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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

Beaulac, J., Bailly, M. (2014). **MBSR: Pilot study of a treatment group for patients with chronic pain in a primary care setting.** *Primary Health Care Research & Development.* [\[link\]](#)

Bergen-Cico, D., Possemato, K., Pigeon, W. (2014). **Reductions in cortisol associated with primary care brief mindfulness program for veterans with PTSD.** *Medical Care.* [\[link\]](#)

de Bruin, E. I., Blom, R., Smit, F. M.,...Bögels, S. M. (2014). **MYmind: Mindfulness training for youngsters with autism spectrum disorders and their parents.** *Autism.* [\[link\]](#)

de Bruin, E. I., Meppelink, R., Bögels, S. M. (2014). **Mindfulness in higher education: Awareness and attention in university students increase during and after participation in a mindfulness curriculum course.** *Mindfulness.* [\[link\]](#)

Bueno, V. F., Kozasa, E. H., da Silva, M. A.,...Pompéia, S. (2014). **Mindfulness meditation improves mood, quality of life and attention in adults with attention deficit hyperactivity disorder.** *Biomed Research International.* [\[link\]](#)

Canby, N. K., Cameron, I. M., Calhoun, A. T., Buchanan, G. M. (2014). **A brief mindfulness intervention for healthy college students and its effects on psychological distress, self-control, meta-mood, and subjective vitality.** *Mindfulness.* [\[link\]](#)

Carlson, L. E., Beattie, T. L., Giese-Davis, J.,...Specia, M. (2014a). **Mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls in distressed breast cancer survivors.** *Cancer.* [\[link\]](#)

Carlson, L. E., Tamagawa, R., Stephen, J.,...Specia, M. (2014b). **Tailoring mind-body therapies to individual needs: Patients program**

**preference and psychological traits as moderators of the effects of mindfulness-based cancer recovery and supportive-expressive therapy in distressed breast cancer survivors.** *JNCI Monographs.* [\[link\]](#)

Coatsworth, J. D., Duncan, L. G., Nix, R. L.,...Demi, M. A. (2014). **Integrating mindfulness with parent training: Effects of the mindfulness-enhanced strengthening families program.** *Developmental Psychology.* [\[link\]](#)

Davis, M. C., Zautra, A. J., Wolf, L. D.,...Yeung, E. W. (2014). **Mindfulness and cognitive-behavioral interventions for chronic pain: Differential effects on daily pain reactivity and stress reactivity.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Flook, L., Goldberg, S. B., Pinger, L., Davidson, R. J. (2014). **Promoting prosocial behavior and self-regulatory skills in preschool children through a mindfulness-based kindness curriculum.** *Developmental Psychology.* [\[link\]](#)

Fogarty, F. A., Booth, R. J., Gamble, G. D.,...Consedine, N. S. (2014). **The effect of MBSR on disease activity in people with rheumatoid arthritis: A randomised controlled trial.** *Annals of the Rheumatic Diseases.* [\[link\]](#)

Hallman, I. S., O'Connor, N., Hasenau, S., Brady, S. (2014). **Improving the culture of safety on a high-acuity inpatient child/adolescent psychiatric unit by MBSR training of staff.** *Journal of Child and Adolescent Psychiatric Nursing.* [\[link\]](#)

Hemanth, P., Fisher, P. (2014). **Clinical psychology trainees experiences of mindfulness: An interpretive phenomenological analysis.** *Mindfulness.* [\[link\]](#)

la Cour, P., Petersen, M. (2014). **Effects of mindfulness meditation on chronic pain: A randomized controlled trial.** *Pain Medicine.* [\[link\]](#)

Mermelstein, L. C., Garske, J. P. (2014). **A brief mindfulness intervention for college student binge drinkers: A pilot study.** *Psychology of Addictive Behaviors.* [\[link\]](#)

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Ramsey, A. T., Jones, E. E. (2015). **Minding the interpersonal gap: Mindfulness-based interventions in the prevention of ostracism.** *Consciousness and Cognition.* [\[link\]](#)

Serpa, J. G., Taylor, S. L., Tillisch, K. (2014). **MBSR reduces anxiety, depression, and suicidal ideation in veterans.** *Medical Care.* [\[link\]](#)

Wongtongkam, N., Day, A., Ward, P. R., Winefield, A. H. (2014). **The influence of mindfulness meditation on angry emotions and violent behavior on Thai technical college students.** *European Journal of Integrative Medicine.* [\[link\]](#)

