

Contents

48 New Cites p1

12 Interventions

14 Associations

6 Methods

10 Reviews

6 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

Asadollahi, F., Mehrabi, H. A., Neshatdoost, H. T.,... Daghighzadeh, H. (2014). **Can MBCT reduce the symptoms of irritable bowel syndrome in women?** *International Journal of Body, Mind and Culture*. [\[link\]](#)

Eyles, C., Leydon, G. M., Hoffman, C. J.,... Lewith, G. (2014). **Mindfulness for the self-management of fatigue, anxiety, and depression in women with metastatic breast cancer: A mixed methods feasibility study.** *Integrative Cancer Therapies*. [\[link\]](#)

Felver, J. C., Tipsord, J. M., Morris, M. J.,... Dishion, T. J. (2014). **The effects of mindfulness-based intervention on childrens attention regulation.** *Journal of Attention Disorders*. [\[link\]](#)

Fergus, T. A., Wheless, N. E., Wright, L. C. (2014). **The attention training technique, self-focused attention, and anxiety: A laboratory-based component study.** *Behaviour Research and Therapy*. [\[link\]](#)

Galla, B. M., O'Reilly, G. A., Kitil, M. J.,... Black, D. S. (2014). **Community-based mindfulness program for disease prevention and health promotion: Targeting stress reduction.** *American Journal of Health Promotion*. [\[link\]](#)

Kumar, S., Adiga, K. R., George, A. (2014). **Effectiveness of MBSR on stress and anxiety among elderly residing in residential homes.** *International Journal of Nursing Care*. [\[link\]](#)

Nijjar, P. S., Puppala, V. K., Dickinson, O.,... Benditt, D. G. (2014). **Modulation of the autonomic nervous system assessed through heart rate variability by a MBSR program.** *International Journal of Cardiology*. [\[link\]](#)

Paller, K. A., Creery, J. D., Florczak, S. M.,... Morhardt, D. (2014). **Benefits of mindfulness**

training for patients with progressive cognitive decline and their caregivers. *American Journal of Alzheimer's Disease and Other Dementias*. [\[link\]](#)

Pigeon, W., Allen, C., Possemato, K.,... Treatman, S. (2014). **Feasibility and acceptability of a brief mindfulness program for veterans in primary care with posttraumatic stress disorder.** *Mindfulness*. [\[link\]](#)

Shonin, E., Gordon, W. V., Dunn, T. J.,... Griffiths, M. D. (2014). **Meditation awareness training (MAT) for work-related wellbeing and job performance: A randomised controlled trial.** *International Journal of Mental Health and Addiction*. [\[link\]](#)

Taylor, B. L., Strauss, C., Cavanagh, K., Jones, F. (2014). **The effectiveness of self-help MBCT in a student sample: A randomised controlled trial.** *Behaviour Research and Therapy*. [\[link\]](#)

Visser, A., de Witte, T., Speckens, A. E.,... van Laarhoven, H. W. (2014). **A qualitative analysis of experiences of patients with metastatic breast cancer participating in a mindfulness-based intervention.** *Palliative Medicine*. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Akin, U., Akin, A. (2014). **Examining the predictive role of self-compassion on sense of community in Turkish adolescents.** *Social Indicators Research*. [\[link\]](#)

Allan, B. A., Bott, E. M., Suh, H. (2014). **Connecting mindfulness and meaning in life: Exploring the role of authenticity.** *Mindfulness*. [\[link\]](#)

Hamill, T. S., Pickett, S. M., Amsbaugh, H. M., Aho, K. M. (2014). **Mindfulness and acceptance in relation to behavioral inhibition system sensitivity and psychological distress.** *Personality and Individual Differences*. [\[link\]](#)

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
www.mindfulexperience.org

OCT 2014

Vol. 5 - No. 10

Contents

48 New Cites p1

12 Interventions

14 Associations

6 Methods

10 Reviews

6 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



Hülshager, U. R., Lang, J. W., Depenbrock, F.,... Alberts, H. J. (2014). **The power of presence: The role of mindfulness at work for daily levels and change trajectories of psychological detachment and sleep quality.** *Journal of Applied Psychology.* [\[link\]](#)

