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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

Benzo, R. P. (2013). **Mindfulness and motivational interviewing: Two candidate methods for promoting self-management.** *Chronic Respiratory Disease, 10*(3), 175-182. [\[link\]](#)

Bush, H. E., Rossy, L., Mintz, L. B., & Schopp, L. (2013). **Eat for life: A work site feasibility study of a novel mindfulness-based intuitive eating intervention.** *American Journal of Health Promotion.* [\[link\]](#)

Carboni, J. A., Roach, A. T., & Fredrick, L. D. (2013). **Impact of mindfulness training on the behavior of elementary students with attention-deficit hyperactive disorder.** *Research in Human Development, 10*(3), 234-251. [\[link\]](#)

Carlson, L. E., Doll, R., Stephen, J.,... Specia, M. (2013). **Randomized controlled trial of mindfulness-based cancer recovery versus supportive expressive group therapy for distressed survivors of breast cancer (MINDSET).** *Journal of Clinical Oncology.* [\[link\]](#)

Felver, J. C., Frank, J. L., & McEachern, A. D. (2013). **Effectiveness, acceptability, and feasibility of the soles of the feet mindfulness-based intervention with elementary school students.** *Mindfulness.* [\[link\]](#)

Flook, L., Goldberg, S. B., Pinger, L.,... Davidson, R. J. (2013). **Mindfulness for teachers: A pilot study to assess effects on stress, burnout, and teaching efficacy.** *Mind, Brain, and Education, 7*(3), 182-195. [\[link\]](#)

Garland, E. L., & Howard, M. O. (2013). **Mindfulness-oriented recovery enhancement reduces pain attentional bias in chronic pain patients.** *Psychotherapy and Psychosomatics, 82*(5), 311-318. [\[link\]](#)

Haydicky, J., Shecter, C., Wiener, J., & Ducharme, J. M. (2013). **Evaluation of MBCT for**

adolescents with ADHD and their parents: Impact on individual and family functioning. *Journal of Child and Family Studies.* [\[link\]](#)

Hyer, L., Scott, C., Lyles, J.,... McKenzie, L. (2013). **Memory intervention: The value of a clinical holistic program for older adults with memory impairments.** *Aging & Mental Health.* [\[link\]](#)

Leonard, N. R., Jha, A. P., Casarjian, B.,... Massey, Z. (2013). **Mindfulness training improves attentional task performance in incarcerated youth: A group randomized controlled intervention trial.** *Frontiers in Psychology.* [\[link\]](#)

Metz, S. M., Frank, J. L., Reibel, D.,... Broderick, P. C. (2013). **The effectiveness of the learning to breathe program on adolescent emotion regulation.** *Research in Human Development, 10*(3), 252-272. [\[link\]](#)

Schroevers, M. J., Tovote, K. A., Keers, J. C.,... Fleer, J. (2013). **Individual mindfulness-based cognitive therapy for people with diabetes: A pilot randomized controlled trial.** *Mindfulness.* [\[link\]](#)

Singh, N. N., Lancioni, G. E., Winton, A. S.,... Singh, J. (2013). **Mindfulness training for teachers changes the behavior of their preschool students.** *Research in Human Development, 10*(3), 211-233. [\[link\]](#)

van Ravesteijn, H., Lucassen, P., Bor, H.,... Speckens, A. (2013). **Mindfulness-based cognitive therapy for patients with medically unexplained symptoms: A randomized controlled trial.** *Psychotherapy and Psychosomatics, 82*(5), 299-310. [\[link\]](#)

de Vibe, M., Solhaug, I., Tyssen, R.,... Bjørndal, A. (2013). **Mindfulness training for stress management: A randomised controlled study of medical and psychology students.** *BMC Medical Education, 13*(1), 107. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
www.mindfulexperience.org

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Alexander, V. L., & Tatum, B. C. (2013). **A qualitative analysis of mindfulness practice and cognitive therapy tools in preventing relapse from depression.** *Journal of Education Research and Behavioral Sciences.* [link]

Ariapooran, S. (2013). **The prevalence of secondary traumatic stress among nurses in Iran, Malayer: The predicting role of mindfulness and social support.** *International Journal of Community Based Nursing and Midwifery, 1*(3), 156-164. [link]

