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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

Cathcart, S., Galatis, N., Immink, M.,... Petkov, J. (2013). **Brief mindfulness-based therapy for chronic tension-type headache: A randomized controlled pilot study.** *Behavioural and Cognitive Psychotherapy.* [link]

Danucalov, M. A., Kozasa, E. H., Ribas, K. T.,... Leite, J. R. (2013). **A yoga and compassion meditation program reduces stress in familial caregivers of Alzheimer's disease patients.** *Evidence-Based Complementary and Alternative Medicine, 2013.* [link]

Hastings, R. P. & Manikam, R. (2013). **Mindfulness and acceptance in developmental disabilities: Introduction to the special issue.** *Mindfulness.* [link]

Hoge, E. A., Bui, E., Marques, L.,... Simon, N.M. (2013). **Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: Effects on anxiety and stress reactivity.** *The Journal of Clinical Psychiatry.* [link]

Jouper, J. & Gustafsson, H. (2013). **Mindful recovery: A case study of a burned-out elite shooter.** *The Sport Psychologist, 27(1), 92-102.* [link]

King, A. P., Erickson, T. M., Giardino, N. D.,... Liberzon, I. (2013). **A pilot study of group mindfulness-based cognitive therapy (MBCT) for combat veterans with posttraumatic stress disorder (PTSD).** *Depression and Anxiety.* [link]

Klatt, M., Harpster, K., Browne, E.,... Case-Smith, J. (2013). **Feasibility and preliminary outcomes for move-into-learning: An arts-based mindfulness classroom intervention.** *The Journal of Positive Psychology.* [link]

Parra-Delgado, M. & Latorre-Postigo, J. M. (2013). **Effectiveness of mindfulness-based cognitive therapy in the treatment of fibromyalgia: A randomised trial.** *Cognitive Therapy and Research.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Beshara, M., Hutchinson, A. D., & Wilson, C. (2013). **Does mindfulness matter? Everyday mindfulness, mindful eating and self-reported serving size of energy dense foods among a sample of south Australian adults.** *Appetite.* [link]

Carciofo, R., Du, F., Song, N., & Zhang, K. (2013). **Chronotype and time-of-day correlates of mind wandering and related phenomena.** *Biological Rhythm Research.* [link]

Desrosiers, A., Vine, V., Klemanski, D. H., & Nolen-Hoeksema, S. (2013). **Mindfulness and emotion regulation in depression and anxiety: Common and distinct mechanisms of action.** *Depression and Anxiety.* [link]

Drozd, F., Raeder, S., Kraft, P., & Bjørkli, C. A. (2013). **Multilevel growth curve analyses of treatment effects of a web-based intervention for stress reduction: Randomized controlled trial.** *Journal of Medical Internet Research, 15(4), e84.* [link]

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Garland, S. N., Campbell, T., Samuels, C., & Carlson, L. E. (2013). **Dispositional mindfulness, insomnia, sleep quality and dysfunctional sleep beliefs in post-treatment cancer patients.** *Personality and Individual Differences*. [link]

Hoge MD, E. A., Chen BS, M. M., Metcalf BA,... DeVivo, I. (2013). **Loving-Kindness meditation practice associated with longer telomeres in women.** *Brain, Behavior, and Immunity*. [link]

Horst, K., Newsom, K., & Stith, S. (2013). **Client and therapist initial experience of using mindfulness in therapy.** *Psychotherapy Research*. [link]

Lutz, J., Herwig, U., Opialla, S.,... Bruhl, A. B. (2013). **Mindfulness and emotion regulation-an fMRI study.** *Social Cognitive and Affective Neuroscience*. [link]

Mankus, A. M., Aldao, A., Kerns, C.,... Mennin, D. S. (2013). **Mindfulness and heart rate variability in individuals with high and low generalized anxiety symptoms.** *Behaviour Research and Therapy*. [link]

Perich, T., Manicavasagar, V., Mitchell, P. B., & Ball, J. R. (2013). **The association between meditation practice and treatment outcome in mindfulness-based cognitive therapy for bipolar disorder.** *Behaviour Research and Therapy*. [link]