Kiken, L. G., Shook, N. J. (2014). **Does mindfulness attenuate thoughts emphasizing negativity, but not positivity?** *Journal of Research in Personality.* [\[link\]](#)

Murphy, H., Lahtinen, M. (2014). **To me, it's like a little box of tricks: Breaking the depressive interlock as a programme participant in MBCT.** *Psychology and Psychotherapy: Theory, Research and Practice.* [\[link\]](#)

Ögel, K., Sarp, N., Gürol, D. T., Ermagan, E. (2014). **Investigation of mindfulness and affecting factors of mindfulness among substance users and non-users.** *Anatolian Journal of Psychiatry.* [\[link\]](#)

Reese, E. D., Zielinski, M. J., Veilleux, J. C. (2014). **Facets of mindfulness mediate behavioral inhibition systems and emotion dysregulation.** *Personality and Individual Differences.* [\[link\]](#)

Schoenberg, P. L., Speckens, A. E. (2014). **Multi-dimensional modulations of α and γ cortical dynamics following MBCT in major depressive disorder.** *Cognitive Neurodynamics.* [\[link\]](#)

Schultz, P. P., Ryan, R. M., Niemiec, C. P.,... Williams, G. C. (2014). **Mindfulness, work climate, and psychological need satisfaction in employee well-being.** *Mindfulness.* [\[link\]](#)

Shorey, R. C., Anderson, S., Stuart, G. L. (2014). **The relation between trait mindfulness and aggression in men seeking residential substance use treatment.** *Journal of Interpersonal Violence.* [\[link\]](#)

Snowden, A., Stenhouse, R., Young, J.,... Brown, N. (2014). **The relationship between emotional intelligence, previous caring experience and mindfulness in student nurses and midwives: A**

cross sectional analysis. *Nurse Education Today.* [\[link\]](#)

Tanaka, G. K., Peressutti, C., Teixeira, S.,... Velasques, B. (2014). **Lower trait frontal theta activity in mindfulness meditators.** *Arquivos De Neuro-Psiquiatria.* [\[link\]](#)

van Son, J., Nyklíček, I., Nefs, G.,... Pouwer, F. (2014). **The association between mindfulness and emotional distress in adults with diabetes: Could mindfulness serve as a buffer? Results from diabetes MILES: The Netherlands.** *Journal of Behavioral Medicine.* [\[link\]](#)

METHODS

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

Crane, C., Crane, R. S., Eames, C.,... Barnhofer, T. (2014). **The effects of amount of home meditation practice in MBCT on hazard of relapse to depression in the staying well after depression trial.** *Behaviour Research and Therapy.* [\[link\]](#)

Dimidjian, S., Beck, A., Felder, J. N.,... Segal, Z. V. (2014). **Web-based MBCT for reducing residual depressive symptoms: An open trial and quasi-experimental comparison to propensity score matched controls.** *Behaviour Research and Therapy.* [\[link\]](#)

Lahera, G., Bayón, C., Bravo-Ortiz, M. F.,... de Dios, C. (2014). **MBCT versus psychoeducational intervention in bipolar outpatients with sub-threshold depressive symptoms: A randomized controlled trial.** *BMC Psychiatry.* [\[link\]](#)

Levinson, D. B., Stoll, E. L., Kindy, S. D.,... Davidson, R. J. (2014). **A mind you can count on: Validating breath counting as a behavioral measure of mindfulness.** *Frontiers in Psychology.* [\[link\]](#)

Siegling, A. B., Petrides, K. V. (2014). **Measures of trait mindfulness: Convergent validity, shared**

Contents

48 New Cites p1

12 Interventions

14 Associations

6 Methods

10 Reviews

6 Trials

Highlights p4

Announcements p5

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segal, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION



dimensionality, and linkages to the five-factor model. *Frontiers in Psychology*. [link]

