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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

Aikens, K. A., Astin, J., Pelletier, K. R.,...Bodnar, C. M. (2014). **Mindfulness goes to work: Impact of an online workplace intervention.** *Journal of Occupational and Environmental Medicine*, 56(7), 721-731. [\[link\]](#)

Ancona, M. R., & Mendelson, T. (2014). **Feasibility and preliminary outcomes of a yoga and mindfulness intervention for school teachers.** *Advances in School Mental Health Promotion*, 7(3), 156-170. [\[link\]](#)

Black, D. S., & Greeson, J. (2014). **Mindfulness-based interventions in routine clinical care for stress-related ailments: Comment.** *JAMA Internal Medicine*, 174(3). [\[link\]](#)

Fleer, J., Schroevers, M., Panjer, V.,...Meesters, Y. (2014). **MBCT for seasonal affective disorder: A pilot study on efficacy and acceptability.** *Journal of Affective Disorders*. [\[link\]](#)

Kurdyak, P., Newman, A., & Segal, Z. (2014). **Impact of MBCT on health care utilization: A population-based controlled comparison.** *Journal of Psychosomatic Research*. [\[link\]](#)

Labelle, L. E., Lawlor-Savage, L., Campbell, T. S.,...Carlson, L. E. (2014). **Does self-report mindfulness mediate the effect of MBSR on spirituality and posttraumatic growth in cancer patients?** *The Journal of Positive Psychology*. [\[link\]](#)

Mantzios, M., & Wilson, J. C. (2014). **Exploring mindfulness and mindfulness with self-compassion-centered interventions to assist weight loss: Theoretical considerations and preliminary results of a randomized pilot study.** *Mindfulness*. [\[link\]](#)

Ruiz-Robledillo, N., Sariñana-González, P., Pérez-Blasco, J.,...Moya-Albiol, L. (2014). **A mindfulness-based program improves health in caregivers**

**of people with autism spectrum disorder: A pilot study.** *Mindfulness*. [\[link\]](#)

Schramm, P. J., Zobel, I., Mönch, K.,...Michalak, J. (2014). **Sleep quality changes in chronically depressed patients treated with MBCT or cognitive behavioral analysis system for psychotherapy: A pilot study.** *Sleep Medicine*. [\[link\]](#)

Schutze, R., Slater, H., O'Sullivan, P.,...Rees, C. S. (2014). **Mindfulness based functional therapy: A preliminary open trial of an integrated model of care for people with persistent low back pain.** *Psychology for Clinical Settings*. [\[link\]](#)

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2014). **Practical tips for using mindfulness in general practice.** *British Journal of General Practice*, 64(624), 368-369. [\[link\]](#)

Singh, N. N., Lancioni, G. E., Winton, A.W.,...Singh, J. (2014). **Mindfulness-based positive behavior support (MBPBS) for mothers of adolescents with autism spectrum disorder: Effects on adolescents' behavior and parental stress.** *Mindfulness*. [\[link\]](#)

Song, Y., & Lindquist, R. (2014). **Effects of MBSR on depression, anxiety, stress and mindfulness in Korean nursing students.** *Nurse Education Today*. [\[link\]](#)

Tabak, N. T., & Granholm, E. (2014). **Mindful cognitive enhancement training for psychosis: A pilot study.** *Schizophrenia Research*. [\[link\]](#)

Wells, R. E., Burch, R., Paulsen, R. H.,...Loder, E. (2014). **Meditation for migraines: A pilot randomized controlled trial.** *Headache*. [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Betts, K. R., & Hinsz, V. B. (2014). **Mindful attention and awareness predict self-reported food safety practices in the food service industry.** *Current Psychology*. [\[link\]](#)

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Bice, M. R., Ball, J., & Ramsey, A. T. (2014). **Relations between mindfulness and mental health outcomes: Need fulfillment as a mediator.** *International J of Mental Health Promotion.* [\[link\]](#)

Chang, J. H., Huang, C. L., & Lin, Y. C. (2014). **Mindfulness, basic psychological needs fulfillment, and well-being.** *Journal of Happiness Studies.* [\[link\]](#)

