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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

Ando, M., & Ito, S. (2014). **Potentiality of mindfulness art therapy short version on mood of healthy people.** *Health, 6*(11), 1224. [\[link\]](#)

Britton, W. B., Lepp, N. E., Niles, H. F.,...Gold, J. S. (2014). **A randomized controlled pilot trial of classroom-based mindfulness meditation compared to an active control condition in sixth-grade children.** *Journal of School Psychology. [link]*

Brooker, J. E., Webber, L., Julian, J.,...Meadows, G. (2014). **Mindfulness-based training shows promise in assisting staff to reduce their use of restrictive interventions in residential services.** *Mindfulness. [link]*

Chien, W. T., & Thompson, D. R. (2014). **Effects of a mindfulness-based psychoeducation programme for Chinese patients with schizophrenia: 2-year follow-up.** *The British Journal of Psychiatry. [link]*

Davis, J. M., Manley, A. R., Goldberg, S. B.,...Jorenby, D. E. (2014). **Randomized trial comparing mindfulness training for smokers to a matched control.** *Journal of Substance Abuse Treatment. [link]*

Dehghani, F., Amiri, S., Molavi, H., & Neshat-Doost, H. T. (2014). **Effectiveness of mindfulness based cognitive therapy on female elementary students with generalized anxiety disorder.** *International Journal of Psychology and Behavioral Research, 3*(3), 159-165. [\[link\]](#)

Earley, M. D., Chesney, M. A., Frye, J.,...Kimbrough, E. (2014). **Mindfulness intervention for child abuse survivors: A 2.5-Year follow-up.** *Journal of Clinical Psychology. [link]*

Goldsmith, R. E., Gerhart, J. I., Chesney, S. A.,...Hood, M. M. (2014). **Mindfulness-based stress**

**reduction for posttraumatic stress symptoms: Building acceptance and decreasing shame.** *Journal of Evidence-based Complementary & Alternative Medicine. [link]*

Haines, J., Spadaro, K. C., Choi, J.,...Blazek, A. M. (2014). **Reducing stress and anxiety in caregivers of lung transplant patients: Benefits of mindfulness meditation.** *International Journal of Organ Transplantation Medicine, 5*(2), 51-56. [\[link\]](#)

Hosseinzadeh Asl, N., & Barahmand, U. (2014). **Effectiveness of mindfulness-based cognitive therapy for co-morbid depression in drug-dependent males.** *Archives of Psychiatric Nursing. [link]*

Johnson, D. C., Thom, N. J., Stanley, E. A.,...Paulus, M. P. (2014). **Modifying resilience mechanisms in at-risk individuals: A controlled study of mindfulness training in marines preparing for deployment.** *American Journal of Psychiatry. [link]*

Kopf, S., Oikonomou, D., Hartmann, M.,...Humpert, P. M. (2014). **Effects of stress reduction on cardiovascular risk factors in type 2 diabetes patients with early kidney disease-results of a randomized controlled trial (HEIDIS).** *Experimental and Clinical Endocrinology & Diabetes. [link]*

Lan, H. K., Subramanian, P., Rahmat, N., & Kar, P. C. (2014). **The effects of mindfulness training program on reducing stress and promoting well-being among nurses in critical care units.** *Australian Journal of Advanced Nursing, 31*(3), 22-31. [\[link\]](#)

Le, T. N. (2014). **Mindfulness-based adventure camp for military youth.** *Journal of Extension, 52*(2), 1-10. [\[link\]](#)

Parker, A. E., Kupersmidt, J. B., Mathis, E. T.,...Sims, C. (2014). **The impact of mindfulness education on elementary school students: Evaluation of the Master Mind program.** *Advances in School Mental Health Promotion. [link]*

Shonin, E., Gordon, W. V., & Griffiths, M. D. (2014). **The treatment of workaholism with meditation**

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**awareness training: A case study.** *Explore*, 10(3), 193-195. [link]

van der Riet, P., Rossiter, R., Kirby, D.,...Harmon, C. (2014). **Piloting a stress management and mindfulness program for undergraduate nursing students: Student feedback and lessons learned.** *Nurse Education Today*. [link]

Zhang, H., & Emory, E. K. (2014). **A mindfulness-based intervention for pregnant African-American women.** *Mindfulness*. [link]

