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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

Atkinson, M. J., & Wade, T. D. (2014). **Does mindfulness have potential in eating disorders prevention? A preliminary controlled trial with young adult women.** *Early Intervention in Psychiatry.* [\[link\]](#)

Bowden, D. E., McLennan, D., & Gruzelier, J. (2014). **A randomised controlled trial of the effects of brain wave vibration training on mood and well-being.** *Journal of Complementary & Integrative Medicine.* [\[link\]](#)

Gee, B. A., Antony, M. M., Kuo, J. R., & Cassin, S. E. (2014). **The impact of cognitive restructuring and mindfulness strategies on postevent processing and affect in social anxiety disorder.** *Journal of Anxiety Disorders.* [\[link\]](#)

Hansen, N. V., Brændgaard, P., Hjørnholm, C., & la Cour, S. (2014). **Qualitative research building real-life interventions: User-involving development of a mindfulness-based lifestyle change support program for overweight citizens.** *European Journal of Clinical Nutrition.* [\[link\]](#)

Lengacher, C. A., Reich, R. R., Paterson, C. L.,...Moscoso, M. S. (2014). **The effects of MBSR on objective and subjective sleep parameters in women with breast cancer: A randomized controlled trial.** *Psycho-Oncology.* [\[link\]](#)

MacCoon, D. G., MacLean, K. A., Davidson, R. J.,...Lutz, A. (2014). **No sustained attention differences in a longitudinal randomized trial comparing MBSR versus active control.** *PLoS ONE, 9(6), e97551.* [\[link\]](#)

Michel, A., Bosch, C., & Rexroth, M. (2014). **Mindfulness as a cognitive--emotional segmentation strategy: An intervention promoting work--life balance.** *Journal of Occupational and Organizational Psychology.* [\[link\]](#)

Park, J., Lyles, R. H., & Bauer-Wu, S. (2014). **Mindfulness meditation lowers muscle sympathetic nerve activity and blood pressure in African-American males with chronic kidney disease.** *Regulatory, Integrative and Comparative Physiology.* [\[link\]](#)

Shipherd, J. C., & Fordiani, J. M. (2014). **The application of mindfulness in coping with intrusive thoughts.** *Cognitive and Behavioral Practice.* [\[link\]](#)

Thornton, L. M., Cheavens, J. S., Heitzmann, C. A.,...Andersen, B. L. (2014). **Test of mindfulness and hope components in a psychological intervention for women with cancer recurrence.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Tovote, K. A., Fleeer, J., Snippe, E.,...Schroevens, M. J. (2014). **Individual MBCT and CBT for treating depressive symptoms in patients with diabetes: Results of a randomized controlled trial.** *Diabetes Care.* [\[link\]](#)

Turner, K. (2014). **Mindfulness skills training: A pilot study of changes in mindfulness, emotion regulation, and self-perception of aging in older participants.** *Activities, Adaptation & Aging, 38(2), 156-167.* [\[link\]](#)

van den Heuvel, M. I., Donkers, F. C., Winkler, I.,...Van den Bergh, B. R. (2014). **Maternal mindfulness and anxiety during pregnancy affect infants neural responses to sounds.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

Vinci, C., Peltier, M. R., Shah, S.,...Copeland, A. L. (2014). **Effects of a brief mindfulness intervention on negative affect and urge to drink among college student drinkers.** *Behaviour Research and Therapy.* [\[link\]](#)

Warde, C. M., Vermillion, M., & Uijtdehaage, S. (2014). **A medical student leadership course led to teamwork, advocacy, and mindfulness.** *Family Medicine, 46(6), 459-462.* [\[link\]](#)

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## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, C. E., Chen, M., Guo, L.,...Wetter, D. W. (2014). **Mindfulness predicts lower affective volatility among African Americans during smoking cessation.** *Psychology of Addictive Behaviors, 28*(2), 580-5. [\[link\]](#)

Baas, M., Nevicka, B., & Ten Velden, F. S. (2014). **Specific mindfulness skills differentially predict creative performance.** *Personality and Social Psychology Bulletin. [link]*

Cole, N. N., Nonterah, C. W., Utsey, S. O.,...Fischer, N. L. (2014). **Predictor and moderator effects of ego resilience and mindfulness on the relationship between academic stress and psychological well-being in a sample of Ghanaian college students.** *Journal of Black Psychology. [link]*

Daubenmier, J., Hayden, D., Chang, V., & Epel, E. (2014). **It's not what you think: Dispositional mindfulness moderates the relationship between psychological distress and the cortisol awakening response.** *Psychoneuroendocrinology. [link]*

Day, M. A., Smitherman, A., Ward, L. C., & Thorn, B. E. (2014). **An investigation of the associations between measures of mindfulness and pain catastrophizing.** *The Clinical Journal of Pain. [link]*

