

Contents

36 New Cites p1

17 Interventions

6 Associations

2 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

Andersen, S. R., Würtzen, H., Steding-Jessen, M.,... Dalton, S. (2013). **Effect of mindfulness-based stress reduction on sleep quality: Results of a randomized trial among Danish breast cancer patients.** *Acta Oncologica*, 52(2), 336-44. [\[link\]](#)

Arch, J. J., Ayers, C. R., Baker, A.,... Craske, M. G. (2013). **Randomized clinical trial of adapted mindfulness based stress reduction versus group cognitive behavioral therapy for heterogeneous anxiety disorders.** *Behaviour Research and Therapy*. [\[link\]](#)

Carlson, K. J., Silva, S. G., Langley, J., & Johnson, C. (2013). **Mindful-Veteran: The implementation of a brief stress reduction course.** *Complementary Therapies in Clinical Practice*. [\[link\]](#)

Chapman, M. J. & Mitchell, D. (2013). **Mindfully valuing people now: An evaluation of introduction to mindfulness workshops for people with intellectual disabilities.** *Mindfulness*. [\[link\]](#)

Counsell, H. & Johnson, S. (2013). **Road traffic accidents: More than just whiplash?** *BMJ Case Reports*, 2013. [\[link\]](#)

Diaz, N., Liehr, P., Curnan, L., Brown, J. L. A., & Wall, K. (2012). **Playing games: Listening to the voices of children to tailor a mindfulness intervention.** *Children, Youth and Environments*, 22(2), 273-285. [\[link\]](#)

Gans, J. J., O'Sullivan, P., & Bircheff, V. (2013). **Mindfulness based tinnitus stress reduction pilot study.** *Mindfulness*. [\[link\]](#)

Henderson, V. P., Massion, A. O., Clemow, L.,... Hébert, J. R. (2013). **A randomized controlled trial of mindfulness-based stress reduction for women with early-stage breast cancer receiving radiotherapy.** *Integrative Cancer Therapies*. [\[link\]](#)

Knight, M., Pultinas, D., Collins, S.,... Silver, R. (2013). **Teaching mindfulness on an inpatient psychiatric unit.** *Mindfulness*. [\[link\]](#)

Kristeller, J., Wolever, R. Q., & Sheets, V. (2013). **Mindfulness-Based eating awareness training (MB-EAT) for binge eating: A randomized clinical trial.** *Mindfulness*. [\[link\]](#)

Nakamura, Y., Lipschitz, D. L., Kuhn, R.,... Donaldson, G. W. (2013). **Investigating efficacy of two brief mind-body intervention programs for managing sleep disturbance in cancer survivors: A pilot randomized controlled trial.** *Journal of Cancer Survivorship: Research and Practice*. [\[link\]](#)

Norouzi, M., Golzari, M., & Sohrabi, F. (2013). **Effectiveness of mindfulness based cognitive therapy on the quality of life, depression and burden of Alzheimer's women caregivers.** *Zahedan Journal of Research in Medical Sciences*. [\[link\]](#)

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
www.mindfulexperience.org

FEB 2013

Vol. 4 - Num. 2

Contents

36 New Cites p1

17 Interventions

6 Associations

2 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



Paul, A., Cramer, H., Lauche, R.,... Dobos, G. J. (2013). **An oncology mind-body medicine day care clinic: Concept and case presentation.** *Integrative Cancer Therapies.* [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,... Singh, J. (2013). **Mindfulness-Based treatment of aggression in individuals with mild intellectual disabilities: A waiting list control study.** *Mindfulness.* [link]

Sommers, F. G. (2013). **Mindfulness in love and love-making: A way of life.** *Sexual and Relationship Therapy.* [link]

van Berkel, J., Boot, C. L., Proper, K. I.,... van der Beek, A. J. (2013). **Process evaluation of a workplace health promotion intervention aimed at improving work engagement and energy balance.** *Journal of Occupational and Environmental Medicine,* 55(1), 19-26. [link]

Zeller, J. M. & Levin, P. F. (2013). **Mindfulness interventions to reduce stress among nursing personnel: An occupational health perspective.** *Workplace Health & Safety.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Beer, M., Ward, L., & Moar, K. (2013). **The relationship between mindful parenting and distress in parents of children with an autism spectrum disorder.** *Mindfulness.* [link]

Kalill, K. S., Treanor, M., & Roemer, L. (2013). **The importance of non-reactivity to posttraumatic stress symptoms: A case for mindfulness.** *Mindfulness.* [link]

Pepping, C. A., O'Donovan, A., & Davis, P. J. (2013). **The differential relationship between mindfulness and attachment in experienced and inexperienced meditators.** *Mindfulness.* [link]

Spinella, M., Martino, S., & Ferri, C. (2013). **Mindfulness and addictive behaviors.** *Journal of Behavioral Health.* [link]

