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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

Chen, Y., Yang, X., Wang, L., & Zhang, X. (2012). **A randomized controlled trial of the effects of brief mindfulness meditation on anxiety symptoms and systolic blood pressure in Chinese nursing students.** *Nurse Education Today*. [link]

Elwafi, H. M., Witkiewitz, K., Mallik, S., & Brewer, J. A. (2012). **Mindfulness training for smoking cessation: Moderation of the relationship between craving and cigarette use.** *Drug and Alcohol Dependence*. [link]

Gaudio, B. A., Nowlan, K., Brown, L. A.,... Miller, I. W. (2012). **An open trial of a new acceptance-based behavioral treatment for major depression with psychotic features.** *Behavior Modification*. [link]

Hülshager, U. R., Alberts, H., Feinholdt, A., & Lang, J. (2012). **Benefits of mindfulness at work: The role of mindfulness in emotion regulation, emotional exhaustion, and job satisfaction.** *Journal of Applied Psychology*. [link]

Kreuzer, P. M., Goetz, M., Holl, M.,... Langguth, B. (2012). **Mindfulness-and body-psychotherapy-based group treatment of chronic tinnitus: A randomized controlled pilot study.** *BMC Complementary and Alternative Medicine*, 12(1), 235. [link]

Miodrag, N., Lense, M. D., & Dykens, E. M. (2012). **A pilot study of a mindfulness intervention for individuals with williams syndrome: Physiological outcomes.** *Mindfulness*. [link]

Monshat, K., Khong, B., Hased, C.,... Herrman, H. (2012). **A conscious control over life and my emotions: Mindfulness practice and healthy young people.** A qualitative study. *Journal of Adolescent Health*. [link]

Nyklíček, I., Dijkman, S. C., Lenders, P. J.,... Koolen, J. J. (2012). **A brief mindfulness based intervention for increase in emotional well-being and quality of life in percutaneous coronary intervention (PCI) patients: The mindfulheart randomized controlled trial.** *Journal of Behavioral Medicine*. [link]

Obasi, C. N., Brown, R., Ewers, ... Barrett, B. (2012). **Advantage of meditation over exercise in reducing cold and flu illness is related to improved function and quality of life.** *Influenza and Other Respiratory Viruses*. [link]

Perich, T., Manicavasagar, V., Mitchell, P. B.,... Hadzi-Pavlovic, D. (2012). **A randomized controlled trial of mindfulness-based cognitive therapy for bipolar disorder.** *Acta Psychiatrica Scandinavica*. [link]

Singh, A. (2012). **Use of mindfulness-based therapies in psychiatry.** *Progress in Neurology and Psychiatry*, 16(6), 7-11. [link]

Tan, L. & Martin, G. (2012). **Taming the adolescent mind: Preliminary report of a mindfulness-based psychological intervention for adolescents with clinical heterogeneous mental health diagnoses.** *Clinical Child Psychology and Psychiatry*. [link]

van de Weijer-Bergsma, E., Langenberg, G., Brandsma, R.,... Bögels, S. M. (2012). **The effectiveness of a school-based mindfulness training as a program to prevent stress in elementary school children.** *Mindfulness*. [link]

van Son, J., Nyklíček, I., Pop, V. J.,... Pouwer, F. (2012). **The effects of a mindfulness-based intervention on emotional distress, quality-of-life, and hba1c in outpatients with diabetes (diamind) A randomized controlled trial.** *Diabetes Care*. [link]

Wahl, K., Huelle, J. O., Zurovski, B., & Kordon, A. (2012). **Managing obsessive thoughts during brief exposure: An experimental study comparing mindfulness-based strategies and distraction in obsessive-compulsive disorder.** *Cognitive Therapy and Research*. [link]

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Walsh, E., Freshwater, D., & Fisher, P. (2012). **Caring for prisoners: Towards mindful practice.** *Journal of Research in Nursing.* [link]

Würtzen, H., Dalton, S. O., Elsass, P.,... Johansen, C. (2012). **Mindfulness significantly reduces self-reported levels of anxiety and depression: Results of a randomised controlled trial among 336 Danish women treated for stage I-III breast cancer.** *European Journal of Cancer.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bob, P., Zimmerman, E. M., Hamilton, E. A.,... Konopka, L. (2012). **Conscious attention, meditation, and bilateral information transfer.** *Clinical EEG and Neuroscience*[link]

Bränström, R., Kvillemo, P., & Åkerstedt, T. (2012). **Effects of mindfulness training on levels of cortisol in cancer patients.** *Psychosomatics.* [link]

