

Contents

41 New Cites p1

16 Interventions

13 Associations

2 Methods

8 Reviews

2 Trials

Highlights p4

Announcements p5

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

Bond, A. R., Mason, H. F., Lemaster, C. M.,... Saper, R. B. (2013). **Embodied health: The effects of a mind-body course for medical students.** *Medical Education Online*, 18. [\[link\]](#)

Call, D., Miron, L., & Orcutt, H. (2013). **Effectiveness of brief mindfulness techniques in reducing symptoms of anxiety and stress.** *Mindfulness*. [\[link\]](#)

Davis, M. C., & Zautra, A. J. (2013). **An online mindfulness intervention targeting socioemotional regulation in fibromyalgia: Results of a randomized controlled trial.** *Annals of Behavioral Medicine*. [\[link\]](#)

Dobkin, P. L., Hickman, S., & Monshat, K. (2013). **Holding the heart of mindfulness-based stress reduction: Balancing fidelity and imagination when adapting MBSR.** *Mindfulness*. [\[link\]](#)

Felver, J. C., Doerner, E., Jones, J.,... Merrell, K. W. (2013). **Mindfulness in school psychology: Applications for intervention and professional practice.** *Psychology in the Schools*. [\[link\]](#)

Foureur, M., Besley, K., Burton, G.,... Crisp, J. (2013). **Enhancing the resilience of nurses and midwives: Pilot of a mindfulness based program for increased health, sense of coherence and decreased depression, anxiety and stress.** *Contemporary Nurse*. [\[link\]](#)

Gallegos, A. M., Hoerger, M., Talbot, N. L.,... Duberstein, P. R. (2013). **Emotional benefits of mindfulness-based stress reduction in older adults: The moderating roles of age and**

depressive symptom severity. *Aging & Mental Health*. [\[link\]](#)

Hayes-Skelton, S. A., Roemer, L., & Orsillo, S. M. (2013). **A randomized clinical trial comparing an acceptance-based behavior therapy to applied relaxation for generalized anxiety disorder.** *Journal of Consulting and Clinical Psychology*. [\[link\]](#)

Jacobs, J., Cardaciotto, L., Block-Lerner, J., & McMahon, C. (2013). **A pilot study of a single-session training to promote mindful eating.** *Advances in Mind-body Medicine*, 27(2), 18-23. [\[link\]](#)

Jenkins, K. T., & Tapper, K. (2013). **Resisting chocolate temptation using a brief mindfulness strategy.** *British Journal of Health Psychology*. [\[link\]](#)

Jermann, F., Van der Linden, M., Gex-Fabry, M.,... Bondolfi, G. (2013). **Cognitive functioning in patients remitted from recurrent depression: Comparison with acutely depressed patients and controls and follow-up of a mindfulness-based cognitive therapy trial.** *Cognitive Therapy and Research*. [\[link\]](#)

Kim, S. H., Schneider, S. M., Bevans, M.,... Burge, M. R. (2013). **PTSD symptom reduction with mindfulness-based stretching and deep breathing exercise: Randomized controlled clinical trial of efficacy.** *Journal of Clinical Endocrinology and Metabolism*. [\[link\]](#)

Morledge, T. J., Emily Fox, M. B., & MSSA, L. S. (2013). **Feasibility of an online mindfulness program for stress management: A randomized, controlled trial.** *Annals of Behavioral Medicine*. [\[link\]](#)

Roeser, R. W., Schonert-Reichl, K. A., Jha, A.,... Harrison, J. (2013). **Mindfulness training and reductions in teacher stress and burnout: Results from two randomized, waitlist-**

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control field trials. *Journal of Educational Psychology.* [link]

Sohrabi, F., Jaafarifard, S., Zarei, S., & Eskandari, H. (2013). **The effectiveness of mindfulness-based cognitive therapy on panic disorder" case study".** *Journal of Clinical Psychology [Iran],* 4(4), 31-43. [link]

Wisner, B. L. (2013). **An exploratory study of mindfulness meditation for alternative school students: Perceived benefits for improving school climate and student functioning.** *Mindfulness.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Arch, J. J., & Ayers, C. R. (2013). **Which treatment worked better for whom? Moderators of group cognitive behavioral therapy versus adapted mindfulness based stress reduction for anxiety disorders.** *Behaviour Research and Therapy,* 51(8), 434-442. [link]

Bodenlos, J. S., Noonan, M., & Wells, S. Y. (2013). **Mindfulness and alcohol problems in college students: The mediating effects of stress.** *Journal of American College Health.* [link]

Daubenmier, J., Sze, J., Kerr, C. E.,... Mehling, W. (2013). **Follow your breath: Respiratory interoceptive accuracy in experienced meditators.** *Psychophysiology.* [link]

