

Contents

46 New Cites p1

15 Interventions

16 Associations

3 Methods

8 Reviews

4 Trials

Highlights p4

Announcements p5

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION



INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Broderick, P. C., Frank, J. L. (2014). **Learning to BREATHE: An intervention to foster mindfulness in adolescence.** *New Directions for Youth Development, 2014*(142), 31-44. [\[link\]](#)

Byron, G., Ziedonis, D. M., McGrath, C.,...Fulwiler, C. (2014). **Implementation of mindfulness training for mental health staff: Organizational context and stakeholder perspectives.** *Mindfulness.* [\[link\]](#)

Coatsworth, J. D., Duncan, L. G., Berrena, E.,...Nix, R. L. (2014). **The mindfulness-enhanced strengthening families program: Integrating brief mindfulness activities and parent training within an evidence-based prevention program.** *New Dir Youth Dev., 2014*(142), 45-58. [\[link\]](#)

Corsica, J., Hood, M. M., Katterman, S.,...Ivan, I. (2014). **Development of a novel mindfulness and behavioral intervention for stress-eating: A comparative pilot study.** *Eating Behaviors.* [\[link\]](#)

Dreger, L. C., Mackenzie, C., McLeod, B. (2014). **Acceptability and suitability of mindfulness training for diabetes management in an indigenous community.** *Mindfulness.* [\[link\]](#)

Fordham, B. A., Nelson, P., Griffiths, C. E., Bundy, C. (2014). **The acceptability and usefulness of MBCT for people living with psoriasis: A qualitative study.** *Br J Dermatol.* [\[link\]](#)

Forkmann, T., Wichers, M., Geschwind, N.,...Collip, D. (2014). **Effects of MBCT on self-reported suicidal ideation: Results from a randomised controlled trial in patients with residual depressive symptoms.** *Comprehensive Psychiatry.* [\[link\]](#)

Goodman, J. H., Guarino, A., Chenausky, K.,...Freeman, M. (2014). **CALM pregnancy: Results of a pilot study of MBCT for perinatal anxiety.** *Archives of Women's Mental Health.* [\[link\]](#)

Grégoire, S., Lachance, L. (2014). **Evaluation of a brief mindfulness-based intervention to reduce psychological distress in the workplace.** *Mindfulness.* [\[link\]](#)

Grow, J. C., Collins, S. E., Harrop, E. N., Marlatt, G. A. (2014). **Enactment of home practice following mindfulness-based relapse prevention and its association with substance-use outcomes.** *Addict Behav.* [\[link\]](#)

Johns, S. A., Brown, L. F., Beck-Coon, K.,...Kroenke, K. (2014). **Randomized controlled pilot study of mindfulness-based stress reduction for persistently fatigued cancer survivors.** *Psycho-Oncology.* [\[link\]](#)

McManus, F., Muse, K., Surawy, C.,...Williams, J. M. G. (2014). **Relating differently to intrusive images: The impact of MBCT on intrusive images in patients with severe health anxiety (hypochondriasis).** *Mindfulness.* [\[link\]](#)

Ong, J. C., Manber, R., Segal, Z.,...Wyatt, J. K. (2014). **A randomized controlled trial of mindfulness meditation for chronic insomnia.** *Sleep.* [\[link\]](#)

Reese, H. E., Vallejo, Z., Rasmussen, J.,...Wilhelm, S. (2014). **MBSR for Tourette syndrome and chronic tic disorder: A pilot study.** *Journal of Psychosomatic Research.* [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Amihai, I., Kozhevnikov, M. (2014). **Arousal vs. relaxation: A comparison of the neuro-physiological and cognitive correlates of**

Contents

46 New Cites p1

15 Interventions

16 Associations

3 Methods

8 Reviews

4 Trials

Highlights p4

Announcements p5

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION



Vajrayana and Theravada meditative practices. *PLoS ONE*, 9(7), e102990. [\[link\]](#)

Apisarnthanarak, A., Damronglerd, P., Meesing, A.,...Khawcharoenporn, T. (2014). **Impact of physicians mindfulness attitudes toward prevention of catheter-associated urinary tract infection.** *Infection Control and Hospital Epidemiology*, 35(9), 1198-1200. [\[link\]](#)

