

## Contents

### 50 New Cites p1

12 Interventions

17 Associations

7 Methods

13 Reviews

1 Trial

### Highlights p4

### Announcements p5

#### 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

Amutio, A., Martínez, C., Hermosilla, D., Delgado, L. C. (2014). **Enhancing relaxation states and positive emotions in physicians through a mindfulness training program: A one-year study.** *Psychology, Health & Medicine.* [link]

Amutio Careaga, A., Franco Justo, C., Pérez Fuentes, M. D.,...Mercader Rubio, I. (2014). **Mindfulness training for reducing anger, anxiety and depression in fibromyalgia patients.** *Frontiers in Psychology.* [link]

Bower, J. E., Crosswell, A. D., Stanton, A. L.,...Ganz, P. A. (2014). **Mindfulness meditation for younger breast cancer survivors: A randomized controlled trial.** *Cancer.* [link]

Cash, E., Salmon, P., Weissbecker, I.,...Sephton, S. E. (2014). **Mindfulness meditation alleviates fibromyalgia symptoms in women: Results of a randomized clinical trial.** *Annals of Behavioral Medicine.* [link]

Freedenberg, V. A., Thomas, S. A., Friedmann, E. (2014). **A pilot study of a MBSR program in adolescents with implantable cardioverter defibrillators or pacemakers.** *Pediatric Cardiology.* [link]

Le, T. N., Trieu, D. T. (2014). **Feasibility of a mindfulness-based intervention to address youth issues in Vietnam.** *Health Promotion International.* [link]

Marx, R., Strauss, C., Williamson, C. (2014). **The eye of the storm: A feasibility study of an adapted MBCT group intervention to manage NHS staff stress.** *The Cognitive Behaviour Therapist.* [link]

Meers, R., Lyons, G. (2014). **An exploration of relaxation and meditation practices in the management of eating disorders.** *Journal of Eating Disorders.* [link]

Moss, A. S., Reibel, D. K., Greeson, J. M.,...Newberg, A. B. (2014). **An adapted MBSR program for elders in a continuing care retirement community quantitative and qualitative results from a pilot randomized controlled trial.** *Journal of Applied Gerontology.* [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,...Nugent, K. (2014). **Effects of training staff in MBPBS on the use of physical restraints, staff stress and turnover, staff and peer injuries, and cost effectiveness in developmental disabilities.** *Mindfulness.* [link]

Sundquist, J., Lilja, Palmér, K.,...Sundquist, K. (2014). **Mindfulness group therapy in primary care patients with depression, anxiety and stress and adjustment disorders: RCT.** *The British Journal of Psychiatry.* [link]

Thompson, N. J., Patel, A. H., Selwa, L. M.,...Fraser, R. T. (2014). **Expanding the efficacy of project UPLIFT: Distance delivery of mindfulness-based depression prevention to people with epilepsy.** *Journal of Consulting and Clinical Psychology.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adam, F., Géonet, M., Day, J., de Sutter, P. (2014). **Mindfulness skills are associated with female orgasm?** *Sexual and Relationship Therapy.* [link]

Garland, E. L., Hanley, A. W., Thomas, E. A.,...Ferraro, J. (2014). **Low dispositional mindfulness predicts self-medication of negative emotion with prescription opioids.** *Journal of Addiction Medicine.* [link]

Laurent, H. K., Laurent, S. M., Nelson, B.,...Sanchez, M. A. (2014). **Dispositional mindfulness moderates the effect of a brief mindfulness induction on physiological stress responses.** *Mindfulness.* [link]

Luders, E., Cherbuin, N., Kurth, F. (2014). **Forever young (er): Potential age-defying effects of**

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12 Interventions

17 Associations

7 Methods

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#### **long-term meditation on gray matter atrophy.**

*Frontiers in Psychology.* [[link](#)]

Lueke, A., Gibson, B. (2014). **Mindfulness meditation reduces implicit age and race bias the role of reduced automaticity of responding.** *Social Psychological and Personality Science.* [[link](#)]

