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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

Ainsworth, B., Marshall, J. E., Meron, D.,...Garner, M. (2015). **Evaluating psychological interventions in a novel experimental human model of anxiety.** *Journal of Psychiatric Research.* [\[link\]](#)

Banks, J. B., Welhaf, M. S., Srouf, A. (2015). **The protective effects of brief mindfulness meditation training.** *Consciousness and Cognition.* [\[link\]](#)

Bergen-Cico, D., Razza, R., Timmins, A. (2015). **Fostering self-regulation through curriculum infusion of mindful yoga: A pilot study of efficacy and feasibility.** *Journal of Child and Family Studies.* [\[link\]](#)

Black, D. S., O'Reilly, G. A., Olmstead, R.,...Irwin, M. R. (2015). **Mindfulness meditation and improvement in sleep quality and daytime impairment among older adults with sleep disturbances: A randomized clinical trial.** *JAMA Internal Medicine.* [\[link\]](#)

Hwang, Y. S., Kearney, P., Klieve, H.,...Roberts, J. (2015). **Cultivating mind: Mindfulness interventions for children with autism spectrum disorder and problem behaviours, and their mothers.** *Journal of Child and Family Studies.* [\[link\]](#)

Jha, A. P., Morrison, A. B., Dainer-Best, J.,...Stanley, E. A. (2015). **Minds at attention: Mindfulness training curbs attentional lapses in military cohorts.** *PLoS ONE.* [\[link\]](#)

Khaddouma, A., Gordon, K. C., Bolden, J. (2015). **Mindful M&Ms mindfulness and parent training for a preschool child with disruptive behavior disorder.** *Clinical Case Studies.* [\[link\]](#)

Le, T. N., Proulx, J. (2015). **Feasibility of mindfulness-based intervention for incarcerated mixed-ethnic native Hawaiian/pacific islander youth.** *Asian American Journal of Psychology.* [\[link\]](#)

Nakamura, Y., Lipschitz, D. L., Kanarowski, E.,...Melow-Murphy, M. (2015). **Investigating impacts of incorporating an adjuvant mind-body intervention method into treatment as usual at a community-based substance abuse treatment facility.** *SAGE Open.* [\[link\]](#)

Phang, C. K., Mukhtar, F., Ibrahim, N.,...Sidik, S. M. (2015). **Effects of a brief mindfulness-based intervention program for stress management among medical students: The mindful-gym randomized controlled study.** *Advances in Health Sciences Education.* [\[link\]](#)

Rosenstreich, E. (2015). **Mindfulness and false-memories: The impact of mindfulness practice on the DRM paradigm.** *The Journal of Psychology.* [\[link\]](#)

Schwarze, M. J., Gerler Jr, E. R. (2015). **Using MBCT in individual counseling to reduce stress and increase mindfulness: An exploratory study with nursing students.** *The Professional Counselor.* [\[link\]](#)

van den Hurk, D. G., Schellekens, M. P., Molema, J.,...van der Drift, M. A. (2015). **MBSR for lung cancer patients and their partners: Results of a mixed methods pilot study.** *Palliative Medicine.* [\[link\]](#)

Yoon, B. S. (2014). **The effect of Korean version of MBSR program on stress and distraction of university students.** *Korean Journal of Stress Research.* [\[link\]](#)

Zhang, J. X., Liu, X. H., Xie, X. H.,...Cui, H. (2015). **MBSR for chronic insomnia in older adults 75+ years of age: A randomized controlled single-blind clinical trial.** *Explore.* [\[link\]](#)

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bao, X., Xue, S., Kong, F. (2015). **Dispositional mindfulness and perceived stress: The role of emotional intelligence.** *Personality and Individual Differences.* [link]

Brennan, K., Barnhofer, T., Crane, C.,...Williams, J. M. (2015). **Memory specificity and mindfulness jointly moderate the effect of reflective pondering on depressive symptoms in individuals with a history of recurrent depression.** *Journal of Abnormal Psychology.* [link]