Cheng, F. K. (2014). **Recovery from depression through Buddhist wisdom: An idiographic case study.** *Social Work in Mental Health.* [\[link\]](#)

Gimpel, C., von Scheidt, C., Jose, G.,...Esch, T. (2014). **Changes and interactions of flourishing, mindfulness, sense of coherence, and quality of life in patients of a mind-body medicine outpatient clinic.** *Research in Complementary Medicine, 21(3), 154-162.* [\[link\]](#)

Kangasniemi, A., Lappalainen, R.,...Tammelin, T. (2014). **Mindfulness skills, psychological flexibility, and psychological symptoms among physically less active and active adults.** *Mental Health and Physical Activity.* [\[link\]](#)

Kraemer, K. M., McLeish, A. C., & Johnson, A. L. (2014). **Associations between mindfulness and panic symptoms among young adults with asthma.** *Psychology, Health & Medicine.* [\[link\]](#)

Logie, K., & Frewen, P. (2014). **Self/other referential processing following mindfulness and loving-kindness meditation.** *Mindfulness.* [\[link\]](#)

Olson, K., & Kemper, K. J. (2014). **Factors associated with well-being and confidence in providing compassionate care.** *J Evidence-based Complementary & Alternative Medicine.* [\[link\]](#)

Reynolds, L. M., Lin, Y. S., Zhou, E., & Consedine, N. S. (2014). **Does a brief state mindfulness induction moderate disgust-driven social avoidance and decision-making? An experimental investigation.** *Journal of Behavioral Medicine.* [\[link\]](#)

Rohde, K., Adolph, D., Dietrich, D. E., & Michalak, J. (2014). **Mindful attention regulation and non-**

**judgmental orientation in depression: A multi-method approach.** *Biological Psychology, 101, 36-43.* [\[link\]](#)

Setti, I., & Argentero, P. (2014). **The role of mindfulness in protecting firefighters from psychosomatic malaise.** *Traumatology.* [\[link\]](#)

Shorey, R. C., Anderson, S., Lookatch, S.,...Stuart, G. L. (2014). **The relation between moment-to-moment mindful attention and anxiety among young adults in substance use treatment.** *Substance Abuse.* [\[link\]](#)

Tak, Y. R., Van Zundert, R. M., Kleinjan, M., & Engels, R. C. (2014). **Mindful parenting and adolescent depressive symptoms: The few associations are moderated by adolescent gender and parental depressive symptoms.** *Mindfulness.* [\[link\]](#)

Tomasino, B., Chiesa, A., & Fabbro, F. (2014). **Disentangling the neural mechanisms involved in Hinduism-and Buddhism-related meditations.** *Brain and Cognition, 90, 32-40.* [\[link\]](#)

Xu, W., Rodriguez, M. A., Zhang, Q., & Liu, X. (2014). **The mediating effect of self-acceptance in the relationship between mindfulness and peace of mind.** *Mindfulness.* [\[link\]](#)

## METHODS

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

Black, D. S., O'Reilly, G. A., Olmstead, R.,...Irwin, M. R. (2014). **Mindfulness-based intervention for prodromal sleep disturbances in older adults: Design and methodology of a RCT.** *Contemporary Clinical Trials.* [\[link\]](#)

Gecht, J., Kessel, R., Forkmann, T.,...Mainz, V. (2014). **A mediation model of mindfulness and decentering: Sequential psychological constructs or one and the same?** *BMC Psychology, 2(1), 18.* [\[link\]](#)

Goldberg, S. B., Del Re, A. C., Hoyt, W. T., & Davis, J. M. (2014). **The secret ingredient in mindfulness**

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**interventions? A case for practice quality over quantity.** *Journal of Counseling Psychology.* [link]

Radford, S., Eames, C., Brennan, K.,...Barnhofer, T. (2014). **Trait mindfulness as a limiting factor for residual depressive symptoms: An explorative study using quantile regression.** *PLoS ONE*, 9(7), e100022. [link]

Steffen, P. R., & Larson, M. J. (2014). **A brief mindfulness exercise reduces cardiovascular reactivity during a laboratory stressor paradigm.** *Mindfulness.* [link]