Van Diest, I., Verstappen, K., Aubert, A. E.,...
Vlemincx, E. (2014). **Inhalation/exhalation ratio modulates the effect of slow breathing on heart rate variability and relaxation.** *Applied Psychophysiology and Biofeedback*. [link]

REVIEWS

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

Aucoin, M., Lalonde-Parsi, M. J., Cooley, K. (2014). **Mindfulness-based therapies in the treatment of functional gastrointestinal disorders: A meta-analysis.** *Evidence-Based Complementary and Alternative Medicine*. [link]

Cohen, V. (2014). **Common ground: The relational dimensions of mindfulness and psychotherapy.** *The Humanistic Psychologist*. [link]

Immink, M. A. (2014). **Fatigue in neurological disorders: A review of self-regulation and mindfulness-based interventions.** *Fatigue: Biomedicine, Health & Behavior*. [link]

Kudesia, R. S., Nyima, V. T. (2014). **Mindfulness contextualized: An integration of Buddhist and neuropsychological approaches to cognition.** *Mindfulness*. [link]

Le, T. N., Shim, P. (2014). **Mindfulness and the Aloha response.** *Journal of Indigenous Social Development*. [link]

Leung, N. T., Lo, M. M., Lee, T. M. (2014). **Potential therapeutic effects of meditation for treating affective dysregulation.** *Evidence-based Complementary and Alternative Medicine*. [link]

Metcalf, C. A., Dimidjian, S. (2014). **Extensions and mechanisms of MBCT: A review of the evidence.** *Australian Psychologist*. [link]

Shonin, E., Van Gordon, W. (2014). **Practical recommendations for teaching mindfulness effectively.** *Mindfulness*. [link]

Shonin, E., Gordon, W. V., Griffiths, M. D. (2014). **Are there risks associated with using mindfulness in the treatment of psychopathology?** *Clinical Practice*. [link]

Trousselard, M., Steiler, D., Claverie, D., Canini, F. (2014). **The history of mindfulness put to the test of current scientific data: Unresolved questions.** *L'Encephale*. [link]

TRIALS

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

Innovation Research and Training, Inc. (A.E. Parker, PI). **Elementary school mindfulness-based substance use prevention program.** NIH/NIAAA project #2R44AA021342-02A1. [link]

University of Alabama, Tuscaloosa (C. Boxmeyer, PI). **Mindfulness enhanced coping power: Adaptation and feasibility testing.** NIH/NIDA project #1R34DA035946-01A1. [link]

University of California, San Francisco (V. Valcour, PI). **Interventions for symptom management in older patients with HAND.** NIH/NINR project #1R01NR015223-01A1. [link]

University of Maryland, Baltimore (K.W. Chen, PI). **Changing impulsivity with mindful breathing therapy to reduce problem drinking.** NIH/NIAAA project #1R34AA022213-01A1. [link]

University of Massachusetts, Worcester (L. Pbert, PI). **Asthma symptom management through mindfulness training.** NIH/NCCAM project#1R01AT008393-01. [link]

University of Toronto (Z. Segal, PI). **Reducing residual depressive symptoms with web-based mindful mood balance.** NIH/NIMH project #1R01MH102229-01A1. [link]

Contents

48 New Cites p1

12 Interventions

14 Associations

6 Methods

10 Reviews

6 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

Attentional regulation is the ability to focus on relevant information in the face of distraction. Although good attentional regulation can help inoculate school-age children against the negative impacts of stress, poor parenting, and deleterious peer group influences, there have been relatively few attempts to enhance it through intervention. **Felver et al. [Journal of Attention Disorders]** studied the impact of Mindful Family Stress Reduction (MFSR) on children's attentional regulation using an 8-week long family-centered intervention adapted from the Mindfulness-Based Stress Reduction (MBSR) program.