Charoensukmongkol, P. (2015). **Mindful facebooking: The moderating role of mindfulness on the relationship between social media use intensity at work and burnout.** *Journal of Health Psychology.* [link]

Greeson, J. M., Smoski, M. J., Suarez, E. C.,...Wolever, R. Q. (2015). **Decreased symptoms of depression after MBSR: Potential moderating effects of religiosity, spirituality, trait mindfulness, sex, and age.** *Journal of Alternative and Complementary Medicine.* [link]

Jazaieri, H., Lee, I. A., Goldin, P. R., Gross, J. J. (2015). **Pre-treatment social anxiety severity moderates the impact of MBSR and aerobic exercise.** *Psychology and Psychotherapy: Theory, Research and Practice.* [link]

Koval, S. R., Todman, M. (2015). **Induced boredom constrains mindfulness: An online demonstration.** *Psychology and Cognitive Sciences.* [link]

Lim, D., Condon, P., DeSteno, D. (2015). **Mindfulness and compassion: An examination of mechanism and scalability.** *PLoS ONE.* [link]

Luders, E., Thompson, P. M., Kurth, F. (2015). **Larger hippocampal dimensions in meditation practitioners: Differential effects in women and men.** *Frontiers in Psychology.* [link]

Macaulay, C. B., Watt, M. C., MacLean, K., Weaver, A. (2015). **Mindfulness mediates associations**

between attachment and anxiety sensitivity. *Mindfulness.* [link]

Nestler, S., Sierra, M., Jay, E. L., David, A. S. (2015). **Mindfulness and body awareness in depersonalization disorder.** *Mindfulness.* [link]

Okamoto, H., Fisher, F. D., Hernandez, D. C.,...Businelle, M. S. (2015). **Trait mindfulness and stress among homeless adults.** *Health Behavior and Policy Review.* [link]

Olano, H. A., Kachan, D., Tannenbaum, S. L.,...Lee, D. J. (2015). **Engagement in mindfulness practices by U.S. Adults: Sociodemographic barriers.** *Journal of Alternative and Complementary Medicine.* [link]

Olson, K., Kemper, K. J., Mahan, J. D. (2015). **What factors promote resilience and protect against burnout in first-year pediatric and medicine-pediatric residents?** *Journal of Evidence-based Complementary & Alternative Medicine.* [link]

Robb, S. W., Benson, K., Middleton, L.,...Hebert, J. R. (2015). **MBSR teachers, practice characteristics, cancer incidence, and health: A nationwide ecological description.** *BMC Complementary and Alternative Medicine.* [link]

Tang, Y., Tang, R., Lu, Q.,...Posner, M. (2015). **Short-term meditation increases blood flow in anterior cingulate cortex and insula.** *Frontiers in Psychology.* [link]

METHODS

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

de Barros, V. V., Kozasa, E. H., de Souza, I. C., Ronzani, T. M. (2015). **Validity evidence of the brazilian version of the mindful attention awareness scale (MAAS).** *Psicologia.* [link]

Burrows, L. (2015). **Inner alchemy transforming dilemmas in education through mindfulness.** *Journal of Transformative Education.* [link]

Hartelius, G. (2015). **Body maps of attention: Phenomenal markers for two varieties of mindfulness.** *Mindfulness.* [link]

Kuhlmann, S. M., Bürger, A., Esser, G., Hammerle, F. (2015). **A mindfulness-based stress prevention**

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training for medical students (medimind): Study protocol for a randomized controlled trial. *Trials*. [link]

Lehto, J. E., Uusitalo-Malmivaara, L., Repo, S. (2015). **Measuring mindfulness and well-being in adults: The role of age and meditation experience.** *Journal of Happiness and Wellbeing*. [link]

Quaglia, J. T., Goodman, R. J., Brown, K. W. (2015). **Trait mindfulness predicts efficient top-down attention to and discrimination of facial expressions.** *Journal of Personality*. [link]