Lyvers, M., Hinton, R., Edwards, M. S., Thorberg, F. A. (2015). **Mood, alexithymia, dispositional mindfulness, sensitivity to reward and punishment, frontal systems functioning and impulsivity in clients undergoing treatment for substance use disorders.** *Drug & Alcohol Dependence.* [[link](#)]

Mantzios, M. (2014). **Exploring the relationship between worry and impulsivity in military recruits: The role of mindfulness and self-compassion as potential mediators.** *Stress and Health.* [[link](#)]

Ouwens, M. A., Schiffer, A. A., Visser, L. I.,...Nyklíček, I. (2014). **Mindfulness and eating behaviour styles in morbidly obese males and females.** *Appetite.* [[link](#)]

Pearson, M. R., Lawless, A. K., Brown, D. B., Bravo, A. J. (2015). **Mindfulness and emotional outcomes: Identifying subgroups of college students using latent profile analysis.** *Personality and Individual Differences.* [[link](#)]

Pepping, C. A., O'Donovan, A., Zimmer-Gembeck, M. J., Hanisch, M. (2015). **Individual differences in attachment and eating pathology: The mediating role of mindfulness.** *Personality and Individual Differences.* [[link](#)]

Quaglia, J. T., Goodman, R. J., Brown, K. W. (2014). **From mindful attention to social connection: The key role of emotion regulation.** *Cognition and Emotion.* [[link](#)]

Reynolds, A., Keough, M. T., O'Connor, R. M. (2014). **Is being mindful associated with reduced risk for internally-motivated drinking and alcohol use among undergraduates?** *Addictive Behaviors.* [[link](#)]

Riggs, N. R., Black, D. S., Ritt-Olson, A. (2014). **Associations between dispositional**

**mindfulness and executive function in early adolescence.** *Journal of Child and Family Studies.* [[link](#)]

Shorey, R. C., Gawrysiak, M. J., Anderson, S., Stuart, G. L. (2014). **Dispositional mindfulness, spirituality, and substance use in predicting depressive symptoms in a treatment-seeking sample.** *Journal of Clinical Psychology.* [[link](#)]

Wei, M., Tsai, P. C., Lannin, D. G.,...Tucker, J. R. (2014). **Mindfulness, psychological flexibility, and counseling self-efficacy hindering self-focused attention as a mediator.** *The Counseling Psychologist.* [[link](#)]

Westphal, M., Bingisser, M. B., Feng, T.,...Kleim, B. (2014). **Protective benefits of mindfulness in emergency room personnel.** *Journal of Affective Disorders.* [[link](#)]

Wittmann, M., Otten, S., Schötz, E.,...Meissner, K. (2014). **Subjective expansion of extended time-spans in experienced meditators.** *Frontiers in Psychology.* [[link](#)]

## METHODS

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

Baslet, G., Dworetzky, B., Perez, D. L., Oser, M. (2014). **Treatment of psychogenic nonepileptic seizures updated review and findings from a mindfulness-based intervention case series.** *Clinical EEG and Neuroscience.* [[link](#)]

Blödt, S., Pach, D., Roll, S., Witt, C. M. (2014). **Effectiveness of app-based relaxation for patients with chronic low back pain (relaxback) and chronic neck pain (relaxneck): Study protocol for two randomized pragmatic trials.** *Trials.* [[link](#)]

Crane, R. S., Stanley, S., Rooney, M., Bartley, T.,...Mardula, J. (2014). **Disciplined improvisation: Characteristics of inquiry in mindfulness-based teaching.** *Mindfulness.* [[link](#)]

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Lunde, L. H., Skjøtskift, S. (2014). **Combining mindfulness meditation with cognitive behavior therapy and medication taper for hypnotic-dependent insomnia in older adults: A case study.** *Clinical Case Studies.* [\[link\]](#)

Ozawa de Silva, C. (2014). **Mindfulness of the kindness of others: The contemplative practice of naikan in cultural context.** *Transcultural Psychiatry.* [\[link\]](#)

Quickel, E. J., Johnson, S. K., David, Z. L. (2014). **Trait mindfulness and cognitive task performance examining the attentional construct of mindfulness.** *SAGE Open.* [\[link\]](#)

Wahbeh, H., Svalina, M. N., Oken, B. S. (2014). **Group, one-on-one, or internet? Preferences for mindfulness meditation delivery format and their predictors.** *Open Medicine.* [\[link\]](#)