Forty-seven child-parent pairs (average child age = 11 years) were randomly assigned to either the MFSR program or a wait-list control. While the parents engaged in traditional MBSR practices, the children engaged in more age-appropriate attentional activities that fostered present-moment awareness. For example, the "sound scavenger hunt" challenged the children to discover how many different sounds they could hear in a five-minute period while sitting quietly with eyes closed. The children were pre- and post-tested on an Attention Network Task (ANT), in which they viewed a series of computer-presented arrows, and depending on the arrows' right-left spatial orientation, responded with either their right or left index fingers. In the process of doing this, the children had to both ignore on-screen visual distractions and utilize helpful visual cues, so that the task required both sustained and selective attention.

Using the various ANT challenges, the researchers assessed three different aspects of attention: alerting (being prepared to receive a stimulus), orienting (directing attention toward a stimulus), and conflict monitoring (selectively attending to a relevant stimulus). Children in the MFSR group showed significantly greater improvement in their conflict monitoring than did waitlist controls. This effect was of moderate size. They also showed a non-significant trend toward greater improvement in orienting reaction times, although not in alerting reaction times. Findings support the potential of mindfulness training for improving children's attentional

regulation skills -- a crucial underlying factor in both cognitive development and emotional resilience.



Home meditation practice has long been a cornerstone of mindfulness-based interventions, but questions as to how much home practice is needed remain unanswered. **Crane et al. [Behavior Research and Therapy]** studied the home practice of 99 Mindfulness-Based Cognitive Therapy (MBCT) participants to address this question. All of the mostly Caucasian, female, middle-aged participants had three or more prior episodes of major depression, but were asymptomatic at the start of the study.

Their formal and informal home practice was assessed using weekly self-report diaries. "Formal home practice" meant engaging in daily forty-minute guided meditations using MBCT-provided compact discs. "Informal home practice" included less structured practices such as mindfulness of routine activities or attending to the breath when stressed. Participants indicated whether they had engaged in home practice on any given day by ticking off diary checkboxes. The duration of formal home practice was quantified (an average of 21 minutes daily for the sample), but informal home practice was measured only by whether practice had occurred on any given day or not.

The researchers found that major depression relapse rates were negatively associated with the amount of formal home practice. By the end of one year, 58% of the participants who practiced less than 3 times a week had major depressive relapses, while only 39% of those who practiced 3 or more times a week relapsed. Consistent formal home mindfulness practice reduced the risk of relapse by nearly 50%. While the amount of formal and informal home practice was highly correlated ($r=0.82$, $p<0.001$), the amount of informal practice was not significantly related to relapse risk, perhaps owing to the inability to quantify its actual duration. The findings support a crucial role for formal home mindfulness practice in a structured mindfulness-based intervention, and suggest that the more one practices- at least up to a point yet undetermined - the better one's mental health outcome.

ANNOUNCEMENTS

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

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

Events & Conferences

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

Contemplation for 21st Century Education

A groundbreaking event: SUNY Buffalo showcases Contemplative Pedagogy for the first time and brings Dr. Daniel Barbezat, Director of the Center for Contemplative Mind in Society, to campus. Designed for educators at every level of service, this symposium will describe how contemplative practices are used to create educational environments that meet the expanded learning goals of 21st century life.

INFO: Date: October 17th, 2014
Register at:
<http://ubtlc.buffalo.edu/specialevents/gen-teels2014/contemplation.html> More info
contact: lisanapora@hotmail.com

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. 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/>

SUNY Contemplative Network

This new website on the SUNY Learning Commons provides a vehicle for collaborating and connecting across SUNY campuses and with other higher education and community professionals. This is a public site! If you have an interest in exploring applications of mindfulness, contemplative education, and social-emotional learning in higher education, we invite you to join the SUNY Contemplative Network.

INFO: Go to <http://commons.suny.edu/>
Contact: Terry Murray
murrayt@newpaltz.edu or Lisa
Napora lnapora@buffalo.edu

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.

ANNOUNCEMENTS

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

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

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.