Barber, N. A., & Deale, C. (2013). **Tapping mindfulness to shape hotel guests sustainable behavior.** *Cornell Hospitality Quarterly.* [link]

Batink, T., Peeters, F., Geschwind, N.,... Wichers, M. (2013). **How does MBCT for depression work? Studying cognitive and affective mediation pathways.** *PLoS ONE, 8*(8), e72778. [link]

Consedine, N. S., & Butler, H. F. (2013). **Mindfulness, health symptoms and health-care utilization: Active facets and possible affective mediators.** *Psychology, Health & Medicine.* [link]

Cousin, G., & Page, D. (2013). **Does patients pretreatment trait-mindfulness predict the success of cognitive psychotherapy for emotion regulation?** *Mindfulness.* [link]

Felton, T. M., Coates, L., & Christopher, J. C. (2013). **Impact of mindfulness training on counseling students' perceptions of stress.** *Mindfulness.* [link]

Hanley, A., Garland, E., Canto, A.,... Proctor, A. (2013). **Dispositional mindfulness and bias in self-theories.** *Mindfulness.* [link]

Khany, R., & Kafshgar, N. B. (2013). **On the network of associations among EFL learners' language learning strategies, mindfulness and personality traits: A structural equation modeling approach.** *European Online Journal of Natural and Social Sciences, 2*(2), 584-600. [link]

Mitchell, J. C., Bach, P. A., & Cassisi, J. E. (2013). **The use of structured imagery and dispositional measurement to assess**

situational use of mindfulness skills. *PLoS ONE, 8*(7), e70253. [link]

Razzaque, R., Okoro, E., & Wood, L. (2013). **Mindfulness in clinician therapeutic relationships.** *Mindfulness.* [link]

Reb, J., Narayanan, J., & Ho, Z. W. (2013). **Mindfulness at work: Antecedents and consequences of employee awareness and absent-mindedness.** *Mindfulness.* [link]

Shorey, R. C., Seavey, A. E., Quinn, E., & Cornelius, T. L. (2013). **Partner-specific anger management as a mediator of the relation between mindfulness and female perpetrated dating violence.** *Psychology of Violence.* [link]

Spofford, J. L., Nevels, R. M., Gontkovsky, S. T., & Bell, T. P. (2013). **Meditative practices predict spirituality but mindfulness does not predict alcohol use in African-American college students.** *Mental Health, Religion & Culture.* [link]

METHODS

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

Fogarty, F. A., Lu, L. M., Sollers III, J. J.,... Consedine, N. S. (2013). **Why it pays to be mindful: Trait mindfulness predicts physiological recovery from emotional stress and greater differentiation among negative emotions.** *Mindfulness.* [link]

Garrison, K., Santoyo, J., Davis, J.,... Brewer, J. (2013). **Effortless awareness: Using real time neurofeedback to investigate correlates of posterior cingulate cortex activity in meditators self-report.** *Frontiers in Human Neuroscience, 7*, 440. [link]

Kee, Y. H., Chaturvedi, I., Wang, C. K., & Chen, L. H. (2013). **The power of now: Brief mindfulness induction led to increased randomness of clicking sequence.** *Motor Control, 17*(3), 238-55. [link]

Külz, A. K., & Rose, N. (2013). **Mindfulness based cognitive therapy (MBCT) in patients**

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with obsessive-compulsive disorder-an adaptation of the original program

[German]. *Psychotherapie, Psychosomatik, Medizinische Psychologie*. [\[link\]](#)

Laurent, H., Laurent, S., Hertz, R.,... Granger, D. A. (2013). **Sex-specific effects of mindfulness on romantic partners cortisol responses to conflict and relations with psychological adjustment**. *Psychoneuroendocrinology*. [\[link\]](#)

Le, T. N., & Gobert, J. M. (2013). **Translating and implementing a mindfulness-based youth suicide prevention intervention in a Native American community**. *Journal of Child and Family Studies*. [\[link\]](#)

Mantzios, M., Wilson, J. C., & Giannou, K. (2013). **Psychometric properties of the greek versions of the self-compassion and mindful attention and awareness scales**. *Mindfulness*. [\[link\]](#)

