compared to non-meditators; and study 3 found that a mixed group of vipassana, zen and shamatha meditators showed a lesser decrease in fractional anisotropy (a measure of axonal number, density, diameter, coherence and myelination) in 17 out of 20 brain fiber tracts compared to non-meditators.

Luders concludes that these studies provide encouraging preliminary evidence that meditation may slow, stall, or even reverse age-related brain decline, but stresses the need for future studies that (1) replicate findings using larger samples, (2) expand the spectrum of cerebral measures, (3) employ longitudinal designs, ideally with random assignment, (4) include neurocognitive measures, (5) examine the comparative efficacy of different types of meditation, and (6) explore how differences in the length, frequency, and regularity of meditation practice and the number of years one has been practicing influence these observed brain changes.

While human immunodeficiency virus (HIV) infection has become a manageable chronic illness, long-term patients, especially those who contracted the virus before the advent of the newer treatments, still experience shortened life spans and remain subject to a variety of complications, iatrogenic side-effects, and an overall poorer quality of life. **Gonzalez-Garcia et al. [AIDS Behav.]** studied the psychological and immunological effects of the Mindfulness Based Cognitive Therapy (MBCT) program on long-term HIV+ patients to discover whether MBCT could lessen their burden of illness. All participants became HIV+ prior to 1996 and had received combined antiretroviral treatment for at least five years. The researchers randomly assigned forty patients to either MBCT or a treatment-as-usual control, assessing participants at baseline, 8 weeks, and 20 weeks.



12.01.2013: World AIDS Day

After intervention, MBCT participants had a higher quality of life, reduced perceived stress, fewer depressive and anxiety symptoms, and higher CD4 immune cell counts. All of these effects were both large and significant, with improvements being either maintained or amplified at follow-up. For example, MBCT participants had mean Beck Depression Inventory (BDI-II) scores of 25.1 at baseline, 10.1 at 8 weeks, and 7.1 at 20 weeks, while control scores remained virtually unchanged (21.3 at baseline and 19.0 at 20 weeks). Similarly, MBCT CD4 cell counts rose from 555 cells/mL at baseline to 614 at 8 weeks and 681 at 20 weeks, while control counts gradually declined. MBCT participants showed large quality of life improvements in energy, emotional reactions, social isolation, and physical mobility, and a moderate improvement in sleep, while there were no comparable improvements in the control group. The very low (5%) MBCT drop out rate suggests MBCT is tolerated well by people living with HIV.

ANNOUNCEMENTS

Submit your announcements online at 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.

Mindfulness Teacher Training Online

Professional, Certified Online Mindfulness Teacher Training with Bestselling Author, Shamash Alidina. Next raining starting on 5th January 2014. All sessions are live, interactive and recorded with 100% positive feedback so far. Save time and money on travel and accommodation. Learn from home! Start Date: 5th January.

INFO: Contact: Shamash@learnmindfulness.co.uk
<http://TeachMindfulnessOnline.com>

Introduction to MBCP Professional Retreat

This retreat is designed for health professionals interested in the Mindfulness-Based Childbirth and Parenting (MBCP) program and for those seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine and clinical psychology. Date: 19-25 January 2014.

INFO: <http://www.mindfulbirthing.org>
http://mbpti.org/mbcp_home.html

Research & Education

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. 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. "Here is a sparkling and highly innovative addition to both the history of ethical thought and an action-relevant contribution to both a particular community of practice, and its broader potentials. These are estimable accomplishments indeed, and they furnish a compelling model for other communities to explore the forms of ethics they implicitly embrace, and their place in the world more generally. I am enveloped by appreciation and admiration for this fine work." - Kenneth J. Gergen, Ph.D., President, The Taos Institute, and Senior Research Professor, Swarthmore College

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
Website: www.webmindfulness.com

Adolescent Mindfulness Intervention Manual Available

Taming the Adolescent Mind (TAM) programme has been found to be clinically efficacious (Tan & Martin, 2012; Tan L, 2013). The manual and workbook have been launched and available for purchase.

INFO: Go to www.tanpsychologist.com.au

Employment

Professional Mindfulness Opportunities for Psychiatrists

Part time paid positions for psychiatrists providing individual and group mindfulness based psychotherapy and medication management in Northern California.

INFO: Contact MDcv@cpsych.com Web: www.communitypsychiatry.com