Dick, A. M., Niles, B. L., Street, A. E.,...Mitchell, K. S. (2014). **Examining mechanisms of change in a yoga intervention for women: The influence of mindfulness, psychological flexibility, and emotion regulation on PTSD symptoms.** *Journal of Clinical Psychology. [link]*

de Frias, C. M., & Whyne, E. (2014). **Stress on health-related quality of life in older adults: The protective nature of mindfulness.** *Aging & Mental Health. [link]*

Jennings, P. A. (2014). **Early childhood teachers' well-being, mindfulness, and self-compassion in relation to classroom quality and attitudes towards challenging students.** *Mindfulness. [link]*

Kirk, U., Gu, X., Harvey, A. H.,...Montague, P. R. (2014). **Mindfulness training modulates value signals in ventromedial prefrontal cortex through input from insular cortex.** *NeuroImage. [link]*

Opialla, S., Lutz, J., Scherpiet, S.,...Brühl, A. B. (2014). **Neural circuits of emotion regulation: A comparison of mindfulness-based and cognitive reappraisal strategies.** *European Archives of Psychiatry and Clinical Neuroscience. [link]*

Parent, J., Clifton, J., Forehand, R.,...Pichler, E. R. (2014). **Parental mindfulness and dyadic relationship quality in low-income cohabiting black stepfamilies: Associations with parenting experienced by adolescents.** *Couple and Family Psychology: Research and Practice, 3*(2), 67-82. [\[link\]](#)

Roche, M., Haar, J. M., & Luthans, F. (2014). **The role of mindfulness and psychological capital on the well-being of leaders.** *Journal of Occupational Health Psychology. [link]*

Tomfohr, L. M., Pung, M. A., Mills, P. J., & Edwards, K. (2014). **Trait mindfulness is associated with blood pressure and interleukin-6: Exploring interactions among subscales of the five-facet mindfulness questionnaire to better understand relationships between mindfulness and health.** *Journal of Behavioral Medicine. [link]*

Vinchurkar, S. A., Singh, D., & Visweswaraiah, N. K. (2014). **Self-reported measures of mindfulness in meditators and non-meditators: A cross-sectional study.** *International Journal of Yoga, 7*(2), 142-46. [\[link\]](#)

## METHODS

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

Cherkin, D. C., Sherman, K. J., Balderson, B. H.,...Hawkes, R. J. (2014). **Comparison of complementary and alternative medicine with**

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**conventional mind-body therapies for chronic back pain: Protocol for the mind-body approaches to pain (MAP) randomized controlled trial.** *Trials*, 15(1), 211. [link]

Dowsey, M. M., Castle, D. J., Knowles, S. R.,...Choong, P. F. (2014). **The effect of mindfulness training prior to total joint arthroplasty on post-operative pain and physical function: Study protocol for a RCT.** *Trials*, 15(1), 208. [link]

Goldberg, S. B., Manley, A. R., Smith, S. S.,...Davis, J. M. (2014). **Hair cortisol as a biomarker of stress in mindfulness training for smokers.** *Journal of Alternative and Complementary Medicine*. [link]

Kar, P. C., Ling, K. S., & Chong, C. K. (2014). **Mindful-STOP: Mindfulness made easy for stress reduction in medical students.** *Education in Medicine Journal*, 6(2). [link]

Kuyken, W., Byford, S., Byng, R.,...Kessler, D. (2014). **Update to the study protocol for a randomized controlled trial comparing MBCT with maintenance anti-depressant treatment depressive relapse/recurrence: The PREVENT trial.** *Trials*, 15(1), 217. [link]

Seema, R., Quaglia, J. T., Brown, K. W.,...Baltin, A. (2014). **The estonian mindful attention awareness scale: Assessing mindfulness without a distinct linguistic present tense.** *Mindfulness*. [link]

## REVIEWS

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

Gill, M., Waltz, J., Suhrbier, P., & Robert, L. (2014). **Non-duality and the integration of mindfulness into psychotherapy: Qualitative research with meditating therapists.** *Mindfulness*. [link]

Henke, M., & Chur-Hansen, A. (2014). **The effectiveness of mindfulness-based programs on physical symptoms and psychological distress in patients with fibromyalgia: A systematic review.** *International Journal of Wellbeing*, 4(1). [link]

Larouche, E., Hudon, C., & Goulet, S. (2014). **Potential benefits of mindfulness-based interventions in**

**mild cognitive impairment and Alzheimer's disease: An interdisciplinary perspective.** *Behavioural Brain Research*. [link]

Lea, J., Cadman, L., & Philo, C. (2014). **Changing the habits of a lifetime? Mindfulness meditation and habitual geographies.** *Cultural Geographies*. [link]