Cacciatore, J., Thieleman, K., Killian, M., Tavasoli, K. (2014). **Braving human suffering: Death education and its relationship to empathy and mindfulness.** *Social Work Education*. [\[link\]](#)

Charoensukmongkol, P. (2014). **Benefits of mindfulness meditation on emotional intelligence, general self-efficacy, and perceived stress: Evidence from Thailand.** *Journal of Spirituality in Mental Health*, 16(3), 171-192. [\[link\]](#)

Crawley, R. (2014). **Trait mindfulness and autobiographical memory specificity.** *Cognitive Processing*. [\[link\]](#)

Epstein-Ngo, Q. M., Roche, J. S., Walton, M. A.,...Cunningham, R. M. (2014). **Technology-delivered dating aggression: Risk and promotive factors and patterns of associations across violence types among high-risk youth.** *Violence and Gender*. [\[link\]](#)

Hanley, A., Warner, A., Garland, E. L. (2014). **Associations between mindfulness, psychological well-being, and subjective well-being with respect to contemplative practice.** *Journal of Happiness Studies*. [\[link\]](#)

Harrington, R., Loffredo, D. A., Perz, C. A. (2014). **Dispositional mindfulness as a positive predictor of psychological well-being and the role of the private self-consciousness insight factor.** *Personality and Individual Differences*, 71, 15-18. [\[link\]](#)

Labelle, L. E., Campbell, T. S., Faris, P., Carlson, L. E. (2014). **Mediators of MBSR: Assessing the**

timing and sequence of change in cancer patients. *Journal of Clinical Psychology*. [\[link\]](#)

Lomas, T., Cartwright, T., Edginton, T., Ridge, D. (2014). **A qualitative analysis of experiential challenges associated with meditation practice.** *Mindfulness*. [\[link\]](#)

Nyklíček, I., Hoogwegt, F., Westgeest, T. (2014). **Psychological distress across twelve months in patients with rheumatoid arthritis: The role of disease activity, disability, and mindfulness.** *Journal of Psychosomatic Research*. [\[link\]](#)

Peilot, B., Andréll, P., Samuelsson, A.,...Sundler, A. J. (2014). **Time to gain trust and change-experiences of attachment and mindfulness-based cognitive therapy among patients with chronic pain and psychiatric co-morbidity.** *Int J Qual Stud Health Well-being*. [\[link\]](#)

Remmers, C., Topolinski, S., Michalak, J. (2014). **Mindful (I) intuition: Does mindfulness influence the access to intuitive processes?** *The Journal of Positive Psychology*. [\[link\]](#)

Shonin, E., Van Gordon, W. (2014). **Managers experiences of meditation awareness training.** *Mindfulness*. [\[link\]](#)

Stillman, C. M., Feldman, H., Wambach, C.,...Howard, D. V. (2014). **Dispositional mindfulness is associated with reduced implicit learning.** *Consciousness and Cognition*, 28, 141-150. [\[link\]](#)

Wang, X., Xu, M., Song, Y.,...Liu, J. (2014). **The network property of the thalamus in the default mode network is correlated with trait mindfulness.** *Neuroscience*. [\[link\]](#)

Whitaker, R. C., Dearth-Wesley, T., Gooze, R. A.,...McEwen, B. S. (2014). **Adverse childhood experiences, dispositional mindfulness, and adult health.** *Preventive Medicine*, 67, 147-153. [\[link\]](#)

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
www.mindfulexperience.org

SEP 2014

Vol. 5 - No. 9

Contents

46 New Cites p1

15 Interventions

16 Associations

3 Methods

8 Reviews

4 Trials

Highlights p4

Announcements p5

Editor
David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

Subscribe at
www.mindfulexperience.org
/newsletter.php

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION



METHODS

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

Gkika, S., Wells, A. (2014). **How to deal with negative thoughts? A preliminary comparison of detached mindfulness and thought evaluation in socially anxious individuals.** *Cognitive Therapy and Research.* [link]