## ASSOCIATIONS

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

Ahani, A., Wahbeh, H., Nezamfar, H.,...Oken, B. S. (2014). **Quantitative change of EEG and respiration signals during mindfulness meditation.** *Journal of NeuroEngineering and Rehabilitation*, 11(1), 87. [link]

Boden, M. T., Irons, J. G., Feldner, M. T.,...Bonn-Miller, M. O. (2014). **An investigation of relations among quality of life and individual facets of emotional awareness and mindfulness.** *Mindfulness*. [link]

Charoensukmongkol, P. (2013). **The contributions of mindfulness meditation on burnout, coping strategy, and job satisfaction: Evidence from Thailand.** *Journal of Management & Organization*, 19(5), 544-558. [link]

Christopher, M. S., Rogers, B., Hunsinger, M.,...Farwood, H. B. (2014). **Distinguishing mindful process from outcome in the prediction of global health and perceived stress in a mindfulness-based stress reduction program.** *Mindfulness*. [link]

Curtiss, J., & Klemanski, D. H. (2014). **Teasing apart low mindfulness: Differentiating deficits in mindfulness and in psychological flexibility in predicting symptoms of generalized anxiety**

**disorder and depression.** *Journal of Affective Disorders*. [link]

Jordan, C. H., Wang, W., Donatoni, L., & Meier, B. P. (2014). **Mindful eating: Trait and state mindfulness predict healthier eating behavior.** *Personality and Individual Differences*, 68, 107-111. [link]

Lu, H., Song, Y., Xu, M.,...Liu, J. (2014). **The brain structure correlates of individual differences in trait mindfulness: A voxel-based morphometry study.** *Neuroscience*, 272, 21-28. [link]

Morris, E. M., Garety, P., & Peters, E. (2014). **Psychological flexibility and nonjudgemental acceptance in voice hearers: Relationships with omnipotence and distress.** *Australian and New Zealand Journal of Psychiatry*. [link]

Schoenberg, P. L., & Speckens, A. E. (2014). **Modulation of induced frontocentral theta (fm- $\theta$ ) event-related (de-) synchronisation dynamics following mindfulness-based cognitive therapy in major depressive disorder.** *Cognitive Neurodynamics*. [link]

van Ravesteijn, H. J., Suijkerbuijk, Y. B., Langbroek, J. A.,...Speckens, A. E. (2014). **Mindfulness-Based cognitive therapy (MBCT) for patients with medically unexplained symptoms: Process of change.** *Journal of Psychosomatic Research*. [link]

Visser, P. L., Hirsch, J. K., Brown, K. W.,...Moynihan, J. A. (2014). **Components of sleep quality as mediators of the relation between mindfulness and subjective vitality among older adults.** *Mindfulness*. [link]

## METHODS

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

Curtiss, J., & Klemanski, D. H. (2014). **Factor analysis of the five-facet mindfulness questionnaire in a heterogeneous clinical**

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**sample.** *Journal of Psychopathology and Behavioral Assessment.* [\[link\]](#)

Rycroft-Malone, J., Anderson, R., Crane, R. S.,...Kuyken, W. (2014). **Accessibility and implementation in UK services of an effective depression relapse prevention programme-mindfulness-based cognitive therapy (MBCT): ASPIRE study protocol.** *Implementation Science.* [\[link\]](#)

Thomas, M., Vieten, C., Adler, N.,...Laraia, B. (2014). **Potential for a stress reduction intervention to promote healthy gestational weight gain: Focus groups with low-income pregnant women.** *Women's Health Issues, 24*(3), e305-311. [\[link\]](#)

Zeng, X., Li, M., Zhang, B., & Liu, X. (2014). **Revision of the Philadelphia mindfulness scale for measuring awareness and equanimity in Goenka's vipassana meditation with Chinese Buddhists.** *Journal of Religion and Health.* [\[link\]](#)

## REVIEWS

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

Albrecht, N. (2014). **Wellness: A conceptual framework for school-based mindfulness programs.** *The International Journal of Health, Wellness and Society, 4*(1), 21-36. [\[link\]](#)

Carvalho, A. (2014). **Subjectivity, ecology and meditation-performing interconnectedness.** *Subjectivity, 7*(2), 131-150. [\[link\]](#)

