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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

Cavanagh, K., Vartanian, L. R., Herman, C. P., & Polivy, J. (2013). **The effect of portion size on food intake is robust to brief education and mindfulness exercises.** *Journal of Health Psychology.* [\[link\]](#)

Day, M. A., Thorn, B. E., Ward, L. C., ... Kilgo, G. R. (2013). **Mindfulness-based cognitive therapy for the treatment of headache pain: A pilot study.** *The Clinical Journal of Pain.* [\[link\]](#)

Donatone, B. (2013). **Focused suggestion with somatic anchoring technique: Rapid self-hypnosis for pain management.** *American Journal of Clinical Hypnosis, 55(4), 325-342.* [\[link\]](#)

Feliu-Soler, A., Pascual, J. C., Borràs, X., ... Soler, J. (2013). **Effects of dialectical behaviour therapy-mindfulness training on emotional reactivity in borderline personality disorder: Preliminary results.** *Clinical Psychology & Psychotherapy.* [\[link\]](#)

Hölzel, B. K., Hoge, E. A., Greve, D. N., ... Lazar, S. W. (2013). **Neural mechanisms of symptom improvements in generalized anxiety disorder following mindfulness training.** *NeuroImage: Clinical.* [\[link\]](#)

Marchand, W. R. (2013). **Mindfulness meditation practices as adjunctive treatments for psychiatric disorders.** *Psychiatric Clinics of North America, 36(1), 141-152.* [\[link\]](#)

Mrazek, M. D., Franklin, M. S., Phillips, D. T., ... Schooler, J. W. (2013). **Mindfulness training improves working memory capacity and**

**GRE performance while reducing mind wandering.** *Psychological Science.* [\[link\]](#)

Nosen, E. & Woody, S. R. (2013). **Brief psycho-education affects circadian variability in nicotine craving during cessation.** *Drug and Alcohol Dependence.* [\[link\]](#)

Nyklíček, I., Mommersteeg, P., Van Beugen, S., ... Van Boxtel, G. J. (2013). **Mindfulness-Based stress reduction and physiological activity during acute stress: A randomized controlled trial.** *Health Psychology.* [\[link\]](#)

Oberg, E. B., Rempe, M., & Bradley, R. (2013). **Self-directed mindfulness training and improvement in blood pressure, migraine frequency, and quality of life.** *Global Advances in Health and Medicine, 2(2), 20-25.* [\[link\]](#)

Perez-Blasco, J., Viguer, P., & Rodrigo, M. F. (2013). **Effects of a mindfulness-based intervention on psychological distress, well-being, and maternal self-efficacy in breast-feeding mothers: Results of a pilot study.** *Archives of Women's Mental Health.* [\[link\]](#)

Petter, M., Chambers, C. T., & Maclaren, C. J. (2013). **The effects of mindfulness-based attention on cold pressor pain in children.** *Pain Research & Management, 18(1), 39-45.* [\[link\]](#)

Raes, F., Griffith, J. W., Van der Gucht, K., & Williams, J. M. G. (2013). **School-based prevention and reduction of depression in adolescents: A cluster-randomized controlled trial of a mindfulness group program.** *Mindfulness.* [\[link\]](#)

Rakel, D., Mundt, M., Ewers, T., ... Barrett, B. (2013). **Value associated with mindfulness meditation and moderate exercise intervention in acute respiratory infection: The MEPARI study.** *Family Practice.* [\[link\]](#)

Ramsburg, J. T. & Youmans, R. J. (2013). **Meditation in the higher-education**

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**classroom: Meditation training improves student knowledge retention during lectures.** *Mindfulness.* [\[link\]](#)

Rogers, B., Christopher, M., & Sunbay-Bilgen, Z. (2013). **Mindfulness, self-care, and participatory medicine: A community's clinical evidence.** *J Participat Med, 5*, e9. [\[link\]](#)