Morgan, P., Simpson, J., & Smith, A. (2014). **Health care workers' experiences of mindfulness training: A qualitative review.** *Mindfulness*. [link]

Prakash, R. S., De Leon, A., Patterson, B.,...Janssen, A. (2014). **Mindfulness and the aging brain: A proposed paradigm shift.** *Frontiers in Aging Neuroscience*, 6, 120. [link]

Raab, K. (2014). **Mindfulness, self-compassion, and empathy among health care professionals: A review of the literature.** *Journal of Health Care Chaplaincy*, 20(3), 95-108. [link]

Shonin, E., Van Gordon, W., & Griffiths, M. (2014). **Mindfulness and the social media.** *Journal of Mass Communication and Journalism*, 4(5). [link]

Tops, M., Boksem, M. A., Quirin, M., IJzerman, H., & Koole, S. L. (2014). **Internally directed cognition and mindfulness: An integrative perspective derived from predictive and reactive control systems theory.** *Frontiers in Psychology*, 5, 429. [link]

## TRIALS

Research studies newly funded by the National Institutes of Health (JUN 2014)

RLR Veterans Affairs Medical Center (L. Davis, PI). **Effects of mindfulness based cognitive behavioral conjoint therapy on PTSD.** NIH/VA project #5101RX000273-03. [link]

University of North Carolina Chapel Hill (S. S. Girdler, PI). **Intervention for menstrual mood disorders and early life abuse: Biopsych mechanisms.** NIH/NIMH project #5R01MH099076-02. [link]

Yale University (J. E. Pachankis, PI). **Intervention development for social stress, mental health and HIV risk among MSM.** NIH/NIMH project #7R34MH096607-03. [link]

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
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## HIGHLIGHTS

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

Previous studies have shown that expectant mothers' anxiety and stress can adversely affect their children's brain development. Conversely, is it possible that expectant mothers' levels of mindfulness have a positive effect? **van den Heuvel et al. [Soc Cogn Affect Neurosci.]** assessed mindfulness (using the Freiburg Mindfulness Inventory) and anxiety in 78 expectant mothers during the second trimester of pregnancy. Nine months after their infants were born, the research team assessed the infants' auditory processing by measuring their brain's responses to sounds with an electroencephalogram (EEG) recording.

The infants were presented with series of sounds: a frequently presented tone with a base frequency of 500 vibrations per second interspersed with sporadically presented sounds such as a door slam or a dog bark. The researchers analyzed two components of the infants' brain responses to sounds: the "P150" waveform component reflecting selective attention to a particular stimulus together with suppression of attention to other stimuli, and the "N250" component tied to turning one's attention to a novel stimulus.

Mothers' mindfulness during pregnancy was associated with significantly larger infant P150 amplitudes and significantly smaller infant N250 amplitudes. Maternal anxiety during pregnancy was associated with significantly larger infant N250 amplitudes. These differences occurred only when the infants heard the frequently presented tone; there were no such differences in response to the rarely presented sounds. The authors suggest the infants of more mindful, less anxious mothers were better able to habituate to the frequently presented tones — their brains had more efficiently processed the tones and didn't have to keep on responding to them as if they were new. A retesting of a subset of mothers 10 months after delivery showed that post-pregnancy anxiety — unlike anxiety during pregnancy — was unrelated to their infants' brain waveforms.

While maternal mindfulness and anxiety during pregnancy may directly affect fetal development, perhaps through the effects of stress hormones such

as cortisol, the authors couldn't rule out other causes for the observed differences in auditory processing. It could be, for example, that more mindful parents raise their children differently, or that the mindful mothers and infants share a common genetic factor that favors the infants' auditory processing. Only future research can tease these possibilities out. This study raises the possibility, however, that higher levels of mindfulness may not only help expectant mothers with their anxiety, but also benefit their children's auditory processing, thereby facilitating their speech and language development.



Can levels of mindfulness decrease the impact of psychological stress on our bodies? **Daubenmier et al. [Psychoneuroendocrinology]** explored the degree to which the ability to *accept* and *describe* stressful mental events (as measured by the Kentucky Inventory of Mindfulness Skills or KIMS) helped protect 43 overweight/obese premenopausal women from stress-related rises in the steroid hormone cortisol. The women completed standard measures of perceived stress, negative affect, anxiety, and rumination and had their *cortisol awakening response* (CAR) assessed over the course of four sequential mornings. CAR is a measure of how steeply cortisol levels in human saliva rise during the first minutes after awakening in the morning. A high morning rise in CAR is thought to reflect higher levels of stress and worry.