Woolhouse, H., Mercuri, K., Judd, F., Brown, S. J. (2014). **Antenatal mindfulness intervention to reduce depression, anxiety and stress: A pilot randomised controlled trial of the mindbabybody program in an Australian tertiary maternity hospital.** *BMC Pregnancy and Childbirth.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bormann, J. E., Oman, D., Walter, K. H., Johnson, B. D. (2014). **Mindful attention increases and mediates psychological outcomes following mantram repetition practice in veterans with posttraumatic stress disorder.** *Medical Care.* [\[link\]](#)

Bravo, A. J., Roos, C. R., Pearson, M. R. (2014). **Five facets of mindfulness and psychological health: Evaluating a psychological model of the mechanisms of mindfulness.** *Mindfulness.* [\[link\]](#)

Choe, Y., Lee, S. M., Kim, D. K. (2014). **Understanding the exhibition attendees evaluation of their experiences: A comparison between high versus low mindful visitors.** *Journal of Travel & Tourism Marketing.* [\[link\]](#)

Colzato, L. S., Szapora, A., Lippelt, D., Hommel, B. (2014). **Prior meditation practice modulates performance and strategy use in convergent-**

**and divergent-thinking problems.** *Mindfulness.* [\[link\]](#)

Droit-Volet, S., Fanget, M., Dambrun, M. (2015). **Mindfulness meditation and relaxation training increases time sensitivity.** *Consciousness and Cognition.* [\[link\]](#)

Ellis, S., Brown, R. F., Thorsteinsson, E. B., Perrott, C. (2014). **Trait mindfulness, affective symptoms and quality of life in people with non-hodgkins lymphoma.** *Journal of Cancer Therapy.* [\[link\]](#)

Garland, E. L., Froeliger, B., Howard, M. O. (2014). **Neurophysiological evidence for remediation of reward processing deficits in chronic pain and opioid misuse following treatment with mindfulness-oriented recovery enhancement: Exploratory ERP findings from a pilot RCT.** *Journal of Behavioral Medicine.* [\[link\]](#)

Ietsugu, T., Crane, C., Hackmann, A.,...Fennell, M. J. (2014). **Gradually getting better: Trajectories of change in rumination and anxious worry in MBCT for prevention of relapse to recurrent depression.** *Mindfulness.* [\[link\]](#)

Ingvarsson, T., Nordén, T., Norlander, T. (2014). **MBCT: A case study on experiences of healthy behaviors by clients in psychiatric care.** *Open Journal of Medical Psychology.* [\[link\]](#)

Kurth, F., Luders, E., Wu, B., Black, D. S. (2014). **Brain gray matter changes associated with mindfulness meditation in older adults: An exploratory pilot study using voxel-based morphometry.** *Neuro Open Journal.* [\[link\]](#)

Lee, K. H., Bowen, S. (2014). **Relation between personality traits and mindfulness following mindfulness-based training: A study of incarcerated individuals with drug abuse disorders in Taiwan.** *International Journal of Mental Health and Addiction.* [\[link\]](#)

Moore, K. M., Martin, M. E. (2014). **Using MBCT in a chronic pain setting: A qualitative analysis of participants experiences.** *Mindfulness.* [\[link\]](#)

Reid, R. C., Di Tirro, C., Fong, T. W. (2014). **Mindfulness in patients with gambling**

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**disorders.** *Journal of Social Work Practice in the Addictions.* [\[link\]](#)

Shorey, R. C., Anderson, S., Stuart, G. L. (2014). **Trait mindfulness and early maladaptive schemas in women seeking residential substance use treatment: A preliminary investigation.** *Addiction Research & Theory.* [\[link\]](#)

Terry, C. P., Terry, D. L. (2014). **Cell phone-related near accidents among young drivers: Associations with mindfulness.** *The Journal of Psychology.* [\[link\]](#)

Wisner, B. L., Krugh, M. E., Ausbrooks, A.,...K. (2014). **An exploratory study of the benefits of a mindfulness skills group for student veterans.** *Social Work in Mental Health.* [\[link\]](#)

Xu, W., Oei, T. P., Liu, X.,...Ding, C. (2014). **The moderating and mediating roles of self-acceptance and tolerance to others in the relationship between mindfulness and subjective well-being.** *Journal of Health Psychology.* [\[link\]](#)