Gould, L. F., Mendelson, T., Dariotis, J. K.,...Greenberg, M. T. (2014). **Assessing fidelity of core components in a mindfulness and yoga intervention for urban youth: Applying the CORE process.** *New Dir Youth Dev., 2014(142), 59-81.* [link]

Hindman, R. K., Glass, C. R., Arnkoff, D. B., Maron, D. D. (2014). **A comparison of formal and informal mindfulness programs for stress reduction in university students.** *Mindfulness.* [link]

REVIEWS

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

Bayless, C. (2014). **Using mindfulness in a harm reduction approach to substance abuse treatment: A literature review.** *Int J Behav Consul Ther., 9(2), 22-25.* [link]

Brewer, J. (2014). **Mindfulness in the military.** *American Journal of Psychiatry, 171(8), 803-806.* [link]

Chafos, V. H., Economou, P. (2014). **Beyond borderline personality disorder: The mindful brain.** *Social Work.* [link]

Karyadi, K. A., VanderVeen, J. D., Cyders, M. A. (2014). **A meta-analysis of the relationship between trait mindfulness and substance**

use behaviors. *Drug and Alcohol Dependence.* [link]

Larouche, M., Côté, G., Bélisle, D., Lorrain, D. (2014). **Kind attention and non-judgment in mindfulness-based cognitive therapy applied to the treatment of insomnia: State of knowledge.** *Pathologie Biologie.* [link]

Lawlor, M. S. (2014). **Mindfulness in practice: Considerations for implementation of mindfulness-based programming for adolescents in school contexts.** *New Dir Youth Dev., 2014(142), 83-95.* [link]

Purser, R. (2014). **The myth of the present moment.** *Mindfulness.* [link]

Roeser, R. W., Pinela, C. (2014). **Mindfulness and compassion training in adolescence: A developmental contemplative science perspective.** *New Dir Youth Dev., 2014(142), 9-30.* [link]

TRIALS

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

Kennedy Krieger Institute (S. Mostofsky, PI). **Movement-based training for children with ADHD: A feasibility study.** NIH/NIMH project #1R21MH104651-01. [link]

University of Massachusetts Medical School (J. Brewer, PI). **Augmenting mindfulness training through experience-driven neurofeedback devices.** NIH/NCCAM project #5R01AT007922-03. [link]

VA Puget Sound Healthcare Center (D. Kearney, PI). **A trial of loving-kindness meditation and cognitive processing therapy for PTSD.** Veterans Affairs project #1101CX000857-01A2. [link]

Yale University (H. Kober, PI). **Regulation of craving: Brief neurocognitive training and neural mechanisms.** NIH/NIDA project #2P50DA009241-21. [link]

Contents

46 New Cites p1

15 Interventions

16 Associations

3 Methods

8 Reviews

4 Trials

Highlights p4

Announcements p5

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at
www.mindfulexperience.org
/newsletter.php

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION



HIGHLIGHTS

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

The Default Mode Network (DMN) is a functional network of interconnected anatomical brain structures. DMN interconnected structures are typically activated during mind-wandering and deactivated during periods of mindful awareness. Prior research has shown that meditators often have increased DMN gray matter density and decreased DMN connectivity compared to non-meditators. "Connectivity" is the degree to which the different DMN regions work together in concert.

Wang et al. [Neuroscience] explored the relationship between DMN connectivity while undergoing functional Magnetic Resonance Imaging (fMRI) and trait mindfulness as measured by the Mindful Attention Awareness Scale in 245 Beijing college students. Participants were asked to relax with eyes closed and remain still while undergoing the fMRI scan, which is a mundane procedure that usually evokes mind-wandering and DMN activity.

The researchers found that greater connectivity between the thalamus and the posterior cingulate cortex — two important DMN-connected anatomical structures — was associated with lower mindfulness. The thalamus appeared to be the key structure driving this relationship. This makes sense, as the thalamus is a crucial structure in both the DMN and the ascending reticular activating system (ARAS) — a competing brain network that plays an important role in wakefulness, attention, and vigilance.