Carlin, E. A. & Ahrens, A. H. (2012). **The effects of mindfulness and fear-inducing stimuli on avoidance behavior.** *Mindfulness.* [link]

Froeliger, B., Garland, E. L., & McClernon, F. J. (2012). **Yoga meditation practitioners exhibit greater gray matter volume and fewer reported cognitive failures: Results of a preliminary voxel-based morphometric analysis.** *Evidence-Based Complementary and Alternative Medicine, 2012:* ID 821307. [link]

Full, G. E., Walach, H., & Trautwein, M. (2012). **Meditation-induced changes in perception: An interview study with expert meditators (sotapannas) in Burma.** *Mindfulness.* [link]

Gervais, S. J. & Hoffman, L. (2012). **Just think about it: Mindfulness, sexism, and prejudice toward feminists.** *Sex Roles.* [link]

Greenberg, J., Reiner, K., & Meiran, N. (2012). **Off with the old: Mindfulness practice**

improves backward inhibition. *Frontiers in Psychology, 3,* 618. [link]

Hayes-Skelton, S. & Graham, J. (2012). **Decentering as a common link among mindfulness, cognitive reappraisal, and social anxiety.** *Behavioural and Cognitive Psychotherapy.* [link]

Lengacher, C. A., Shelton, M. M., Reich, R. R.,... Carranza (2012). **Mindfulness based stress reduction (MBSR-BC) in breast cancer: Evaluating fear of recurrence (FOR) as a mediator of psychological and physical symptoms in a randomized control trial.** *Journal of Behavioral Medicine.* [link]

Mascaro, J. S., Rilling, J. K., Negi, L. T., & Raison, C. L. (2012). **Pre-existing brain function predicts subsequent practice of mindfulness and compassion meditation.** *NeuroImage.* [link]

May, C. J., Weyker, J. R., Spengel, S. K.,... Hendrix, S. E. (2012). **Tracking longitudinal changes in affect and mindfulness caused by concentration and loving-kindness meditation with hierarchical linear modeling.** *Mindfulness.* [link]

Ortner, C. N. M. & Zelazo, P. D. (2012). **Responsiveness to a mindfulness manipulation predicts affect regarding an anger-provoking situation.** *Canadian Journal of Behavioural Science.* [link]

Sharpe, L., Nicholson-Perry, K., Rogers, P.,... Nicholas, M. K. (2012). **A comparison of the effect of mindfulness and relaxation on responses to acute experimental pain.** *European Journal of Pain.* [link]

Silberstein, L. R., Tirch, D., Leahy, R. L., & McGinn, L. (2012). **Mindfulness, psychological flexibility and emotional schemas.** *International Journal of Cognitive Therapy, 5(4),* 406-419. [link]

Tamagawa, R., Giese-Davis, J., Specia, M.,... Carlson, L. E. (2012). **Trait mindfulness, repression, suppression, and self-reported mood and stress symptoms among women**

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with breast cancer. *Journal of Clinical Psychology.* [\[link\]](#)

Thomas, J. T. (2012). **Does personal distress mediate the effect of mindfulness on professional quality of life?** *Advances in Social Work, 13*(3), 561-585. [\[link\]](#)

Tirch, D. D., Leahy, R. L., Silberstein, L. R., & Melwani, P. S. (2012). **Emotional schemas, psychological flexibility, and anxiety: The role of flexible response patterns to anxious arousal.** *International Journal of Cognitive Therapy, 5*(4), 380-391. [\[link\]](#)

Vlemincx, E., Vigo, D., Vansteenwegen, D.,... Van Diest, I. (2012). **Don't worry, be mindful: Effects of induced worry and mindfulness on respiratory variability in a nonanxious population.** *International Journal of Psychophysiology.* [\[link\]](#)

METHODS

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

Dhanadhiwat, S., Promta, S., & Aporn Dewan, C. (2012). **Mindfulness enhancement model using feedback online diary to observe oneself.** *Computer Engineering and Intelligent Systems, 3*(12), 13-24. [\[link\]](#)

Kupper, Z. & Schmidt, S. (2012). **German contributions to mindfulness research, part 2: Assessment of mindfulness.** *Mindfulness.* [\[link\]](#)

REVIEWS

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

Borker, D. R. (2013). **Mindfulness practices for accounting and business education: A new perspective.** *American Journal of Business Education (AJBE), 6*(1), 41-56. [\[link\]](#)

