

Contents

38 New Cites p1

15 Interventions

9 Associations

3 Methods

8 Reviews

3 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

Asuero, M., Pujol-Ribera, E., & Berenguera, A. (2013). **Effectiveness of a mindfulness program in primary care professionals** [Spanish]. *Gaceta Sanitaria*. [\[link\]](#)

Bhatnagar, R., Phelps, L., Rietz, K.,... Ahearn, E. (2013). **The effects of mindfulness training on post-traumatic stress disorder symptoms and heart rate variability in combat veterans**. *The Journal of Alternative and Complementary Medicine*. [\[link\]](#)

Black, D. S., & Fernando, R. (2013). **Mindfulness training and classroom behavior among lower-income and ethnic minority elementary school children**. *Journal of Child and Family Studies*. [\[link\]](#)

Ives-Deliperi, V. L., Howells, F., Stein, D. J.,... Horn, N. (2013). **The effects of mindfulness-based cognitive therapy in patients with bipolar disorder: A controlled functional MRI investigation**. *Journal of Affective Disorders*. [\[link\]](#)

Jazaieri, H., McGonigal, K., Jinpa, T.,... Goldin, P. R. (2013). **A randomized controlled trial of compassion cultivation training: Effects on mindfulness, affect, and emotion regulation**. *Motivation and Emotion*. [\[link\]](#)

Kuyken, W., Weare, K., Ukoumunne, O. C.,... Huppert, F. (2013). **Effectiveness of the mindfulness in schools programme: Non-randomised controlled feasibility study**. *The British Journal of Psychiatry*. [\[link\]](#)

Lagor, A. F., Williams, D. J., Lerner, J. B., & McClure, K. S. (2013). **Lessons learned from a mindfulness-based intervention with chronically ill youth**. *Clinical Practice in Pediatric Psychology*, 1(2), 146-158. [\[link\]](#)

Marek, R. J., Ben-Porath, D. D., Federici, A.,... Warren, M. (2013). **Targeting premeal anxiety in eating disordered clients and normal controls: A preliminary investigation into the use of mindful eating vs. Distraction during food exposure**. *International Journal of Eating Disorders*. [\[link\]](#)

Moynihan, J. A., Chapman, B. P., Klorman, R.,... Talbot, N. L. (2013). **Mindfulness-based stress reduction for older adults: Effects on executive function, frontal alpha asymmetry and immune function**. *Neuropsychobiology*, 68(1), 34-43. [\[link\]](#)

Parswani, M. J., Sharma, M. P., & Iyengar, S. S. (2013). **Mindfulness-based stress reduction program in coronary heart disease: A randomized control trial**. *International Journal of Yoga*, 6(2), 111-117. [\[link\]](#)

Pepping, C. A., O'Donovan, A., & Davis, P. J. (2013). **The positive effects of mindfulness on self-esteem**. *The Journal of Positive Psychology*. [\[link\]](#)

Pidgeon, A. M., Ford, L., & Klaassen, F. (2013). **Evaluating the effectiveness of enhancing resilience in human service professionals using a retreat-based mindfulness with Metta training program: A randomised control trial**. *Psychology, Health & Medicine*. [\[link\]](#)

Stafford, L., Foley, E., Judd, F.,... Couper, J. (2013). **Mindfulness-based cognitive group therapy for women with breast and gynecologic cancer: A pilot study to**

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
www.mindfulexperience.org

JUL 2013

Vol. 4 - Num. 7

Contents

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determine effectiveness and feasibility.

Supportive Care in Cancer. [link]

Stötter, A., Mitsche, M., Endler, P. C.,... Haring, C. (2013). **Mindfulness-based touch therapy and mindfulness practice in persons with moderate depression.** *Body, Movement and Dance in Psychotherapy.* [link]

Wisner, B. L., & Norton, C. L. (2013). **Capitalizing on behavioral and emotional strengths of alternative high school students through group counseling to promote mindfulness skills.** *The Journal for Specialists in Group Work.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Edwards, S., van der Westhuizen, L., van Heerden, K., . . . Dee, A. (2013). **Alpha theta meditation: Phenomenological, neurophysiologic, mindfulness, mood, health and sport implications.** *African Journal for Physical, Health Education, Recreation and Dance, 19(2), 419-434.* [link]

Fatter, D. M., & Hayes, J. A. (2013). **What facilitates countertransference management? The roles of therapist meditation, mindfulness, and self-differentiation.** *Psychotherapy Research.* [link]

Garrison, K. A., Scheinost, D., Worhunsky, P. D., . . . Hampson, M. (2013). **Real-time fMRI links subjective experience with brain activity during focused attention.** *NeuroImage, 81(1), 110-118.* [link]