Tomasino, B., Fregona, S., Skrap, M., & Fabbro, F. (2012). **Meditation-related activations are modulated by the practices needed to obtain it and by the expertise: An ALE meta-analysis study.** *Frontiers in Human Neuroscience,* 6, 346. [link]

Zoysa, N., Ruths, F. A., Walsh, J., & Hutton, J. (2012). **Mindfulness-Based cognitive therapy for mental health professionals: A long-term quantitative follow-up study.** *Mindfulness.* [link]

METHODS

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

Büssing, A., Walach, H., Kohls, N.,... Trousselard, M. (2013). **Conscious presence and self-control as a measure of situational awareness in soldiers--a validation study.** *International Journal of Mental Health Systems,* 7(1), 1. [link]

Contents

36 New Cites p1

17 Interventions

6 Associations

2 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



Cebolla, A., Luciano, J. V., DeMarzo, M. P.,... Campayo, J. G. (2013). **Psychometric properties of the spanish version of the mindful attention awareness scale (MAAS) in patients with fibromyalgia.** *Health and Quality of Life Outcomes*, 11, 6. [\[link\]](#)

REVIEWS

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

Albrecht, N. J., Albrecht, P. M., & Cohen, M. (2012). **Mindfully teaching in the classroom: A literature review.** *Australian Journal of Teacher Education*, 37(12), 1. [\[link\]](#)

Brito, G. (2013). **Rethinking mindfulness in the therapeutic relationship.** *Mindfulness*. [\[link\]](#)

Brown, A. P., Marquis, A., & Guiffrida, D. A. (2013). **Mindfulness-Based interventions in counseling.** *Journal of Counseling & Development*, 91(1), 96-104. [\[link\]](#)

Kerr, C. E., Sacchet, M. D., Lazar, S. W.,... Jones, S. R. (2013). **Mindfulness starts with the body: Somatosensory attention and top-down modulation of cortical alpha rhythms in mindfulness meditation.** *Frontiers in Human Neuroscience*, 7, 12. [\[link\]](#)

Kok, B. E., Waugh, C. E., & Fredrickson, B. L. (2013). **Meditation and health: The search for mechanisms of action.** *Social and Personality Psychology Compass*, 7(1), 27-39. [\[link\]](#)

Learner, L., Kibler, J. L., & Zeichner, S. B. (2013). **Relationship between mindfulness-based stress reduction and immune function in cancer and HIV/AIDS.** *Cancer and Clinical Oncology*, 2(1), 62. [\[link\]](#)

Malinowski, P. (2013). **Neural mechanisms of attentional control in mindfulness meditation.** *Frontiers in Neuroscience*, 7(8). [\[link\]](#)

TRIALS

Research trials on mindfulness newly registered (Jan 2013) at [Clinicaltrials.gov](#)

Lakehead University & Alzheimer Society of Canada (L. Ozen, PI). **Mindfulness research program designed to enhance wellbeing in people living with dementia and their spouses (MBCT_AD).** Trial# NCT01774448. [\[link\]](#)

Massachusetts General Hospital & The Depressive and Bipolar Disorder Alternative Treatment Foundation (T. Deckersbach, PI). **Mindfulness therapy on disrupted sleep in bipolar disorder.** Trial# NCT01764035. [\[link\]](#)

Mayo Clinic (S. Kumar, PI). **Effect of mindful eating on body mass index in obese adolescents.** Trial# NCT01764113. [\[link\]](#)

University of Wisconsin, Madison (A. Zgierska, PI). **Meditation for low back pain.** Trail# NCT01775995. [\[link\]](#)

Contents

36 New Cites p1

17 Interventions

6 Associations

2 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

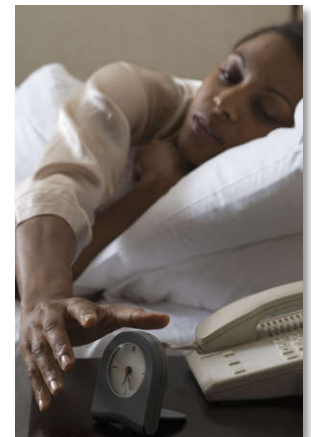
A summary of select studies from the issue, providing a snapshot of some of the latest research findings

Cancer patients struggle not only with the physical consequences of illness and treatment, but also with anxiety, stress, sleeplessness, and fatigue. This month three studies examine MBSR's effect on the psychological concomitants of cancer, with two of them focusing specifically on problems sleeping.

Anderson et al. [Acta Oncol.] studied a cohort of 336 breast cancer patients, randomly assigned to either MBSR or treatment as usual. Self-reported sleep quality improved for both conditions, with a significantly greater improvement noted for MBSR. The effect size was small, however, and the groups no longer differed at 6- and 12-month follow-up, controls eventually catching up with MBSR participants. The authors conclude MBSR has a small short-term effect on sleep. MBSR participants maintained their gains at long-term follow-up, suggesting maintenance of their initial improvement over time. Sleep problems were rare in this cohort, perhaps due to the patients being an average of 7-8 months past their diagnosis, placing a ceiling on the magnitude of change scores.