As expected, all four measures of psychological distress were significantly *positively* associated with steeper CARs, while the abilities to mindfully describe and accept negative thoughts and emotions were significantly *negatively* correlated with CAR steepness. Higher KIMS Describe scores significantly limited the degree to which negative affect and anxiety elevated cortisol, while higher KIMS Accept scores significantly limited the effect of rumination. KIMS scores accounted for an additional 13-27% of cortisol-rise variance over and above measures of psychological distress, reinforcing the authors' conclusion that, "it's not what you think, but *how* you relate to it" that matters.

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## Events & Conferences

### 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 at [www.tiny.utah.edu/more2014](http://www.tiny.utah.edu/more2014)

### MBCT Training: Preventing Depressive Relapse

This innovative 5-day professional training retreat leads you through the Mindfulness Based Cognitive Therapy (MBCT) program designed to prevent depressive relapse. The MBCT program combines the tools of cognitive therapy with the practice and clinical application of mindfulness meditation. Facilitators: Zindel Segal, PhD, C.Psych and Patricia Rockman, MD, CCFP Date: October 19-24, 2014 Location: Ecology Retreat Centre, Orangeville, Ontario

**INFO:** Register at [info@mindfulnessstudies.com](mailto:info@mindfulnessstudies.com) or [www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)

### Search Inside Yourself Workshop, Los Angeles

The Search Inside Yourself (SIY) Program, held at the University of Southern California on August 15-16, 2014, is a mindfulness-based emotional intelligence program, rooted in science, developed at Google, that delivers improvements in productivity, collaboration, and engagement. The SIY Program is a two-day course with a focus on the five key domains of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Each session is approximately one-third content and two-thirds skill training in leadership and well-being. Dates: August 15-16, 2014

**INFO:** Register at [www.dornsife.usc.edu/siy](http://www.dornsife.usc.edu/siy)

### Mindful Eating Stress Management Group

Offering mindful eating and stress management group for individuals who wish to more effectively cope with impulsive eating and struggle to comply with dietary restrictions. Group meets five times in Lawrenceville New Jersey. Participants will learn and practice mindfulness techniques. Dates: September 6th - October 4th

**INFO:** Contact [drjwieliczko@gmail.com](mailto:drjwieliczko@gmail.com) or visit [www.Mindful4life.com](http://www.Mindful4life.com)

## Mindfulness at Work 2014 UK

The 2014 Mindfulness at Work conference, co-organised by Cranfield University and Mindfulnet. Org, will be held at Cranfield University on 23rd September 2014. 29 international thought-leaders will share their cutting-edge work in Mindfulness practice, business, research, and policy. By combining these distinct perspectives, participants will be able to generate the most comprehensive evidence base for mindfulness at work to date, and apply it to their workplaces. Book by 23rd July to secure Early Bird Discount.

**INFO:** Contact [jutta.tobias@cranfield.ac.uk](mailto:jutta.tobias@cranfield.ac.uk) for more info or visit <http://www.som.cranfield.ac.uk/som/p21271/programmes-and-executive-development/oep-home/programmes/praxis-personal-impact-and-development/mindfulness-at-work-2014-an-international-conference>

## 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

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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. Questions, or to be interviewed, email: [Chelsea.mcguire@gmail.com](mailto:Chelsea.mcguire@gmail.com)  
**INFO:** Complete the survey here [https://www.surveymonkey.com/s/MBM\\_in\\_PC](https://www.surveymonkey.com/s/MBM_in_PC)

## Practicing Safety Mothers in Drug Treatment

The Children’s Bureau has awarded an Abandoned Infants Assistance funding to “Practicing Safety Mindfulness Project for Mothers in Drug Treatment”, Diane J. Abatamarco, PhD, MSW at Nemours Children’s Health System. This project provides integrated services to improve parenting in a population of pregnant and parenting women who are in outpatient treatment for opiate addiction. The multifaceted intervention includes a demonstrated quality improvement arm at the pediatric practice “Practicing Safety”, a Mindfulness Based Parenting course, and enhanced case management. Study outcomes evaluate child health outcomes; child

development screening; parenting behavior and stress; and parental mindfulness.

**INFO:** <http://aia.berkeley.edu/aia-projects/directory/psmdt/>

## 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)

### Parenting and Teaching Children with Anxiety

**NEW BOOK:** The Everything Parents Guide to Overcoming Childhood Anxiety is a newly released resource offering cutting edge research on how to support and decrease anxiety in children, teens, and families utilizing a variety of mindful strategies in addition to more traditional approaches.

**INFO:** Available at Barnes & Noble, Amazon and independent bookstores. <http://www.amazon.com/Everything-Parents-Overcoming-Childhood-Anxiety/dp/1440577064>

### Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

**INFO:** Now available on Amazon at <http://amzn.com/9492004003>

## Employment & Volunteer

None posted