Goldberg, S. B., Davis, J. M., & Hoyt, W. T. (2013). **The role of therapeutic alliance in mindfulness interventions: Therapeutic alliance in mindfulness training for smokers.** *Journal of Clinical Psychology.* [link]

Kögler, M., Brandstätter, M., Borasio, G. D.,... Fegg, M. J. (2013). **Mindfulness in informal caregivers of palliative patients.** *Palliative and Supportive Care.* [link]

Kramer, R. S., Weger, U. W., & Sharma, D. (2013). **The effect of mindfulness meditation on time perception.** *Consciousness and Cognition, 22(3), 846-852.* [link]

Krygier, J. R., Heathers, J. A., Shahrestani, S.,... Kemp, A. H. (2013). **Mindfulness meditation, well-being, and heart rate variability: A preliminary investigation into the impact of intensive Vipassana meditation.** *International Journal of Psychophysiology.* [link]

Larson, M. J., Steffen, P. R., & Primosch, M. (2013). **The impact of a brief mindfulness meditation intervention on cognitive control and error-related performance monitoring.** *Frontiers in Human Neuroscience, 7, 308.* [link]

Whitmarsh, S., Uddén, J., Barendregt, H., & Petersson, K. M. (2013). **Mindfulness reduces habitual responding based on implicit knowledge: Evidence from artificial grammar learning.** *Consciousness and Cognition, 22(3), 833-845.* [link]

METHODS

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

Contents

38 New Cites p1

15 Interventions

9 Associations

3 Methods

8 Reviews

3 Trials

Highlights p4

Announcements p5

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Hulbert-Williams, L., Nicholls, W., Joy, J., & Hulbert-Williams, N. (2013). **Initial validation of the mindful eating scale.** *Mindfulness.* [link]

Lawlor, M. S., Schonert-Reichl, K. A., Gadermann, A. M., & Zumbo, B. D. (2013). **A validation study of the mindful attention awareness scale adapted for children.** *Mindfulness.* [link]

Tran, U. S., Glück, T. M., & Nader, I. W. (2013). **Investigating the five facet mindfulness questionnaire (FFMQ): Construction of a short form and evidence of a two-factor higher order structure of mindfulness.** *Journal of Clinical Psychology.* [link]

REVIEWS

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

Conley, C. S., Durlak, J. A., & Dickson, D. A. (2013). **An evaluative review of outcome research on universal mental health promotion and prevention programs for higher education students.** *Journal of American College Health, 61*(5), 286-301. [link]

Hinton, D. E., Ojserkis, R. A., Jalal, B.,... Hofmann, S. G. (2013). **Loving-kindness in the treatment of traumatized refugees and minority groups: A typology of mindfulness and the nodal network model of affect and affect regulation.** *Journal of Clinical Psychology.* [link]

Khoury, B., Lecomte, T., Fortin, G.,... Hofmann, S. G. (2013). **Mindfulness-Based therapy: A comprehensive meta-analysis.** *Clinical Psychology Review, 33*(6), 763-771. [link]

Lazaridou, A., Philbrook, P., & Tzika, A. A. (2013). **Yoga and mindfulness as therapeutic interventions for stroke rehabilitation: A systematic review.** *Evidence-Based Complementary and Alternative Medicine.* [link]

Rodríguez, I. M., Cowdrey, F. A., & Park, R. J. (2013). **Is there a place for mindfulness in the treatment of anorexia nervosa?** *Advances in Eating Disorders.* [link]

Rosenzweig, D. (2013). **The sisters of mindfulness.** *Journal of Clinical Psychology.* [link]

Sood, A., & Jones, D. T. (2013). **On mind wandering, attention, brain networks, and meditation.** *Explore: The Journal of Science and Healing, 9*(3), 136-141. [link]

White, L. (2013). **Mindfulness in nursing: An evolutionary concept analysis.** *Journal of Advanced Nursing.* [link]

TRIALS

Research trials on mindfulness newly registered (Jun 2013) at Clinicaltrials.gov

Duke University (K. Wilson, PI). **Traditional African healing ceremony in a U.S. population.** Trial# NCT01873482. [link]

University of Washington (K. Redding, PI). **Diet, exercise and estrogen metabolites (DEEM).** Trial# NCT01874184 [link]

University of Wisconsin, Madison (R. Davidson, PI). **Games and well-being study (GWB).** Trial# NCT01886911. [link]

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HIGHLIGHTS

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

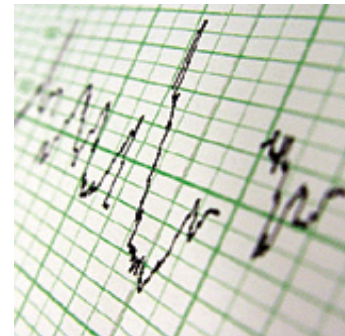
This month we highlight two pioneering psychobiological studies. The first examines the impact of mindfulness on the core symptoms of bipolar disorder, and the second explores the effects of Vipassana meditation on autonomic nervous system function and well-being.