Chadwick, P. (2014). **Mindfulness for psychosis.** *The British Journal of Psychiatry, 204*(5), 333-334. [\[link\]](#)

Ericson, T., Kjønstad, B. G., & Barstad, A. (2014). **Mindfulness and sustainability.** *Ecological Economics, 104*, 73-79. [\[link\]](#)

Garland, E. L. (2014). **Disrupting the downward spiral of chronic pain and opioid addiction with mindfulness-oriented recovery**

**enhancement: A review of clinical outcomes and neurocognitive targets.** *Journal of Pain & Palliative Care Pharmacotherapy.* [\[link\]](#)

Powietrzynska, M., Tobin, K., & Alexakos, K. (2014). **Facing the grand challenges through heuristics and mindfulness.** *Cultural Studies of Science Education.* [\[link\]](#)

Purser, R. E., & Milillo, J. (2014). **Mindfulness revisited: A Buddhist-based conceptualization.** *Journal of Management Inquiry.* [\[link\]](#)

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2014). **The emerging role of Buddhism in clinical psychology: Towards effective integration.** *Psychology of Religion and Spirituality, 6*(2), 123-137. [\[link\]](#)

Song, Y., Lu, H., Chen, H., Geng, G., & Wang, J. (2014). **Mindfulness intervention in the management of chronic pain and psychological comorbidity: A meta-analysis.** *International Journal of Nursing Sciences.* [\[link\]](#)

## TRIALS

Research studies newly funded by the National Institutes of Health (Apr/May 2014)

Innovation Research and Training, Inc. (A. Parker, PI). **Mindfulness-based coping program for adolescents.** NIH/NICHHD project #1R43HD068093-01A1. [\[link\]](#)

Oregon Health & Science University (L. Carim, PI). **Impact of yoga practice on self-control in abstinent nicotine dependent smokers.** NIH/NIDA project #1R21DA035877-01A1. [\[link\]](#)

University of Massachusetts (J. Brewer, PI). **Mobile mindfulness for smoking cessation.** NIH/NCI project #1R21CA184254-01. [\[link\]](#)

University of Pennsylvania (J. Greeson, PI). **Mechanisms of mindfulness: effects on sleep quality, stress physiology and CVD risk.** NIH/NCCAM project #7R00AT004945-06. [\[link\]](#)

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## HIGHLIGHTS

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

Despite advances in the treatment of severe, prolonged psychotic illnesses such as schizophrenia, many if not most patients continue to suffer from residual symptoms, episodic relapses, and deficits in psychosocial functioning. While mindfulness-based interventions (MBIs) have been of some proven value in the treatment of mental disorders, clinicians are often reluctant to employ MBIs for patients with psychotic disorders due to fear that focusing awareness in the context of hallucinations and delusions might exacerbate symptoms of the illness.

**Chien and Thompson [Br J Psychiatry.]** conducted a randomized, controlled multisite trial of an MBI with 107 Chinese schizophrenic outpatients in Hong Kong. Patients were assigned to either a Mindfulness-Based Psychoeducation Program (MBPP), a conventional psychoeducation program (CPP), or treatment as usual (TAU) that consisted of monthly psychiatric outpatient clinic visits and access to a variety of clinical support services. While MBPP and CPP both included illness-specific psychoeducation including symptom management and relapse prevention strategies, MBPP also included focused, guided practice in awareness of bodily sensations, thoughts, and feelings with an emphasis on fostering acceptance and a decentered attitude. MBPP and CPP were administered in twelve 2-hour group sessions over the course of six months, and participants were re-evaluated at 1 week, 12 months, and 24 months post-intervention.

Over the course of two-years, MBPP participants showed significantly fewer psychiatric symptoms, higher levels of psychosocial functioning, higher levels of awareness into the nature of their illness, and shorter duration of hospital stays than did CPP and TAU participants. Effect sizes were all medium-to-large. At two-year follow-up, MBPP participants had average Brief Psychiatric Rating Scale scores of 17 (higher numbers = greater symptomatology), while CPP participants averaged 28, and TAU averaged 36. MBPP participants were hospitalized an average of 11 days, CPP patients 16 days, and TAU patients 21 days. The study suggests that MBPP may offer benefit to participants over and above current standard treatments, and that fears that MBIs might

cause unintended harms in psychotic populations may be unfounded, especially when interventions are modified to take the specific needs of psychotic patients into account.