Rodero, B., Pereira, J. P., Pérez-Yus, M. C.,... Garcia-Campayo, J. (2013). **Validation of a spanish version of the psychological inflexibility in pain scale (PIPS) and an evaluation of its relation with acceptance of pain and mindfulness in sample of persons with fibromyalgia.** *Health and Quality of Life Outcomes*, 11(1), 62. [link]

Sinclair, C. M. & Goodfriend, W. (2013). **Mindfulness in adolescents: Effects of single-session mindfulness meditation on anxiety and depression.** *Journal of Psychological Inquiry*, 18(1), 37-45. [link]

Verplanken, B. & Fisher, N. (2013). **Habitual worrying and benefits of mindfulness.** *Mindfulness*. [link]

Wang, Y. & Kong, F. (2013). **The role of emotional intelligence in the impact of mindfulness on life satisfaction and mental distress.** *Social Indicators Research*. [link]

Zeidan, F., Martucci, K. T., Kraft, R. A.,... Coghill, R. C. (2013). **Neural correlates of mindfulness meditation-related anxiety relief.** *Social Cognitive and Affective Neuroscience*. [link]

METHODS

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

Bazarko, D., Cate, R. A., Azocar, F., & Kreitzer, M. J. (2013). **The impact of an innovative mindfulness-based stress reduction program on the health and well-being of nurses employed in a corporate setting.** *Journal of Workplace Behavioral Health*, 28(2), 107-133. [link]

Chen, S. Y. & Zhou, R. L. (2013). **Validation of a Chinese version of the freiburg mindfulness inventory--short version.** *Mindfulness*. [link]

Hou, J., Wong, S. Y., Lo, H. H.,... Ma, H. S. (2013). **Validation of a Chinese version of the five-facet mindfulness questionnaire in Hong Kong and development of a short form.** *Assessment*. [link]

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Johnson, C. J., Wiebe, J. S., & Morera, O. F. (2013). **The Spanish version of the mindful attention awareness scale (MAAS): Measurement invariance and psychometric properties.** *Mindfulness.* [link]

Salmoirago-Blotcher, E., Crawford, S. L., Carmody, J.,... Ockene, I. S. (2013). **Phone-delivered mindfulness training for patients with implantable cardioverter defibrillators: Results of a pilot randomized controlled trial.** *Annals of Behavioral Medicine.* [link]

Stinson, B. & Arthur, D. (2013). **A novel EEG for alpha brain state training, neurobio-feedback and behavior change.** *Complementary Therapies in Clinical Practice.* [link]

REVIEWS

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

Bögels, S. M., Helleman, J., Deursen, S. V.,... Meulen, R. V. D. (2013). **Mindful parenting in mental health care.** *Mindfulness.* [link]

Dafoe, T. & Stermac, L. (2013). **Mindfulness meditation as an adjunct approach to treatment within the correctional system.** *Journal of Offender Rehabilitation, 52(3), 198-216.* [link]

Dreeben, S. J., Mamber, M. H., & Salmon, P. (2013). **The MBSR body scan in clinical practice.** *Mindfulness.* [link]

Pezzolesi, C., Ghaleb, M., Kostrzewski, A., & Dhillon, S. (2013). **Is mindful reflective practice the way forward to reduce medication errors?** *International Journal of Pharmacy Practice.* [link]

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2013). **Buddhist philosophy for the treatment of problem gambling.** *Journal of Behavioral Addictions.* [link]

Smith, L. L., Lake, N. H., Simmons, L. A., Perlman, A.,... Wolever, R. Q. (2013). **Integrative health coach training: A model for shifting the paradigm toward patient-centricity and meeting new national prevention goals.** *Global Advances in Health and Medicine.* [link]

TRIALS

Research trials on mindfulness newly registered at
Clinicaltrials.gov

Brown University (W. Britton, PI). **Dismantling mindfulness.** Trial# NCT01831362. [link]

Oregon Health and Science University (R. Nardos, PI). **Examining bladder control using mindful based approach.** Trial# NCT01843543. [link]

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HIGHLIGHTS

A summary of new studies or events, providing a snapshot of some of the latest research findings

Nearly 450 researchers, MBSR teachers, and clinicians assembled for the 11th Annual International Scientific Conference of the Center for Mindfulness in Medicine, Healthcare and Society this April in Norwood, Massachusetts. Presentations by Norman Farb, Ph.D., Wendy Hasenkamp, Ph.D., David Creswell, Ph.D., Eileen Luders, Ph.D. and David Vago, Ph.D. focused on the neuropsychological correlates of mindfulness. Each of the researchers presented data from past studies along with new findings from as yet unpublished work.