Ives-Deliperi et al. [J Affect Disord.] compared 16 bipolar patients before and after MBCT with a wait-list control of 7 bipolar patients and a cohort of 10 untreated healthy controls. Participants were assessed for emotional and cognitive symptoms and underwent fMRIs while performing mindfulness meditation. The patient cohort consisted of bipolar I and bipolar 2 patients with only minimal or sub-threshold symptomatology.

Prior to MBCT, the bipolar participants exhibited higher anxiety and stress, poorer working memory, and lower medial prefrontal cortical (PFC) activity than healthy controls. After MBCT, bipolar patients exhibited decreased anxiety and improved mindfulness (as measured by the FFMQ), working memory, spatial memory, verbal fluency, and emotional regulation compared with wait-list controls. In addition, the MBCT group exhibited increased activity in the medial PFC and the right posterior cingulate cortex (PCC) compared with wait-list controls and increased left anterior cingulate cortical (ACC) activity compared with healthy controls. Increased medial PFC function correlated significantly ($r = .61$) with improved FFMQ scores. The findings demonstrate MBCT's positive impact on the core symptoms of emotional dysregulation and executive dysfunction in bipolar disorder.

Krygier et al. [Int J Psychophysiol.] studied the effects of a 10-day Goenka Vipassana retreat on heart rate variability (HRV) in 36 first-time retreat participants. HRV is a measure of parasympathetic activity that is also a biomarker for subjective well-being, cardiovascular health, and reduced all-cause mortality. Retreat participants completed

pre-and-post self-report measures of psychological well-being as well as pre-and-post measures of HRV during mindful attention to their breathing and during a resting baseline. HRV measures included absolute, normalized, and log transformed measures of high frequency power, along with a measure of low frequency Traube-Hering-Meyer wave (THM) power. High frequency power reflects vagal tone, whereas low frequency THM power reflects baroreceptor activity.



Participants reported significant improvements in satisfaction with life, mindfulness (as measured by the MAAS), and positive affect, and significantly decreased

depression, stress and negative affect from pretest to posttest. Effect sizes were all moderate to large. Participants with greater HRV high frequency power had less negative affect, and those with lower THM power had less negative affect, stress, and depression. Absolute high frequency power was greater during meditation than while at rest, but there was no effect of meditation on either normalized high frequency power or THM power.

The Vipassana retreat had a complicated interaction effect on the difference between HRV during meditation and while at rest. Log transformed High Frequency power was higher during meditation than at rest before the retreat, but not after. Conversely, THM power was lower (and normalized high frequency power higher) during meditation compared to at rest after the retreat, but not before. A profound loss in THM power during post-retreat meditation accounts for this, and probably reflects the increased attentional load that occurs during states of positive, full immersion (i.e., states of "flow").

Together, these studies support the ability of mindfulness to alleviate affective and cognitive symptomatology and improve overall well-being, while helping to illuminate the biological underpinnings for these improvements.

ANNOUNCEMENTS

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

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

Events & Conferences

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>

9th Annual Oncology Training Conference

The Integrative Medicine Program at The University of Texas MD Anderson Cancer Center in Houston presents its 9th Annual Oncology Training Conference for Acupuncturists, Massage Therapists and Mind-Body Practitioners. Date: July 17-19, 2013.

INFO: Register: <http://bit.ly/14XdQ6>

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/>

Meditation Retreat for Mindfulness Professionals

A week-long meditation retreat, specifically for professionals involved in mindfulness-based modalities, will take place early 2014 at the Insight Meditation Society in Barre, MA. Taught by Sharon Salzberg, Christina Feldman and Mark Coleman, the course will explore the Four Foundations of Mindfulness as taught by the Buddha. CEUs are available. Dates: January 10-17, 2014.

INFO: Registration: www.dharma.org/MBMR

Search Inside Yourself

For the first time in Canada, Rotman Executive Programs in partnership with the Search Inside Yourself Leadership Institute is proud to present – SEARCH INSIDE YOURSELF. This two-day ground-breaking leadership program developed and refined at Google focuses on the five key domains of emotional intelligence with mindfulness practice, science and leadership applications fully integrated at all levels.

Early-bird rate in effect until August 16, 2013. Register today for the Toronto offering.

INFO: www.rotmanexecutive.com/siyli
learning.advisor@rotman.utoronto.ca

Research & Education

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

Books & Media

INFO: None posted

Employment

INFO: None posted