Wupperman, P., Fickling, M., Klemanski, D. H., ... Whitman, J. B. (2013). **Borderline personality features and harmful dysregulated behavior: The mediational effect of mindfulness.** *Journal of Clinical Psychology.* [\[link\]](#)

## ASSOCIATIONS

*Articles examining the correlation and mechanism between mindfulness and other variables*

Bergen-Cico, D. & Cheon, S. (2013). **The mediating effects of mindfulness and self-compassion on trait anxiety.** *Mindfulness.* [\[link\]](#)

Bermudez, D., Benjamin, M. T., Porter, S. E., ... Dutton, M. A. (2013). **A qualitative analysis of beginning mindfulness experiences for women with post-traumatic stress disorder and a history of intimate partner violence.** *Complementary Therapies in Clinical Practice.* [\[link\]](#)

Dennick, L., Fox, A. P., & Walter-Brice, A. (2013). **Mindfulness groups for people experiencing distressing psychosis: An interpretative phenomenological analysis.** *Mental Health Review Journal, 18*(1), 32-43. [\[link\]](#)

Edmonds, J., Masuda, A., & Tully, E. C. (2013). **Relations among self-concealment, mindfulness, and internalizing problems.** *Mindfulness.* [\[link\]](#)

Fayed, N., del Hoyo, Y. L., Andres, E., ... Garcia-Campayo, J. (2013). **Brain changes in long-term Zen meditators using proton magnetic resonance spectroscopy and diffusion tensor imaging: A controlled study.** *PLoS ONE, 8*(3), e58476. [\[link\]](#)

Gondo, M., Patterson, K. D., & Trujillo Palacios, S. (2013). **Mindfulness and the development of a readiness for change.** *Journal of Change Management.* [\[link\]](#)

Greenberg, J. & Meiran, N. (2013). **Is mindfulness meditation associated with feeling less?** *Mindfulness.* [\[link\]](#)

Jacobs, T. L., Shaver, P. R., Epel, E. S., ... Sahdra, B. K. (2013). **Self-reported mindfulness and cortisol during a Shamatha meditation retreat.** *Health Psychology.* [\[link\]](#)

Lamis, D. A. & Dvorak, R. D. (2013). **Mindfulness, nonattachment, and suicide rumination in college students: The mediating role of depressive symptoms.** *Mindfulness.* [\[link\]](#)

Latzman, R. D. & Masuda, A. (2013). **Examining mindfulness and psychological inflexibility within the framework of big five personality.** *Personality and Individual Differences.* [\[link\]](#)

Ostafin, B. D., Brooks, J. J., & Laitem, M. (2013). **Affective reactivity mediates an inverse relation between mindfulness and anxiety.** *Mindfulness.* [\[link\]](#)

Reynolds, L. M., Consedine, N. S., & McCambridge, S. A. (2013). **Mindfulness and disgust in colorectal cancer scenarios: Non-judging and non-reacting components predict avoidance when it makes sense.** *Mindfulness.* [\[link\]](#)

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Sass, S. M., Berenbaum, H., & Abrams, E. M. (2013). **Discomfort with emotion moderates distress reduction in a brief mindfulness intervention.** *International Journal of Behavioral Consultation and Therapy*, 7(4), 24-27. [\[link\]](#)

## METHODS

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

Dundas, I., Vøllestad, J., Binder, P. -E., & Sivertsen, B. (2013). **The five-factor mindfulness questionnaire in Norway.** *Scandinavian Journal of Psychology*. [\[link\]](#)

Hites, L. S. & Lundervold, D. A. (2013). **Relation between direct observation of relaxation and self-reported mindfulness and relaxation states.** *International Journal of Behavioral Consultation and Therapy*, 7(4), 6-7. [\[link\]](#)

Park, T., Reilly-Spong, M., & Gross, C. R. (2013). **Mindfulness: A systematic review of instruments to measure an emergent patient-reported outcome (PRO).** *Quality of Life Research*. [\[link\]](#)