## METHODS

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

Hanley, A. W., Warner, A. R., Dehili, V. M.,...Garland, E. L. (2014). **Washing dishes to wash the dishes: Brief instruction in an informal mindfulness practice.** *Mindfulness.* [\[link\]](#)

Hou, W. K., Ng, S. M., Wan, J. H. (2014). **Changes in positive affect and mindfulness predict changes in cortisol response and psychiatric symptoms: A latent change score modeling approach.** *Psychology & Health.* [\[link\]](#)

Howells, A., Ivtzan, I., Eiroa-Orosa, F. J. (2014). **Putting the "app" in happiness: A randomised controlled trial of a smartphone-based mindfulness intervention to enhance wellbeing.** *Journal of Happiness Studies.* [\[link\]](#)

Külz, A. K., Landmann, S., Cludius, B.,...Moritz, S. (2014). **MBCT in obsessive-compulsive**

**disorder: Protocol of a randomized controlled trial.** *BMC Psychiatry.* [\[link\]](#)

Lai, C., MacNeil, B., Frewen, P. (2014). **A comparison of the attentional effects of single-session mindfulness meditation and fp-heg neurofeedback in novices.** *Mindfulness.* [\[link\]](#)

## REVIEWS

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

Ball, M. S., Vernon, B. (2014). **A review on how meditation could be used to comfort the terminally ill.** *Palliative and Supportive Care.* [\[link\]](#)

Didonna, F., Bhattacharjee, S. (2014). **Mindfulness-based training in residential settings: Rationale, advantages and obstacles.** *Advances in Psychiatric Treatment.* [\[link\]](#)

Jones, S. M., Hansen, W. (2014). **The impact of mindfulness on supportive communication skills: Three exploratory studies.** *Mindfulness.* [\[link\]](#)

Lim, C. E., Cheng, N. C., Lengacher, C. A. (2014). **Effect of mindfulness based stress reduction in stage 0-III breast cancer survivors.** *Focus on Alternative and Complementary Therapies.* [\[link\]](#)

Wood, A. W., Gonzalez, J., Barden, S. M. (2014). **Mindful caring: Using MBCT with caregivers of cancer survivors.** *Journal of Psychosocial Oncology.* [\[link\]](#)

## TRIALS

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

University of Maryland, Baltimore (D. Seminowicz). **MRI outcomes of mindfulness meditation for migraine.** NIH/NCCAM project #3R01AT007176-02S1. [\[link\]](#)

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## HIGHLIGHTS

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

Young children's capacity to self-regulate attention and emotion contributes to their scholastic success and predicts their academic attainment. There is a need for programs that enhance children's self-regulation skills, and mindfulness-based interventions that promote sustained attention, self-monitoring, and cognitive flexibility may be good candidates. **Flook et al. [Developmental Psychology]** developed a mindfulness-based Kindness Curriculum (KC) for preschool-aged children and tested its ability to improve their executive functioning, self-regulation, and academic and social development.

Sixty-eight ethnically-diverse children in 6 urban Midwestern preschools were randomly assigned to either KC or a wait-list control condition. KC was administered in two 20-30 minute weekly sessions over 12 weeks, and emphasized mindfulness, empathy, gratitude and sharing through multiple modalities including music, children's literature, and movement. The children were tested immediately before and after the program on behavioral tasks of willingness to share and willingness to delay gratification, and computerized tasks of cognitive flexibility and freedom from distraction. Their teachers rated their social competence before and after the intervention and assigned routine report card grades three months after program completion.

The KC children showed significantly greater improvement in their teacher-rated prosocial behavior (Cohen's  $d = 0.29$ ) and emotional regulation ( $d = 0.25$ ), than did the control children. The KC children also showed significantly greater report card improvement on Approaches to Learning ( $d = 0.54$ ), Health and Physical Development ( $d = 0.56$ ), and Social and Emotional Development ( $d = 0.97$ ). On the willingness-to-share task (a task involving the children dividing up ten stickers between themselves and their peers), control children displayed significantly more selfish behavior over time, reserving more of the stickers for themselves, while the KC children did not display more selfish behavior. The KC children with poorer baseline levels of executive functioning and social competence improved the most in social competence over time relative to the controls.