Galante, J., Iribarren, S. J., & Pearce, P. F. (2012). **Effects of mindfulness-based cognitive therapy on mental disorders: A systematic review and meta-analysis of randomised controlled trials.** *Journal of Research in Nursing.* [\[link\]](#)

Gardner, F. L. & Moore, Z. E. (2012). **Mindfulness and acceptance models in sport psychology: A decade of basic and applied scientific advancements.** *Canadian Psychology, 53*(4), 309-18. [\[link\]](#)

Kozlowski, A. (2012). **Mindful mating: Exploring the connection between mindfulness and relationship satisfaction.** *Sexual and Relationship Therapy.* [\[link\]](#)

Regehr, C., Glancy, D., & Pitts, A. (2012). **Interventions to reduce stress in university students: A review and meta-analysis.** *Journal of Affective Disorders.* [\[link\]](#)

Reiner, K., Tibi, L., & Lipsitz, J. D. (2012). **Do mindfulness-based interventions reduce pain intensity? A critical review of the literature.** *Pain Medicine.* [\[link\]](#)

Senders, A., Wahbeh, H., Spain, R., & Shinto, L. (2012). **Mind-body medicine for multiple sclerosis: A systematic review.** *Autoimmune Diseases, 2012*, Article ID 567324. [\[link\]](#)

Stanley, S. (2012). **From discourse to awareness: Rhetoric, mindfulness, and a psychology without foundations.** *Theory & Psychology.* [\[link\]](#)

TRIALS

Research trials on mindfulness newly registered at Clinicaltrials.gov

Arizona State University (Arizona Institute for Mental Health Research; Pfizer). **Online mindfulness training versus health education for fibromyalgia (EGIFT).** Trial # NCT01748786. [\[link\]](#)

The University of Tennessee Knoxville (G. Stuart & R. Shorey, P.I.). **Mindfulness and acceptance Group Therapy for Substance Use.** Trial # NCT01751542. [\[link\]](#)

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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

If we can help young people to develop self-awareness, reduce stress, and regulate emotion, we may be able to prevent emotional problems before they begin. This month, we focus on the research that evaluates mindfulness-based interventions for children and adolescents, modifying them, as needed, to fit their unique developmental capacities.

Weijer-Bergsma et al. [Mindfulness] studied the effects of a *MindfulKids* school-based intervention on 199 boys and girls (aged 8-12) from diverse ethnic backgrounds in three Dutch primary schools. The 6-week program, modeled on MBSR, was taught in twice-weekly 30-minute sessions. Classroom teachers reinforced the program with daily 5-minute meditations. Half the children initially completed the program, while those in a wait-list control completed the program afterwards. At program's end, the children had enhanced their bodily awareness and shared emotions more readily. At 7-week follow-up, the children maintained those gains and also improved their ability to differentiate emotions, increased their sense that life was meaningful and manageable, and decreased rumination and analysis of emotions. In addition, the parents reported decreased anxiety and angry/aggressive behavior at home. All these effects were small, yet significant. Lastly, teachers noted a friendlier, more respectful classroom climate.

The children's response to the intervention depended on their degree of rumination. Non-ruminators increased bodily awareness and attention to other's emotions, and decreased angry/aggressive behavior. Ruminators, on the other hand, already high at pretest on bodily awareness and attention to other's emotions and low on angry/aggressive behaviors, showed no such changes. Instead, they decreased analyzing emotions (already high at pretest), in line with the *MindfulKids* emphasis on observing but not getting entangled in emotions.

Tan & Martin [Clinical Child Psychology and Psychiatry] tested a modified MBSR protocol for

adolescents. Their 5-week program, "Taming the Adolescent Mind," employed short 10-minute meditations and mindful activities utilizing music, drawing, and sculpture. Nine adolescent (ages 13-17) mental health outpatients with diagnoses of mood, anxiety, and adjustment disorders completed this pilot study, which was intended as a prelude to a large randomized controlled study. Participants



reported significant reductions in depression, anxiety and stress, and significant increases in mindfulness, psychological flexibility, and self-esteem by study's end and on 3-month follow-up. Their parents reported significantly fewer problems at home. The participants rated the program highly, finding it "useful" and "effective." The only change participants recommended was to include more sessions.

Monshat et al. [Journal of Adolescent Health] qualitatively analyzed focus group responses and individual interviews from 8 young people (aged 16-24) who completed a 6-week mindfulness training. Three of the participants had past diagnoses of depression, but none were currently depressed. Group and individual transcripts were coded and analyzed using grounded theory - a method in which theory emerges from the data rather than preceding it. Over the course of the training, participants went from an initial phase of distress and reactivity to a phase of stability marked by relaxation and increased conscious control. The youth finally progressed to a third "insight" phase characterized by clarity of mind, competence, and confidence in which mindfulness became a "mindset" rather than merely a "technique."