Siddaway, A. P. & Wood, A. M. (2013). **Recommendations for conducting mindfulness-based cognitive therapy trials.** *Psychiatry Research*. [\[link\]](#)

## REVIEWS

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

Chiesa, A. & Serretti, A. (2013). **Are mindfulness-based interventions effective for substance use disorders? A systematic**

**review of the evidence.** *Substance Use & Misuse*. [\[link\]](#)

Roberts-Collins, C., Tulloh, R., & Garratt, V. (2013). **Being mindful of pulmonary arterial hypertension.** *British Journal of Cardiac Nursing*, 8(3), 127-133. [\[link\]](#)

Schuman-Olivier, Z., Noordsy, D. L., & Brunette, M. F. (2013). **Strategies for reducing antipsychotic polypharmacy.** *Journal of Dual Diagnosis*. [\[link\]](#)

Shiralkar, M. T., Harris, T. B., Eddins-Folensbee, F. F., & Coverdale, J. H. (2013). **A systematic review of stress-management programs for medical students.** *Academic Psychiatry*. [\[link\]](#)

## TRIALS

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

Contextual Change, LLC (M. Levin & J. Pistorello, PI). **Mindfulness and acceptance applied in colleges through web-based guided self-help.** Trial# NCT01808404. [\[link\]](#)

Duke University (C. Mauro, PI). **Integrative coping group for children (ToPSY).** Trial# NCT01813669. [\[link\]](#)

Örebro County Council (F. Holländare). **Internet-based relapse prevention for partially remitted depression (ISAK).** Trial# NCT01807988. [\[link\]](#)

Universität Duisburg-Essen (R. Lauche & H. Cramer, PI). **Lifestyle modification program for patients with chronic pain conditions (POSITAG).** Trial# NCT01805947. [\[link\]](#)

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
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## HIGHLIGHTS

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

More than half of substance abusers relapse after treatment, and researchers are eager to discover new ways to improve lasting effects on substance use outcomes. This month, one study advances our understanding of how mindfulness influences craving, while another study reviews the efficacy of mindfulness-based interventions in substance abuse treatment.

The frequency and intensity of cravings is one of the main predictors of failure in smoking cessation attempts. **Nosen & Woody [Drug Alcohol Depend]** reported on the effects of two brief interventions on nicotine withdrawal cravings during the first day of abstinence from smoking. One group of smokers received a mindfulness intervention that stressed acceptance of cravings, allowing them to come and go without attempts to control. A second group received a standard psychoeducational intervention. Both brief 60 to 90 minute interventions were delivered via computer slide show with voice-overs. A third group served as a no-treatment control. The day after the intervention, one half of the group of 176 smokers quit smoking, and quitters were paged at various intervals throughout the day to rate their cravings. Participants also completed a questionnaire on their beliefs about cravings, e.g., whether they viewed cravings as signs of personal weakness or thought they needed to be controlled.

Both interventions significantly lowered cravings upon awakening the next morning. Both groups also experienced rising levels of craving throughout the day, so that after 2-3 hours their cravings equaled those of controls. After 10 hours, however, the standard psychoeducational intervention group continued to experience increasing cravings, whereas the mindfulness group experienced a significant drop in craving intensity. The mindfulness group also endorsed significantly fewer dysfunctional beliefs about cravings. These results suggest that even brief

training in "urge surfing" may significantly help quitters during their first day of abstinence.



**Chiesa & Serretti [Substance Use & Misuse]** comprehensively reviewed 24 quantitative, controlled studies of mindfulness-based and associated interventions (MBIs) on different types of substance abuse and misuse. The MBIs studied included MBSR, MBCT, MBRP, DBT and ACT, as well as other modalities. Substance abuse types included alcohol, tobacco, opiates, cannabis, methamphetamines, and mixed substance abuse. Retention rates were generally moderate to high (e.g., 50%-90% for alcohol abusers, 63%-100% for cigarette smokers, and 57%-82% for opiate abusers) and there were no reported adverse effects. There was some limited evidence that MBIs can reduce substance use over and above wait-list controls, nonspecific educational support groups, and some specific controls, but conclusions were hampered by methodological limitations including small sample size, lack of either randomization, blind assessment, or objective measures of substance use, and insufficient information on treatment adherence and follow-up. Some of the best evidence for efficacy was with the use of MBIs for smoking cessation, where all 4 reviewed studies showed significant benefits over and above controls.