## REVIEWS

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

Creswell, J. D., Lindsay, E. K. (2014). **How does mindfulness training affect health? A mindfulness stress buffering account.** *Current Directions in Psychological Science.* [\[link\]](#)

Davis, J. H. (2014). **Facing up to the question of ethics in mindfulness-based interventions.** *Mindfulness.* [\[link\]](#)

Demarzo, M. M., Cebolla, A., Garcia-Campayo, J. (2014). **The implementation of mindfulness in healthcare systems: A theoretical analysis.** *General Hospital Psychiatry.* [\[link\]](#)

Fiore, R., Nelson, R., Tosti, E. (2014). **The use of yoga, meditation, mantram, and mindfulness to enhance coping in veterans with PTSD.** *Therapeutic Recreation Journal.* [\[link\]](#)

Godfrey, K. M., Gallo, L. C., Afari, N. (2014). **Mindfulness-based interventions for binge eating: A systematic review and meta-analysis.** *Journal of Behavioral Medicine.* [\[link\]](#)

Grecucci, A., Pappaianni, E., Siugzdaite, R.,...Job, R. (2014). **Mindful emotion regulation: Exploring the neurocognitive mechanisms behind mindfulness.** *BioMed Research International.* [\[link\]](#)

Grossman, P. (2014). **Mindfulness: Awareness informed by an embodied ethic.** *Mindfulness.* [\[link\]](#)

Lindahl, J. R. (2014). **Why right mindfulness might not be right for mindfulness.** *Mindfulness.* [\[link\]](#)

Mitchell, J. T., Zylowska, L., Kollins, S. H. (2014). **Mindfulness meditation training for attention-deficit/hyperactivity disorder in adulthood: Current empirical support, treatment overview, and future directions.** *Cognitive and Behavioral Practice.* [\[link\]](#)

Olson, K. L., Emery, C. F. (2014). **Mindfulness and weight loss: A systematic review.** *Psychosomatic Medicine.* [\[link\]](#)

Purser, R. E. (2014). **Clearing the muddled path of traditional and contemporary mindfulness: A response to Monteiro, Musten, and Compson.** *Mindfulness.* [\[link\]](#)

Samuel, G. (2014). **The contemporary mindfulness movement and the question of nonself.** *Transcultural Psychiatry.* [\[link\]](#)

Shonin, E., Van Gordon, W., Compare, A.,...Griffiths, M. D. (2014). **Buddhist-derived loving-kindness and compassion meditation for the treatment of psychopathology: A systematic review.** *Mindfulness.* [\[link\]](#)

## TRIALS

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

Veterans Affairs Medical Center San Francisco (T. Novakovic-Agopian, PI). **Rehabilitation of executive function in veterans with PTSD and mild traumatic brain injury.** Veterans Affairs project #5I01RX001111-02. [\[link\]](#)

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## HIGHLIGHTS

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

The human brain starts atrophying in the third decade of life, losing an average of 5% of its volume in each succeeding decade. Any technique that can slow or reverse that trajectory might have important benefits in terms of maintaining brain structural integrity across the lifespan. **Luders et al.**

**[Frontiers in Psychology]** compared magnetic resonance imaging (MRI) scans of the brains of long-term meditators and a control group to determine if the correlations between age and gray matter volume differed between groups. Gray matter is the part of the brain consisting primarily of neuronal cell bodies, dendrites, and glial cells, in contrast to cerebral white matter, which consists mostly of myelinated axons.

The authors measured the volume of whole-brain gray matter and specific region gray matter in the MRI scans of 50 meditators (mean age = 50) with an average of 19 years of Zen, Vipassana, or Shamatha meditation experience – practices similar to those used in mindfulness based interventions. They then compared the gray matter volumes of the meditators with those of 50 age-matched controls drawn from a MRI database of normal adults.

Age was significantly negatively correlated with whole brain gray matter volume for both controls ( $r = -0.77$ ) and meditators ( $r = -0.58$ ), but the slope was significantly steeper for controls, with meditators showing less of a relationship between age and atrophy. Differences between controls and meditators were apparent in the frontal, parietal, and temporal lobes, the midbrain, and the cerebellum.