Tejedor, R., Feliu-Soler, A., Pascual, J. C.,...Soler, J. (2014). **Psychometric properties of the Spanish version of the Philadelphia Mindfulness Scale.** *Journal of Psychiatry & Mental Health.* [link]

## REVIEWS

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

Day, M. A., Jensen, M. P., Ehde, D. M., & Thorn, B. E. (2014). **Toward a theoretical model for mindfulness-based pain management.** *The Journal of Pain*, 15(7), 691-703. [link]

Dermatis, H., & Egelko, S. (2014). **Buddhist mindfulness as an influence in recent empirical CBT approaches to addiction: Convergence with the alcoholics anonymous model.** *Alcoholism Treatment Quarterly.* [link]

Galante, J., Galante, I., Bekkers, M. J., & Gallacher, J. (2014). **Effect of kindness-based meditation on health and well-being: A systematic review and meta-analysis.** *J Consult Clin Psychol.* [link]

Jankowski, T., & Holas, P. (2014). **Metacognitive model of mindfulness.** *Consciousness and Cognition*, 28, 64-80. [link]

Levin, A. B., Hadgkiss, E. J., Weiland, T. J., & Jelinek, G. A. (2014). **Meditation as an adjunct to the management of multiple sclerosis.** *Neurology Research International*, 2014. [link]

Marchand, W. R. (2014). **Neural mechanisms of mindfulness and meditation: Evidence from**

**neuroimaging studies.** *World J Radiol*, 6(7), 471-479. [link]

Sharma, M., & Rush, S. E. (2014). **MBSR as a stress management intervention for healthy individuals A systematic review.** *J Evid Based Complementary Altern Med.* [link]

Simkin, D. R., & Black, N. B. (2014). **Meditation and mindfulness in clinical practice.** *Child Adolesc Psychiatr Clin N Am*, 23(3), 487-534. [link]

Victorson, D., Kentor, M., Maletich, C.,...Berkowitz, C. (2014). **A systematic review and meta-analysis of mindfulness-based randomized controlled trials relevant to lifestyle medicine.** *American Journal of Lifestyle Medicine.* [link]

Zenner, C., Herrnleben-Kurz, S., & Walach, H. (2014). **Mindfulness-based interventions in schools- A systematic review and meta-analysis.** *Frontiers in Psychology*, 5, 603. [link]

## TRIALS

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

Massachusetts General Hospital (S. Lazar, PI). **Preliminary study of a yoga program to catalyze health behavior change.** NIH/NCCAM project #5R34AT007197-02. [link]

University of Kentucky (M. Bardo, PI). **Center for drug abuse research translation.** NIH/NIDA project #3P50DA005312-24S1. [link]

University of Massachusetts (C. Fulwiler, PI). **Mind and health: Developing a neural marker for mindfulness.** NIH/NCCAM project #3R34AT006963-02S1. [link]

University of Massachusetts (L. Pbert, PI). **Developing a smartphone app with mindfulness training for teen smoking cessation.** NIH/NIDA project # 1R34DA037886-01. [link]

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## HIGHLIGHTS

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

Occupational stress is not only harmful to employees, but is also costly to employers in terms of increased health-care expenses and decreased employee attendance, morale, and performance. Mindfulness-based interventions (MBIs) may have an important role to play in combatting occupational stress, but MBSR programs are time-intensive and often challenging to implement in the workplace, especially on a scale expansive enough to benefit large corporations.

**Aikins et al. [Journal of Occupational and Environmental Medicine]** developed an abbreviated MBI modeled after MBSR that was delivered on a web-based virtual classroom platform. The intervention makes use of a live instructor, webinar-and-email technology, and a printed workbook/practice guide to deliver 7, 1 hour-long, virtual classes and support 10.8 hours of home-based practice. The durations of the body scan, meditation, and yoga sessions were shortened to accommodate the hour-long format, there was no daylong retreat, and workplace-relevant material was included in the syllabus.

Eighty-nine Dow Chemical Company employees were randomly assigned to either the MBI or a wait-list control. Only 66 participants completed the study, due in part to the 6 MBI and 10 wait-list control subjects who never attended a class after being initially assigned to their groups. MBI participants significantly improved their mindfulness (as measured by the Five-Facet Mindfulness Questionnaire), resilience, and physical, emotional, and cognitive vigor, and decreased their perceived stress compared with wait-list controls.