There were also some surprising findings: three studies (one using MBSR, 2 using ACT) failed at significantly reducing stress. Two of the 3 studies using the Five Factor Mindfulness Questionnaire (FFMQ) failed to observe significant differences in mindfulness, while a third observed only transient differences on a single subscale. The authors emphasize the need for future replications with larger sample size and improved methodological rigor before firmer conclusions can be made.



# ANNOUNCEMENTS

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

Categories: Books & Media, Events & Conferences, Jobs & Volunteer, and 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](mailto:srand@sbschools.net) for housing, more information, and to register.

### 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 and Nursing Care Retreat

Sacred Art of Nursing Retreat: A Mindful Approach to Care will be held at Commonweal Retreat Center in Bolinas, California, May 3 – 5, 2013. Nurses will learn clinical applications of mindfulness practice that can benefit both patient and nurse.

**INFO:** Please visit: [www.sacredartofnursing.com](http://www.sacredartofnursing.com)

### Self-Compassion & Mindfulness Workshop Germer Neff

Come to Amsterdam NLD this Summer for a two day intensive workshop with Kristin Neff and Christopher Germer on Self-Compassion and Mindfulness. Take this professional training for personal development and be able to bring the transformative power of self-compassion to the people you work with.

**INFO:** Date: 7 & 8 August 2013. Visit <http://centrumvoormindfulness.nl/workshop-compassion-germer-neff>

### Mindfulness Training for Professionals

This training offers professionals of any background skills and experience to bring mindfulness forward in their professional lives and work. Date: May 1-4, 2013. Register for a free information teleconference to learn more.

**INFO:** Contact [dukeimprograms@duke.edu](mailto:dukeimprograms@duke.edu) <http://www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals>

## Research & Education

### Mindfulness-Based Diabetes Management (MBDM)

April 4- May 23, 2013. New MBI for people living with diabetes of all types. \$495.00 for eight weekly sessions plus Saturday retreat. 20% discount for MBI instructors and researchers. Seeking expert feedback as we refine course, as well as possible research collaborators.

**INFO:** Contact Steven Alper, L.C.S.W. [stevenalperlcsww@gmail.com](mailto:stevenalperlcsww@gmail.com) (619)463-6387

### Workshop Mindfulness for Kids/ Adolescents - MBCT

Mindfulness 4 kids Workshop experiential and theoretical background on the clinical applications of mindfulness in children and adolescents The Mindfulness-Based Therapy for children and adolescents May 25, 2013 Villa San Carlo Costabissara (Vicenza) ITALY.

**INFO:** Contact: [info@istitutomindfulness.com](mailto:info@istitutomindfulness.com) [www.istitutomindfulness.com](http://www.istitutomindfulness.com)

### Participants Sought for Mindfulness Research

The Mindfulness and Awakening Research Registry is dedicated to improving understanding of contemplative practices in promoting human flourishing and seeks individuals involved in mindfulness or contemplative practices who are willing to consider participation in scientific studies of mindfulness and awakening.

**INFO:** To learn more, go to [www.Contemplative-Studies.org](http://www.Contemplative-Studies.org) or contact [jdecastro@shsu.edu](mailto:jdecastro@shsu.edu)

## Books & Media

### Read Buddha's Addicts

Download "Buddha's Addicts: Practicing Mindfulness in a Thirsty World" at [www.soberbuddha.com](http://www.soberbuddha.com) store.

**INFO:** Available at [www.soberbuddha.com](http://www.soberbuddha.com)