


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]


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### ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

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


with breast cancer. Journal of Clinical Psychology. [link]


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]
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.


**Events & Conferences**

**Mindfulness Research Meeting in Seattle**


**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:** More at [www.mindfulness@bangor.ac.uk](mailto:www.mindfulness@bangor.ac.uk)

**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](mailto:info@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](http://www.huntingtonmeditation.com) or write to Richard Schaub, PhD at [drrichardschaub@gmail.com](mailto: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](tel:585-275-4392), [www.urmc.rochester.edu/cpe](http://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

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**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](http://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](http://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 Goddard College.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](http://www.goddard.edu)