Vaughn, L. A., Dubovi, A. S., Paul Niño, N., & Dubovi, A. (2013). **Processing fluency affects behavior more strongly among people higher in trait mindfulness**. *Journal of Research in Personality*. [\[link\]](#)

REVIEWS

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

Atkinson, B. J. (2013). **Mindfulness training and the cultivation of secure, satisfying couple relationships**. *Couple and Family Psychology: Research and Practice*, 2(2), 73-94. [\[link\]](#)

Bluth, K., Roberson, P. N., Billen, R. M., & Sams, J. M. (2013). **A stress model for couples parenting children with autism spectrum disorders and the introduction of a mindfulness intervention**. *Journal of Family Theory & Review*, 5(3), 194-213. [\[link\]](#)

Charters, W. L. (2013). **The essence and mechanisms of mindfulness in therapeutic context**. *Canadian Journal of Counselling and Psychotherapy*, 47(3). [\[link\]](#)

Frank, J. L., Jennings, P. A., & Greenberg, M. T. (2013). **Mindfulness-Based interventions in school settings: An introduction to the special issue**. *Research in Human Development*, 10(3), 205-210. [\[link\]](#)

Khoury, B., Lecomte, T., Gaudiano, B. A., & Paquin, K. (2013). **Mindfulness interventions for psychosis: A meta-analysis**. *Schizophrenia Research*. [\[link\]](#)

Lakhan, S. E., & Schofield, K. L. (2013). **Mindfulness-Based therapies in the treatment of somatization disorders: A systematic review and meta-analysis**. *PLoS ONE*, 8(8), e71834. [\[link\]](#)

Masuda, A., & Hill, M. L. (2013). **Mindfulness as therapy for disordered eating: A systematic review**. *Neuropsychiatry*, 3(4), 433-447. [\[link\]](#)

Newberg, A. B., Serruya, M., Wintering, N.,... D. A. (2013). **Meditation and neurodegenerative diseases**. *Annals of the New York Academy of Sciences*. [\[link\]](#)

Penberthy, J. K., Konig, A., Gioia, C. J.,... E. (2013). **Mindfulness-Based relapse prevention: History, mechanisms of action, and effects**. *Mindfulness*. [\[link\]](#)

Roeser, R. W. (2013). **Mindfulness and human development: A commentary on the special issue**. *Research in Human Development*, 10(3), 273-283. [\[link\]](#)

Teper, R., Segal, Z. V., & Inzlicht, M. (2013). **Inside the mindful mind: How mindfulness enhances emotion regulation through improvements in executive control**. *Current Directions in Psychological Science*. [\[link\]](#)

TRIALS

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

University of North Carolina, Chapel Hill (B. L. Fredrickson, PI). **Study of wellness behaviors as a function of oxytocin vs placebo**. Trial# NCT01929161. [\[link\]](#)

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HIGHLIGHTS

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

Carlson et al. [J Clin Oncol.] studied a large sample (N=271) of distressed breast cancer survivors who were randomly assigned to one of three treatment conditions: (1) Mindfulness-Based Cancer Recovery (MBCR), (2) Supportive-Expressive Group Therapy (SET) or (3) one-day didactic stress management control (SMS). Participants were survivors of Stage I-III breast cancer who were no longer in the active phase of treatment and who reported moderate or higher levels of distress but who were free from severe mental illness. MBCR and SET are both empirically validated treatments for psychological distress in breast cancer survivors, and this study is the first head-to-head comparison of their efficacy. Outcome measures included quality of life, social support, and stress-related symptomatology, as well as salivary cortisol measured at regular intervals four times a day over the course of three days both prior to and after intervention.

MBCR and SET participants both maintained their initial steep diurnal cortisol slope after treatment (a desirable stress response), whereas SMS controls showed a flattening in their slope (a dysregulated stress response). These results suggest that MBCR and SET both exert a protective effect against stress-related biological disruption. MBCR participants showed a significantly greater reduction in self-reported stress symptoms than either SET or SMS participants, and a significantly greater improvement in quality of life than SMS participants. The MBCR group also showed a significantly greater improvement in perceived social support than SET participants, which was a surprise given that SET emphasizes social support. The authors interpret the findings as evidence for MBCR's superiority as a treatment for psychological distress in breast cancer survivors.