Nakamura et al. [J Cancer Surviv.] compared three interventions in 57 cancer survivors with self-reported problems sleeping. Participants were randomly assigned to sleep hygiene education (SHE), mindfulness meditation (MM), or mind-body bridging (MBB). All interventions were delivered in three 2-hour group sessions, with home practice left to the participants' discretion. MM was a shortened version of MBSR that included sitting and walking meditation, the body scan, and a forgiveness meditation. MBB shares features with MM (sensory awareness, non-judgmental attitude, decontextualization of thought) but doesn't include formal meditation practice. It trains participants to "rest" their "identify systems" through sensory awareness, identify the irrational demands the system places

on reality and on oneself, and disengage from those demands in a friendly manner, thus loosening an identification with a false sense of self, and getting in touch with an undamaged sense of wholeness. All three interventions significantly improved self-reported sleep quality, with both MBB and MM proving superior to SHE. MBB participants also showed significant improvement on secondary measures of self-reported depression, mindfulness, and self-compassion when compared with the SHE control group, while MM participants showed a nonsignificant trend in the same direction of benefit. Future comparison research should consider the full-length intervention protocols.



Henderson et al. [Integr Cancer Ther.] compared MBSR to nutrition education (NEP) and treatment as usual (TAU) in 40 breast cancer patients actively undergoing radiation therapy. MBSR participants outperformed both control groups on 16 variables four months after the intervention. These variables reflected improved quality of life and adaptive coping, reduced avoidance coping, increased meaningfulness and spirituality, and decreased psychopathology. Group differences tended to diminish over time, so that by the end of two-year follow-up, MBSR participants only showed superior scores on meaningfulness, active cognitive coping, and less anxious preoccupation.

These new studies expand our understanding of the value of MBSR in cancer treatment. The sleep studies are especially welcome as previous studies of MBSR and sleep outcomes yielded some contradictory findings. Future studies would benefit from including polysomnography, actigraphy, and/or sleep diary data in addition to retrospective self-reports.

ANNOUNCEMENTS

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

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

Events & Conferences

South Burlington WRP Spring Seminar

"Mindfulness that Matters" This daylong seminar focuses on bringing mindfulness-based strategies to your classroom, school or district. Spend a day with us, observe our teachers and students implementing practices in their classrooms, learn about the neuroscience of mindfulness, the evolution of our program and let us help you action plan. Our nationally recognized PreK-12 Wellness and Resilience Program has trained over 140 teachers in the past five years in bringing mindfulness practice to the personal and professional and to the lives of their students. Date: Mar 22, 2013 and May 3, 2013 Cost: \$199 (includes lunch).

INFO: Contact srand@sbschools.net for housing, more information and to register

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.cmprconference.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 dr-richardschaub@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/

Mindfulness4Scotland Conference 2013

2013 Mindfulness4Scotland Conference - Building awareness of the practical applications and benefits of mindfulness in the workplace. Sunday 10th March 2013, Royal College of Surgeons. Edinburgh Expert Speakers such as Michael Chaskalson author of "The Mindful Workplace".

INFO: Visit www.mindfulness4scotland.moonfruit.com

Deepening our Practice

A 5-day silent retreat for MBSR/MBCT teachers, clinicians, and educators. Sunday, June 23 through Friday, June 28, 2013, at Pendle Hill Retreat Center, near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, Ph.D., and Don McCown, MAMS, MSS, co-authors of Teaching Mindfulness: A practical guide for clinicians and educators. Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions. Time for participants to meet individually with teachers. Facilitated small group discussions on practice themes. Free time for contemplation and rest in beautiful surroundings: www.pendlehill.org.

INFO: Register at www.mindfulnessandmore.com

11th Annual International Scientific Conference

The 11th Annual International Scientific Conference will be held in Norwood, Ma April 17 - 21, 2013. Gathering together an international community of renowned scientists, scholars, teachers and students participating in keynote addresses, concurrent breakouts, pre and post conference institutes, workshops, posters presentations and mindfulness practice sessions.

INFO: Contact: mindfulness@umassmed.edu
www.umassmed.edu/cfm/conference

Mindfulness in the Outback Retreat

This retreat will be offered from the 22nd to the 28th of March 2013 and will be held in magnificent outback Australia. It is an exceptional opportunity to learn and practice mindfulness in the stillness of this ancient continent and connect deeply to the land and its history.

INFO: www.Retreat.MindfulAwareness.com.au

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: <http://depts.washington.edu/ccfwb/mlconference.html>

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