Keane, A. (2013). **The influence of therapist mindfulness practice on psychotherapeutic work: A mixed-methods study.** *Mindfulness.* [link]

Lauricella, S. (2013). **Mindfulness meditation with undergraduates in face-to-face and**

digital practice: A formative analysis. *Mindfulness.* [link]

Luders, E., Kurth, F., Toga, A. W.,... Gaser, C. (2013). **Meditation effects within the hippocampal complex revealed by voxel-based morphometry and cytoarchitectonic probabilistic mapping.** *Frontiers in Psychology.* [link]

Lyvers, M., Makin, C., Toms, E.,... Samios, C. (2013). **Trait mindfulness in relation to emotional self-regulation and executive function.** *Mindfulness.* [link]

Mackenzie, M. J., Carlson, L. E., Ekkekakis, P.,... Culos-Reed, S. N. (2013). **Affect and mindfulness as predictors of change in mood disturbance, stress symptoms and quality of life in a community-based yoga program for cancer survivors.** *Evidence-Based Complementary and Alternative Medicine,* 2013(Article ID 419496). [link]

Ostafin, B. D., Kassman, K. T., & Wessel, I. (2013). **Breaking the cycle of desire: Mindfulness and executive control weaken the relation between an implicit measure of alcohol valence and preoccupation with alcohol-related thoughts.** *Psychology of Addictive Behaviors.* [link]

Prowse, E., Bore, M., & Dyer, S. (2013). **Eating disorder symptomatology, body image, and mindfulness: Findings in a non-clinical sample.** *Clinical Psychologist.* [link]

Shorey, R. C., Brasfield, H., Anderson, S., & Stuart, G. L. (2013). **Mindfulness deficits in a sample of substance abuse treatment seeking adults: A descriptive investigation.** *Journal of Substance Use.* [link]

Taren, A. A., Creswell, J. D., & Gianaros, P. J. (2013). **Dispositional mindfulness co-varies with smaller amygdala and caudate volumes**

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in community adults. *PLoS ONE*, 8(5), e64574. [\[link\]](#)

Zhang, J., Ding, W., Li, Y., & Wu, C. (2013). **Task complexity matters: The influence of trait mindfulness on task and safety performance of nuclear power plant operators.** *Personality and Individual Differences*, 55(4), 433-439. [\[link\]](#)

METHODS

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

Malboeuf-Hurtubise, C., Achille, M., Sultan, S., & Vadnais, M. (2013). **Mindfulness-based intervention for teenagers with cancer: Study protocol for a randomized controlled trial.** *Trials*, 14, 135. [\[link\]](#)

Morgan, J. R., Masuda, A., & Anderson, P. L. (2013). **A preliminary analysis of the psychometric properties of the mindful attention awareness scale among African American college students.** *Mindfulness*. [\[link\]](#)

REVIEWS

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

Adshead, G. (2013). **The time of our lives: Psychological disorders, time perception and the practice of mindfulness.** *European Journal of Psychotherapy & Counselling*, 15(2), 139-150. [\[link\]](#)

Brazier, D. (2013). **Mindfulness reconsidered.** *European Journal of Psychotherapy & Counselling*, 15(2), 116-126. [\[link\]](#)

Cassone, A. R. (2013). **Mindfulness training as an adjunct to evidence-based treatment for**

ADHD within families. *Journal of Attention Disorders*. [\[link\]](#)

Davis, T. S. (2013). **A literature review exploring the potential of mindfulness as a tool to develop skills and qualities for effective consultation.** *Mindfulness*. [\[link\]](#)

Rodríguez Vega, B., Bayón Pérez, C., Palaotarrero, A., & Fernández Liria, A. (2013). **Mindfulness-based narrative therapy for depression in cancer patients.** *Clinical Psychology & Psychotherapy*. [\[link\]](#)

Stanley, S. (2013). **Things said or done long ago are recalled and remembered: The ethics of mindfulness in early Buddhism, psychotherapy and clinical psychology.** *European Journal of Psychotherapy & Counselling*, 15(2), 151-162. [\[link\]](#)

Whittingham, K. (2013). **Parents of children with disabilities, mindfulness and acceptance: A review and a call for research.** *Mindfulness*. [\[link\]](#)

Witharana, D., & Adshead, G. (2013). **Mindfulness-based interventions in secure settings: Challenges and opportunities.** *Advances in Psychiatric Treatment*, 19(3), 191-200. [\[link\]](#)

TRIALS

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

Boston University (S. G. Hoffman, PI). **A pilot study of positive affect training.** Trial# NCT01853098. [\[link\]](#)

University of Copenhagen (U. K. Stigsdotter, PI). **Nacardia effect study (NEST).** Trial# NCT01849718. [\[link\]](#)

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HIGHLIGHTS

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

Mindfulness is finding its way into the workplace. Its potential to reduce burnout in high-stress jobs or improve safety in high-risk jobs may seem self-evident, but is it beneficial under all circumstances?