Laurent et al. [Psychoneuroendocrinology.] explored the relationship between dispositional mindfulness (measured by the FFMQ) and salivary cortisol reactivity in male and female members of

100 heterosexual couples who participated in a task designed to elicit acute stress in response to a romantic conflict. The task involved videotaping interactions in which the couples tried to resolve a relationship conflict. Prior to the stress task, men and women showed differing relationships between the five FFMQ facets and mental health variables. Women exhibited significant negative correlations between FFMQ *non-reactivity* and *non-judging* and self-ratings of depression and anxiety, and a positive correlation between those same facets and psychological well-being. FFMQ *acting with awareness* and *describing* also correlated negatively with women's depression and positively with women's well-being. For men, FFMQ *non-reacting* correlated positively with well-being; FFMQ *acting with awareness* correlated negatively with depression; and FFMQ *non-judging* correlated negatively with depression and anxiety.



The relationship between the stressful task, mindfulness, and cortisol reactivity was complex and dependent on sex. Women reporting high scores on FFMQ *non-reacting* had higher cortisol levels after relationship conflict. Men who were high on FFMQ *describing* had less pronounced cortisol reactivity/recovery curves and less steep cortisol recovery slopes. Lower stress-related cortisol levels in women were linked to increased depressive symptoms, whereas lower stress-related cortisol levels and less pronounced reactivity/recovery curves were linked to improved well-being in men. These results demonstrate different cortisol trajectories for men and women in response to relationship-related stress. Despite these differences, mindfulness seems to help members of each sex achieve an optimal state of stress reactivity, albeit by different pathways.

Both studies suggest that mindfulness, whether functioning of as a personality trait, or as practiced in an intervention, can play a protective role in stress adaptation, whether the stress is a life-threatening illness or a romantic conflict. However, men and women may utilize different facets of mindfulness to regulate their reactions to stressors.

ANNOUNCEMENTS

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

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

Events & Conferences

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.

Learning to BREATHE Workshop

A workshop for teachers and clinicians, "Mindfulness for YOU and Mindfulness for YOUTH," will be offered by Diane Reibel and Trish Broderick. Participants will participate in activities from Learning to BREATHE, a mindfulness-based social and emotional learning curriculum for classrooms and other settings. Please see the website below for more specific details and for registration information. Dates: November 9 & 10, 2013 Location: Chestnut Hill College, Philadelphia, PA.

INFO: Website and registration link: www.learning2breathe.org

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

New: An Exploration of Ethics

The Ethical Space of Mindfulness in Clinical Practice, by Donald McCown, principal author of *Teaching Mindfulness: A practical guide for clinicians and educators*. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "With tremendous attention to detail, Donald McCown brings to life and names the ethical space that is created through the pedagogy of mindfulness-based courses.

This is a wonderful contribution, offered in the spirit of starting a conversation. Given the current context of widening interest in the integration of mindfulness into the mainstream, it is an important and much-needed conversation." — Rebecca Crane, Director, Centre for Mindfulness Research and Practice, Bangor University, UK.

INFO: Order on Amazon: <http://amzn.com/1849058504>

Bringing Joy in Children's Lives!

In a fun and playful way, the children's book "Maks & Mila On a Special Journey" and their free SECRET SUITCASE app, help children to develop Joy, Kindness and Self-Confidence in their lives! Both the books and the app also feature a special award-winning font that is easier to read for children with dyslexia.

INFO: More on www.maks-mila.com Read the reviews on: <http://voiceboks.com/how-to-influence-kindheartedness-in-your-child/> and <http://www.smartappsforkids.com/2013/08/good-free-app-of-the-day-2-secret-suitcase.html>

New Book: Mindfulness Starts Here!

Mindfulness Starts Here is a detailed guide to learning and practicing mindfulness on your own or in a practice group. Drawing on their extensive experiences as clinical psychologists and mindfulness practitioners, Drs. Monteiro and Musten offer teachings that are immediately applicable, portable, and self-paced. The language is compassionate and jargon-free, the concepts of mindfulness are thorough yet simplified, and the practices are shaped to apply easily to everyday life.

INFO: http://www.amazon.com/Mindfulness-Starts-Here-Eight-Week-Skillful/dp/1460209346/ref=tmm_pap_title_0?ie=UTF8&qid=1376495921&sr=8-1