Treatment gains were maintained or continued to improve at six-month follow-up, with the exception of a small, non-significant rise in perceived stress. MBI participants reported significant decreases in high-stress days, burnout, and fast-food consumption, as well as increases in fruit and vegetable consumption. Eighty-seven percent of the participants rated the program as "satisfactory," and the dropout rate was only 5%. Improvements occurred despite stressful work circumstances,

including a large round of lay-offs and a local plant closing. A cost-benefit analysis projected possible cost savings of up to \$22,580 per year per employee due to decreased employee burnout.



Food service industry workers (e.g., cooks, waiters, and busboys) are expected to keep their productivity high and their customers happy under trying circumstances. Maintaining awareness of food safety to prevent the spread of foodborne disease is a central worker role. In day-to-day operations, workers are expected to be aware of and reject previously thawed deliveries, heat foods to their proper temperature, and maintain hygiene through proper hand washing and food handling. Food service workers do not always follow safety protocols, however, and sometimes get distracted or misjudge priorities.

**Betts & Hinsz [Current Psychology]** explored the degree to which dispositional mindfulness (as measured by the Mindful Attention Awareness Scale) might contribute to employees' attention to safety. Study measures included dispositional mindfulness, food safety knowledge, and self-reported safety practices of 428 university students who worked at least part-time in the food service industry.

Results from the study showed that knowledge of food safety protocols alone accounted for only 3% of the actual variance in employees' food safety practices. When dispositional mindfulness and its differential relationship with differing levels of food safety knowledge were taken into consideration, however, about 15% of the variance in food safety was explained. Mindfulness was positively correlated ( $r = 0.35$ ) with food service safety practice.

Especially important was that the less workers actually knew about food safety, the more mindfulness contributed to safety practice. The study suggests that level of dispositional mindfulness is an important variable in determining the extent to which food service workers safely carry out their work responsibilities, but the study is limited by its reliance on self-report measures and its failure to rule out the impact of social desirability and conscientiousness as competing explanations.

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## Events & Conferences

### 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.

**INFO:** Dates: August 15-16, 2014 Register at [www.dornsife.usc.edu/siy](http://www.dornsife.usc.edu/siy)

### 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/oeep-home/programmes/praxis-personal-impact-and-development/mindfulness-at-work-2014-an-international-conference>

### Through the Lens of Mindfulness Conference

One-day mindfulness conference being held at the University of York, UK, on Friday 26 September exploring the use of mindfulness.

**INFO:** Visit [www.ystc.co.uk](http://www.ystc.co.uk)

## Research & Education

### 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. Abatemarco, 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/>

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## Books & Media

### 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:** Available on Amazon at <http://amzn.com/9492004003>

### Positive Psychology at the Movies

For educators, researchers, and anyone striving for personal growth and a fulfilling life! The new edition of this popular book provides a unique way to learn and appreciate what is right and best about human beings. With discussions of nearly 1,500 movies, dozens of evocative movie images, and much more! This book uses movies as a medium for learning about the latest research and concepts, such as mindfulness, resilience, meaning, achievement, well-being, as well as the 24 character strengths laid out by the VIA Institute of Character.

**INFO:** Available on Amazon: <http://www.amazon.com/Positive-Psychology-Movies-Character-Well-Being/dp/0889374430>

### Mindfulness and Character Strengths

Looking for the latest research and practices on character strengths and mindfulness? Curious about how character strengths can supercharge your mindfulness practice? Or how mindfulness can help you deploy your best qualities? Look no further – the answers are in this book! At the core of this hands-on resource for psychologists and other practitioners is Mindfulness-Based Strengths Practice, the first structured program to combine mindfulness with the character strengths laid out in the VIA Institute's classification. This program systematically boosts awareness and application of character strengths.

**INFO:** Available on Amazon: <http://www.amazon.com/Mindfulness-Character-Strengths-Practical-Flourishing/dp/0889373760>

## Employment & Volunteer

None posted