Roeser et al. [J Educ Psychol.] tested an 8-week mindfulness training, based on MBSR but designed specifically for grade school teachers, that focused group discussions and homework assignments on teaching-related concerns. Teachers (n=113) from Canada and the U.S. were randomly assigned to either mindfulness training or a wait-list control. Teachers in the mindfulness condition showed higher levels of self-reported mindfulness (as measured by the Five-Facet Mindfulness Questionnaire) and occupational self-compassion, and lower levels of self-reported occupational stress and burnout, anxiety, and depression than did controls both at program's end and at 3-month follow-up. The effect sizes were large, ranging from 0.57 to 1.56. Changes in stress, burnout, depression, and anxiety were all mediated by changes in mindfulness and occupational self-compassion.

The Canadian teachers also completed an objective measure of working memory (the ability to hold multiple items of information in mind simultaneously) using a task requiring the recall of strings of digits while checking math problems for accuracy. Teachers in the mindfulness group showed significantly better working memory capacity after training than did controls, but the effects on working memory were small, ranging from 0.15 to 0.33. Measures of cortisol, blood pressure and heart rate were also obtained from the Canadian teachers, but yielded no significant changes over time.

Most teachers (87%) completed the program, and 98% would recommend it to their peers. Average ratings on a 5-point scale of perceived benefit were high, both for professional (4.10) and personal (4.58) benefit.

Zhang et al. [Pers Individ Dif.] validated the factor structure of the Freiberg Mindfulness Inventory (FMI) in a Chinese population, and investigated the effects of trait mindfulness on the job performance of Chinese nuclear power plant operators. The FMI validation study (n=294) yielded a two-factor solution (*Presence* and *Acceptance*). The authors then compared supervisor-rated task performance, safety compliance, and safety participation in two groups of power plant operators: control room operators (CRO) who monitor over 1,000 displays and maintain responsibility for overall reactor safety (a high complexity job), and field operators (FO) who monitor just a few pieces of front-line equipment and have limited decision-making responsibility (a low complexity job).



The authors hypothesized that trait *Presence* would be an asset for high complexity jobs, but less of an asset for low complexity jobs. Their reasoning was that mindfulness might consume limited cognitive resources that could interfere with speed and efficiency in low complexity jobs.

Presence turned out to be positively correlated with CRO (high complexity) task performance ($\beta = .51, p < .01$), CRO safety participation ($\beta = .50, p < .01$), and CRO safety compliance ($\beta = .32, p = .051$), but negatively correlated ($\beta = -.27, p = .053$) with FO (low complexity) task performance, and unrelated to either FO safety compliance or participation. Trait *Acceptance* was unrelated to any of the work performance or safety measures.

Mindfulness appears to be relevant in diverse workplace settings. Mindful teachers report reduced stress and burnout, and mindfully present power plant operators in high complexity jobs enact safer behaviors. Taken together, these studies suggest that mindfulness might aid in vocational tasks involving the processing of multiple streams of information along with complex decision-making responsibilities. However, mindfulness might be less relevant on routine tasks when speed is of the essence and the cost of error is low.

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>

MBCPM Facilitator Training and Practicum

Mindfulness-Based Chronic Pain Management (MBCPM) was designed by Dr. Gardner-Nix to better address the unique needs of the chronic pain/disease population, providing relief to thousands of patients since its conception. The next MBCPM Facilitator Training and Practicum is being offered from August 6-15, 2013 in Toronto.

INFO: For details, visit: <http://www.neuronovacentre.com/mbcpm-facilitator>

Right Life Project Launches

The Right Life Project supports people in their quest for rich and meaningful lives, within a framework informed by mindful awareness; theory, research, and practice in the social and life sciences; and elements of Eastern philosophy. Through our blog and educational programming, we help people to achieve wellbeing in the various dimensions of life, and integrate them, for a life aligned with who they are at their core.

INFO: Please visit us at www.rightlifeproject.com

Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center
Location: Chapin Mill Retreat Center, Batavia, NY
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

INFO: For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

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

Mindfulness Professional Teacher Training

Mindfulness Professional Teacher Training in San Francisco May 2014 to April 2015. With Mark Coleman and Martin Aylward.

INFO: For details, go to: themindfulnessinstitute.com/teacher-training

Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

INFO: <http://www.contemplativeeducation.ca>

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