While the study is supportive of using mindfulness to enhance preschool-aged children's self-regulation skills, especially for children with lower levels of baseline functioning, the study is limited by its short duration of follow-up and the teachers' awareness of the children's assigned interventions.



Are mindfulness-based interventions (MBIs) as effective as cognitive behavioral therapy (CBT) in treating chronic pain? **Davis et al. [Journal of Consulting and Clinical Psychology]** analyzed data from a 2008 study of the relative effectiveness of CBT, a mindful acceptance intervention (MBI), and rheumatoid arthritis education (AE) on pain, fatigue, and stress in 144 rheumatoid arthritis patients.

The predominantly female (68%), White (85%), middle-aged (mean = 54 years) participants were randomly assigned to one of the three treatments. Patients rated their pain in daily diaries 30 days before and 30 days after the intervention. All the intervention conditions were delivered in once-weekly 2-hour groups over an 8-week period and were co-led by clinical psychologist/graduate student teams trained in CBT and MBI approaches to pain. The CBT intervention emphasized reappraising maladaptive thoughts, relaxation training, and activity pacing. The MBI focused on nonjudgmental moment-to-moment awareness and savoring pleasant experiences. The AE served as an education control, presenting medical information about rheumatoid arthritis.

MBI patients showed greater reductions in their pain-related catastrophizing, morning stiffness, fatigue and anxiety than did CBT and AE patients. MBI and CBT patients both catastrophized less compared with AE patients, but only MBI patients reduced their catastrophizing when confronted with severe pain. CBT patients, on the other hand, experienced greater increases in their sense of perceived pain control.

Mindful acceptance and cognitive reappraisal strategies each appear to have specific benefits and limitations. Arthritis patients with histories of recurrent depression, for example, benefited more from the MBI than CBT. Mindful acceptance seems to be more effective when pain is severe and cognitive resources are taxed. Cognitive reappraisal has the advantage of giving patients the perception of enhanced control when pain is less severe.

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## Events & Conferences

### Mindfulness Research Meeting in Seattle

April 17-18, 2015 Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators, practitioners. Keynotes: Adele Diamond, Robert Roeser. Symposia: Cultivating mindfulness in youth, parenting, communities experiencing trauma. Poster session.

**INFO:** <http://bit.ly/CCFW-2015-Conference>

### Research call - 2015 CMRP conference

Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 "A chance to refresh yourself, learn from others and share experiences."

**INFO:** For details and registration: <http://www.bangor.ac.uk/mindfulness/Conference2015.php>

### Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. 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](mailto:info@mcc2015.org)  
[www.mcc2015.org](http://www.mcc2015.org)

### Introduction to MBCP Professional Retreat

This 6-day retreat is designed for those who are interested in learning about Mindfulness-Based Childbirth and Parenting (MBCP) or applying mindfulness to other settings. This retreat may be of interest to medical and mental health professionals seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine, and clinical psychology. 18-24 January 2015, Petaluma, CA 26 March - 1 April 2015, Vesseaux, France

**INFO:** Visit: [www.mindfulbirthing.org](http://www.mindfulbirthing.org)

## Research & Education

### Online MBCT Training for Therapists

Support your clients with depression and other clinical problems using the principles of Mindfulness-Based Cognitive Therapy. Developed by Dr. Zindel Segal and Dr. Sonja Dimidjian, Mindful Mood Balance and 3 Minute Breathing Space will help you incorporate MBCT into your practice and daily life.

**INFO:** Both courses are available at <http://www.mindfulnoggin.com>

### Advanced teacher training in MYmind

Advanced teacher training for mental health practitioners in MYmind: a Mindfulness training for children with ADHD/Autism and their parents by prof. Dr. Susan Bögels and Dr. Joke Hellemans in Amsterdam. September 7<sup>th</sup> - 11<sup>th</sup> 2015.

**INFO:** Visit: <http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals>  
Contact: [info@uvamindsyou.nl](mailto:info@uvamindsyou.nl)

## 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>

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### Documentary Film Dr. John Sarno

Did you know Howard Stern, Larry David, John Stossel, Senator Tom Harkin and Golfer Ben Crane suffered from debilitating pain until they met Dr. John Sarno? He's cured thousands of patients, sold thousands of books with his mind body focused approach, but he's virtually unheard of. A new film which chronicles his work, patients and mind body medicine is being made now.

**INFO:** Find out more: <http://bit.ly/atrkick>

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