Raja-Khan, N., Agito, K., Shah, J.,...Legro, R. S. (2015). **MBSR for overweight/obese women with and without polycystic ovary syndrome: Design and methods of a pilot randomized controlled trial.** *Contemporary Clinical Trials*. [link]

Salmoirago-Blotcher, E., Druker, S., Meyer, F.,...Pbert, L. (2015). **Design and methods for "commit to get fit" A pilot study of a school-based mindfulness intervention to promote healthy diet and physical activity among adolescents.** *Contemporary Clinical Trials*. [link]

Watanabe, N., Furukawa, T. A., Horikoshi, M.,...Hamazaki, K. (2015). **A mindfulness-based stress management program and treatment with omega-3 fatty acids to maintain a healthy mental state in hospital nurses (happy nurse project): Study protocol for a randomized controlled trial.** *Trials*. [link]

REVIEWS

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

Bankard, J. (2015). **Training emotion cultivates morality: How loving-kindness meditation hones compassion and increases prosocial behavior.** *Journal of Religion and Health*. [link]

Bearance, D., Holmes, K. (2015). **Ontology through a mindfulness process.** *Interchange*. [link]

Cheng, F. K., Tse, S. (2015). **Applying the Buddhist four immeasurables to mental**

health care: A critical review. *Journal of Religion & Spirituality in Social Work*. [link]

Lofgren, I. E. (2015). **Mindful eating an emerging approach for healthy weight management.** *American Journal of Lifestyle Medicine*. [link]

Mascaro, J. S., Darcher, A., Negi, L. T., Raison, C. (2015). **The neural mediators of kindness-based meditation: A theoretical model.** *Frontiers in Psychology*. [link]

O'Leary, K., O'Neill, S., Dockray, S. (2015). **A systematic review of the effects of mindfulness interventions on cortisol.** *Journal of Health Psychology*. [link]

Sohl, S. J., Birdee, G., Elam, R. (2015). **Complementary tools to empower and sustain behavior change motivational interviewing and mindfulness.** *American Journal of Lifestyle Medicine*. [link]

Spira, A. P. (2015). **Being mindful of later-life sleep quality and its potential role in prevention.** *JAMA Internal Medicine*. [link]

van der Velden, A. M., Kuyken, W., Wattar, U.,...Piet, J. (2015). **A systematic review of mechanisms of change in MBCT in the treatment of recurrent major depressive disorder.** *Clinical Psychology Review*. [link]

White, N. D. (2015). **MBCT for depression, current episodes, and prevention of relapse.** *American Journal of Lifestyle Medicine*. [link]

Williams, H., Simmons, L. A., Tanabe, P. (2015). **MBSR in advanced nursing practice: A nonpharmacologic approach to health promotion, chronic disease management, and symptom control.** *Journal of Holistic Nursing*. [link]

TRIALS

Research studies newly funded by the National Institutes of Health (FEB 2015)

None reported.

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HIGHLIGHTS

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

Can mindfulness training increase real-life compassionate behavior? To address this question, **Lem et al. [PLOS One]** randomly assigned 69 college undergraduates to either a mindfulness meditation (MM) or cognitive skills (CS) program. Both programs were delivered over self-guided web-based smartphone apps. A total of 56 participants completed the three week long interventions. The MM participants engaged in 14 mindfulness meditation sessions lasting an average of 12 minutes each. The sessions did not include loving-kindness or compassion content. The CS participants engaged in 14 game-playing sessions designed to enhance memory, attention, speed, and problem solving.

After completing the intervention, participants were asked to visit a waiting area that contained three chairs, two of which were already occupied by alleged "participants," who were actually researcher confederates (actors who played participants), and the third of which was to be occupied by the participant. As they sat waiting, another confederate entered with crutches and a walking boot, acting as if in pain. The seated confederates showed indifference to the newcomer. Researchers then observed whether or not the participants yielded their seats to the newcomer.