There are a range of possible explanations for these results including enhanced dendritic and synaptic growth or reduced stress-related degradation in meditators, and pre-existing differences between people who choose to become long-term meditators and those who don't. The findings of the study support previous results suggesting that meditation may slow normal brain atrophy associated with aging, but there was a lack of evidence to suggest that meditation might actually reverse such atrophy. Longitudinal research is needed to examine if these differences are actually caused by rather than correlated with meditation. Research is

also needed to determine whether these brain differences are associated with meaningful differences in psychological functioning.



Most patients with mild to moderate psychological ailments are treated in primary care settings where treatment may involve medication and/or a limited number of therapy sessions, most likely using some form of cognitive behavioral therapy (CBT). Therapists can be scarce, however, and one-to-one clinical interventions can be costly. **Sundquist et al.** **[British Journal of Psychiatry]** explored whether a group-delivered mindfulness-based intervention (MBI) offered within a primary care setting might have equivalent outcomes to routine standard treatment.

The authors recruited 215 primary care patients from 16 different Swedish primary care settings. The patients had mild to moderate depressive, anxiety, and adjustment disorders and were seeking therapy. The patients were largely middle-aged, female, and well-educated. Participants were randomly assigned to either a MBI or routine standard care, mainly CBT. The MBI was an 8-week group treatment modeled after Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) and delivered by primary care psychologists and social counselors who underwent a six-session training.

The three symptom rating scales were administered before and after the 8-week intervention period. Both treatment groups improved significantly on all three scales. There were no significant differences between the MBI and standard care groups over time. The MBI treatment response was dose dependent – patients attending 5 or fewer sessions improved on only one of the three anxiety and depression measures, while those attending 6-8 sessions improved on all three. The equivalence between the MBI and standard care groups persisted even when reanalyzed using only those standard care members receiving CBT.

The findings suggest that 8 sessions of a group-delivered MBI provide essentially the same symptomatic relief as an average of six sessions of individually-delivered CBT when delivered as usual within a primary care setting. There was no long-term follow-up, so it remains to be seen whether this equivalence persists over time.



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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)

### ADHD & Mindfulness Tele-Class

Join a 9-session tele-class to learn about and practice mindfulness for ADHD. The winter session will be held February 3 through March 31, 2015, on Tuesday evenings, from 7:30 to 9 pm Eastern. Classes include lecture, discussion and mindfulness exercises.

**INFO:** Register at [www.lizahmann.com/mindfulness.html](http://www.lizahmann.com/mindfulness.html)

### Mindfulness-Based Inquiry Training

This 3-day training is for teachers of mindfulness-based interventions and mindfulness-based psychotherapists. This training intensive will provide participants the opportunity to develop an understanding of the theories, intentions and specific elements of mindful inquiry, as well to develop skill and confidence in facilitating the inquiry process. The training, facilitated by Diane Reibel, PhD, director of Jefferson's Mindfulness Institute will be held on Thursday April 30th through Saturday May 2nd, 2015, in Philadelphia, PA.

**INFO:** For more information and registration visit: [www.jefferson.edu/mindfulness](http://www.jefferson.edu/mindfulness) ("professional training")

## Research & Education

### 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)

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## Online Community for Mindful Scientists

The Center for Mindfulness at UMASS Medical School is happy to announce the start of cfmHOME, a new online community dedicated to supporting mindfulness practitioners, teachers, and researchers. For scientists in particular, a dedicated room of HOME (the "Science Corner") has been designed for exploring and sharing peer-level, cutting-edge conversation and information about timely topics such as mindfulness in basic scientific research, clinical trials/case studies, public presentation/perception, and applied medical practices.

INFO: [www.cfmHOME.org](http://www.cfmHOME.org)

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## Books & Media

### Transpersonal Development book

Transpersonal Development: Cultivating the Human Resources of Peace, Wisdom, Purpose and Oneness by Richard and Bonney Schaub was first used in a Federal Mind-Body Grant from the Veterans Administration. Expanded edition, step-by-step methods, patient and client outcomes, all described.

INFO: <http://www.florencepress.com>

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