Typically, a high level of experiential avoidance, that is, deliberate inattention towards unwanted thoughts and feelings, is associated with higher levels of distress, while high levels of non-judgmental acceptance are associated with lower levels of distress. **Morris et al. [Aust N Z J Psychiatry.]** explored whether this commonly observed pattern also applies to the avoidance or acceptance of auditory hallucinations. Fifty patients who were experiencing persistent and distressing auditory hallucinations completed a battery of self-report measures including the Kentucky Inventory of Mindfulness Skills. The authors were interested in whether dispositional mindfulness and acceptance affected how voices were appraised (e.g., were they experienced as malevolent, benevolent, or omnipotent), and the degree to which the patients experienced distress and disability, were engaged with the voices or resisted them, and relied on thought-control strategies such as distraction, self-punishment or cognitive reappraisal.



“Psychological flexibility” (present-moment awareness coupled with a sustained ability to act in accord with one’s values) and nonjudgmental acceptance partially behaved as predicted. Both had significant negative correlations with measures of depression, anxiety, maladaptive efforts at thought-control through self-punishment, appraisals of the voices as being “omnipotent” and actions and emotions centered on resisting the voices. On the other hand, neither psychological flexibility nor nonjudgmental acceptance were correlated with distress and disruption caused by the voices or the patients’ emotional and behavioral engagement with them. This may be due in part to the lack of variance on both the distress/disruption and behavioral engagement measures. This study underscores the importance of mindfulness and nonjudgmental acceptance as factors influencing the way in which individuals who hear voices interpret and respond to their hallucinations, and suggests a pathway through which MBIs might successfully influence clinical outcomes.

# ANNOUNCEMENTS

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

## Events & Conferences

### Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.

**INFO:** [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com)

### Mindfulness Meditation for Professional Women

Free 15-minute mindfulness meditation calls every Monday in May - July for professional women. Dial-in to practice meditation and be guided by women leaders including Sharon Salzberg, Kristin Neff, Sudha Lundeen, Angela Savitri, + others. Date: Mondays in May - July Time: 12:15 - 12:30 PM EST.

**INFO:** Register at [www.mindfulnessforwomen.eventbrite.com](http://www.mindfulnessforwomen.eventbrite.com)

### Mindfulness-Oriented Recovery Enhancement Workshop

During this intensive two-day training, July 18 and 19 in Salt Lake City, participants will learn how to use mindfulness to treat substance abuse, psychological distress, and chronic pain conditions. Eric Garland, PhD, LCSW, developer of Mindfulness-Oriented Recovery Enhancement (MORE), will explain the techniques, science, and research behind this innovative, evidence-based treatment approach. Participants will learn mindfulness training and other related therapeutic techniques, with real-time supervision in state-of-the-

art clinical training facilities. Participants must be master's-level mental health or health care professionals.

**INFO:** Register: [www.tiny.utah.edu/more2014](http://www.tiny.utah.edu/more2014)

### Summer Mindfulness Retreats for Teens

Inward Bound Mindfulness Education provides a proven retreat experience for personal growth, supportive relationships, and the skills to know and be oneself. This summer iBme is offering mindfulness retreats for teens in Virginia, Colorado, California, and Washington—plus two mindful wilderness retreats, one for ages 18+ through UCLA.

**INFO:** <http://ibme.info/retreats/calendar/>

## Research & Education

### MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population,

including reaching clients remotely through telemedicine.

**INFO:** [www.neuronovacentre.com](http://www.neuronovacentre.com)

### Mind-Body Medicine Study

If you are a primary care provider who practice or refer patients to Mind-Body Medicine (MBM) services, please take this 10-minute survey to help us understand the integration of MBM into primary care and your chance to win \$50 from Amazon: [https://www.surveymonkey.com/s/MBM\\_in\\_PC](https://www.surveymonkey.com/s/MBM_in_PC)

**INFO:** Questions? Or to be interviewed, email: [Chelsea.mcguire@gmail.com](mailto:Chelsea.mcguire@gmail.com)

## Books & Media

### 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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

**INFO:** [www.contemplativeeducation.ca](http://www.contemplativeeducation.ca)

## Employment & Volunteer

None posted