The authors suggest that one can think of the thalamus as a switch that shifts the brain back and forth between mindfulness and mind-wandering. The greater the interconnectivity between the thalamus and the other DMN structures, however, the harder it may be to achieve mindful focus on the present moment. The thalamus is itself a complex structure containing multiple nuclei, and future research is needed to specify which regions are most involved.

Insomnia affects up to 20% of the U.S. population, and sufferers present with difficulties in both falling asleep and staying asleep. Drugs used to treat insomnia often have undesirable side effects including substance dependency and memory impairment. Cognitive-behavioral therapy (CBT) can

help, but less than half of all insomnia sufferers treated with CBT achieve full remission.

Ong et al. [Sleep] tailored a mindfulness-based therapy for insomnia (MBTI) modeled on MBSR. The program targets psychophysiological hyperarousal and includes behavioral strategies often used in CBT when applied to insomnia. Fifty-four patients meeting diagnostic criteria for chronic insomnia and reporting elevated pre-sleep arousal were randomly assigned to one of two mindfulness-based interventions (MBSR or MBTI) or an 8-week self-monitoring (SM) control. All participants kept a sleep diary and rated the severity of their insomnia and pre-sleep arousal. Objective measures of sleep quality were also obtained through polysomnography (laboratory monitoring of brain rhythm, eye movement, and muscle tone) and wrist actigraphy (a measure of nighttime movement using a watch-like device worn on the wrist).



Both the MBSR and MBTI groups showed significant reductions in total self-reported awake time when compared with the control group. The combined meditation groups reduced self-reported time awake by 44 minutes per night, while the control group reported a reduction of only 1 minute per night. The combined groups also showed significantly greater reductions in self-rated pre-sleep arousal and significantly greater improvement in self-rated insomnia severity than the controls. Effect sizes were moderate to large. Treatment response rates — as defined by at least a 7-point decline in self-rated insomnia severity — were 60% (MBTI), 39% (MBSR) and 0% (SM), respectively. MBTI response rates continued to improve up to six-month follow-up, whereas MBSR treatment response remained constant over time. Study groups did not differ from each other on the objective measures.

This study is in line with prior research showing a greater effect of mindfulness practice on self-report measures than on objective measures of sleep. While the discrepancy between self-report and objective measurement of sleep needs further examination, it is the subjective perception of insomnia that drives patients to seek treatment, and thus self-report is an important measure of clinical improvement.

ANNOUNCEMENTS

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

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

Events & Conferences

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
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>

Buddhism and Science Conference

Pathways to a Healthy Mind is the topic for the fourth annual Buddhism and Science Conference, October 7-9, 2014. Researchers will present on the impact of meditation practices on behavior and the mind/brain. Meditation master Geshe Tenzin Wangyal Rinpoche, will lead group meditations.

INFO: More info at:
serenityridge.ligmincha.org

MBSR Class in Los Angeles

Announcing MBSR classes starting September 2014 in West Los Angeles and Manhattan Beach.

INFO: Call [323-447-8372](tel:323-447-8372) for more information.

Compassion Week 2014 - San Francisco

Hosted by Stanford University's Center for Compassion & Altruism Research and Education, the Tenzin Gyatso Institute, and The Charter for Compassion, with lead sponsorship from Dignity Health. Compassion Week events integrate the science and practice of compassion, including conferences on the Science of Compassion; Compassion & Healthcare; and Empathy & Compassion in Society. The week concludes with the Charter for Compassion Day and Living Compassionately Retreat. November 10-16, 2014.

INFO: Visit:
<http://compassionweeksanfrancisco2014.org/>

Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned

Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org
www.mcc2015.org

Research & Education

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/>

FocusBand Assists with Mindfulness Validation

By validating your brain wave frequencies with the FocusBand, you are able to quickly and effectively focus on the moment. Using

ANNOUNCEMENTS

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

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

affordable EEG technology that is continuous and real-time, the FocusBand is a tool to improve cognitive skills.

INFO: Visit:

<http://www.ifocusband.com>

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>

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: Go to:

<http://www.contemplativeeducation.ca>

Employment & Volunteer

Post your announcements here!