Norman Farb presented MRI data on two opposing neural systems: the interoceptive pathway where bodily awareness is represented, and the default network which is often associated with self-referential narrative awareness and mind wandering. He presented studies showing that MBSR training is associated with increased recruitment of the interoceptive awareness pathway along with increased connectivity of the posterior insula (a key component of that pathway) to the prefrontal cortex. This increased connectivity had both state-and-trait features.

Wendy Hasenkamp's MRI research showed how different neural networks are deployed during different moments of focused meditation, depending on whether focus is established, the mind wanders off-focus, the mind becomes aware of wandering, or the mind re-establishes its focus. She identified activity in the brain's default network during mind wandering, activity in a neural salience network with awareness of mind wandering, and activity in a neural executive network for shifting and maintaining focus. More experienced meditators had increased resting-state functional connectivity between the right insula and the dorsolateral prefrontal cortex, and between the ventromedial prefrontal cortex and the bilateral inferior parietal lobe, suggesting increased functional connectivity within and between attentional networks. Experienced meditators also showed decreased ventromedial prefrontal activity while shifting back to focus, perhaps reflecting a decreased "stickiness" of their thoughts.

David Creswell also presented MRI functional connectivity data showing that a three-day mindfulness retreat increased connectivity between the posterior cingulate cortex and the bilateral dorsolateral prefrontal cortex. This increased functional connectivity was shown to mediate a decrease in the participants' interleukin-6 inflammatory response.



Eileen Luders reviewed a series of studies showing structural brain changes in long-term meditators (participants had an average of 21 years of practice) compared with matched controls. Meditators had greater grey matter concentration, greater fiber connectivity, greater cortical gyrification, and a thicker corpus callosum and larger hippocampus compared with controls. They also showed a slower decline of white matter connectivity with age.

David Vago proposed a neurobiological model to help guide mindfulness investigation called S-ART (Self-Awareness, Self-Regulation and Self-Transcendence), which hypothesizes the brain networks and processes undergirding meta-awareness, emotional and behavioral modulation, and prosocial transcendence of self-focused needs. Vago hypothesizes that meditation training modulates self-specifying and narrative-self brain networks through an integrative fronto-parietal control network. He presented preliminary data using experienced meditators illustrating the role of the integrative fronto-parietal network (along with the basal ganglia and primary somatosensory cortex). Hours of formal meditation practice correlated with higher frontopolar cortical activation and lower self-reflective hippocampal-cortical-memory network activation.

Taken together, these studies point to significant changes in brain structure and functional connectivity that occur over time with meditative experience, as well as progress in identifying brain networks that are responsible for different aspects of meditative experience.

Image source: usa.gov

ANNOUNCEMENTS

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

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

Events & Conferences

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>

Mindful Art Experience

Mindful Art at the Tree Frog Gallery, Maleny, Queensland is an inspiring interactive event offering: • Mindful viewing • Sensory trails • Visualizations • Musical Inspirations • Treasured Tips from Artist Heather Be creative in your own quiet space facebook
['MindfulArtAtTheTreeFrogGallery'](#)

INFO: info@treefroggallery.com Heather & Janet

Mindful Schools Courses in Europe

Mindful Schools is offering two courses in Europe during Summer 2013: one Curriculum Training, which runs from August 8 to August 10, and a Year-Long Certification Opening Retreat, which runs from August 12 to August 19. If you have friends in Europe who would be interested in these courses, please share this information with them. Thank you so much! Mindful Schools (www.mindfulschools.org) is a non-profit organization that has taught many thousands of adults how to use mindfulness with K-12 youth, impacting over 50,000 children to date.

INFO: For details, visit: <http://www.mindfulschools.org/training/european-courses-summer-2013/>

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. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

INFO: More information at <http://marc.ucla.edu/body.cfm?id=112>

Books & Media

INFO: None posted