These studies demonstrate that mindfulness is a feasible intervention for youth that can be successfully tailored to meet the developmental needs of young people. The evaluation of mindfulness-based interventions among youth is a growing scientific field, and future studies with larger sample sizes, improved controls, and longer-term follow-up will advance this area of research.

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php

Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Events & Conferences

Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session. **INFO:** More at www.depts.washington.edu/ccfw/mlconference.html

International Mindfulness Conference - CMRP

The Centre for Mindfulness Research and Practice in Bangor University are hosting an international conference in partnership with Breathworks. The conference 'Mindfulness in Society' will span over 5 days offering a range of Pre and Post conference institutes with a full day of mindfulness practice and dialogue facilitated by Jon Kabat-Zinn. Themes include: Supervision, Research, Education, Parenting, Workplace, NHS, Neuroscience and more, see website for more detailed information. Speakers include: Mark Williams, Jon Kabat-Zinn, Willem Kuyken and Shauna Shapiro. Dates: 22nd - 26th March 2013. Submissions deadline - 30.11.12 **INFO:** Contact: mindfulness@bangor.ac.uk Web: www.cmrpconference.com

Melbourne Australian Mindfulness Conference

This conference will bring together practitioners, philosophers, educators, managers, and researchers from quantitative and qualitative traditions including many meditators and mindfulness instructors. The conference will feature international keynotes contributing clinical, research and philosophical perspectives. Date: 1 and 2 March 2013 (optional workshops on 28 February). **INFO:** Contact: info@conorg.com.au www.mindfulness.conorg.com.au

Meditation and Imagery Training

Our 30th year of training health professionals in the clinical uses of meditation and imagery. **INFO:** Visit www.huntingtonmeditation.com or write to Richard Schaub, PhD at drrichardschaub@gmail.com

Mindfulness Weekend for UK Doctors

For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD **INFO:** Contact the University of Rochester SMD Center for Experiential Learning, 585-275-4392, www.urmc.rochester.edu/cpe/

Mindful Practice: Serious and Life-Limiting Illness

4-day residential workshop, May 1-4, 2013, Chapin Mill Retreat Center, Batavia, New York. For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD. **INFO:** The University of Rochester SMD Center for Experiential Learning, 585-275-4392, Web: www.urmc.rochester.edu/cpe Course website: [\[here\]](#)

Translating Science into Practice

4th conference in an acclaimed series -- Brain Development & Learning: Making Sense of the Science -- to be held in gorgeous Vancouver, BC. ****Hear about mind-changing research in neuroscience & psychology from the famous scientists themselves, presented with clarity and enthusiasm in ways you can understand, see the immediate relevance of, and USE. **** Topics include: interrelations between body, mind, &

spirit; indigenous healing practices; neuroplasticity & epigenetics; how psychic trauma affects the body & diverse routes to recovery; plus more. **** Speakers include:** John Cacioppo, Michele Chaban, Kiley Hamlin, Linda Lantieri, Gabor Maté, Bruce Perry, Dan Siegel, & Tania Singer; plus 26 more. **** This much-loved series has doubled in size each time it's been offered because people find it so valuable. 99% of those who attended the last meeting rated it as OUTSTANDING! CE credits & scholarships are available. Dates: July 24-28, 2013** **INFO:** Conference website: www.braindevelopmentandlearning.com

Research & Education

Research Survey for CAM practitioners

If you are a practitioner of any form of Complementary and Alternative Medicine (CAM) please consider participating in this brief but important research survey that examines how CAM practitioners interact with their clients to promote health and well-being. The University-based online survey takes approximately 10-15 minutes to complete and your responses will be anonymous. The results from this study will help to advance knowledge regarding the role of CAM practitioners' in their clients' health behaviours, as well as highlight possible differences in provider-client interactions between the different CAM modalities. **INFO:** To participate please visit: www.ubishops.ca/CAMProviderStudy

Books & Media

New blog on Meditation

Michele Clark, M.Ed., LMHC an experienced psychotherapist (25 years) and inexperienced meditator (4 1/2 years) has started a blog on the website of Goddard College where she teaches. It is called The Mediocre Meditator. To find it go to GoddardCollege.edu, scroll down the page to blogs, if it's not at the front go to All Blogs then MA in Psychology & Counseling and there it will be. New entries once a month. **INFO:** www.goddard.edu