MM participants were more than twice as likely to yield their chairs than were CS participants (37% vs. 14%). This increase in compassionate behavior was not accompanied by an increased ability to judge other's emotions; MM and CS participants did not differ on that variable.

The results support the ability of mindfulness training to help a person to act compassionately to others. Smartphone apps can potentially extend the benefits of mindfulness training to those who would otherwise lack access to and the time for more immersive programs. Future research can determine whether more immersive programs might result in larger benefits and help clarify the underlying mechanisms for enhancement of compassion through mindfulness training.

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Half of adults aged 55 and over report some difficulty falling and/or staying asleep. Moderate

sleep disturbances are often accompanied by daytime fatigue and disturbances in mood. Current treatments for sleep disturbances include medications which can have residual daytime effects and lead to dependency, and cognitive and behavioral treatments which can be costly and require access to skilled therapists. There is an ongoing need for novel treatments that are safe, effective, and accessible in the broader community.



In a randomized, controlled study, **Black et al. [JAMA Internal Medicine]** evaluated the Mindfulness Awareness Practices for Daily Living (MAPs) program as a treatment for moderate sleep disturbance in older adults. Individuals aged 55 and above were screened for the presence of moderate sleep disturbance and the absence of other diagnoses that could adversely affect sleep (e.g., sleep apnea, restless leg syndrome). Forty-nine participants (average age = 66 years) were randomly assigned to either MAPs or to Sleep Hygiene Education (SHE), an educational intervention designed to match MAPs in format, participant involvement, and participant expectations for sleep benefit. The programs were delivered in six two-hour group sessions that included home practice or study. MAPs participants practiced sitting, walking, movement, eating, and loving-kindness meditations. SHE participants were instructed in sleep education and sleep self-monitoring, relaxation techniques, and sleep hygiene strategies. Pittsburgh Sleep Quality Index scores served as the primary outcome measure. Self-report measures of depression, anxiety, stress, fatigue, and mindfulness (the Five Factor Mindfulness Questionnaire, or FFMQ) were also included.

MAPs participants showed a significant increase in mindfulness compared to SHE participants (Cohen's $d = 0.76$). Sleep quality improved significantly more for MAPs participants ($d = 0.89$), and the MAPs participants' improvements were correlated with their change in mindfulness skills ($r = -0.46$). MAPs participants also reported significantly less severe daytime fatigue ($d = 1.5$) and depression ($d = 0.68$) compared to SHE participants.

This is the first randomized, controlled study of a mindfulness-based intervention targeting sleep disturbance in an older adult population. Improvement in the mindfulness condition was large, clinically meaningful, and on a par with the typical effect sizes for both sleep medications and cognitive behavioral therapy. Future research can help determine whether this improvement is long lasting.

ANNOUNCEMENTS

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Events & Conferences

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
www.mcc2015.org

Mindfulness in Society conference, UK

Hosted in July 2015 by Bangor University's Centre for Mindfulness Research and Practice, this 5 day conference will integrate the science and practice of mindfulness. Leading experts will combine workshops with research and keynote speeches with a full practice day led by Professor Mark Williams. Topics for the popular 'all day' events include: the role of mindfulness in compassionate living, transforming suffering, the workplace, birthing, pain & long-term health conditions and exploring cutting edge neuroscience. Location: Chester, UK.

INFO: Programme, registration & research submission:
<http://www.bangor.ac.uk/mindfulness/conference.php.en>

Deepening Our Practice

A 5-day silent retreat for MBSR/MBCT teachers, clinicians, and educators. Sunday, June 21 to Friday, June 26, 2015.

Pendle Hill Retreat Center near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, PhD, and Don McCown, PhD, co-authors of Teaching Mindfulness:

A practical guide for clinicians and educators. Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions. Time for participants to meet individually with teachers.

Facilitated small group discussions on practice themes. Free time for contemplation and rest in beautiful surroundings: <http://www.pendlehill.org>

INFO: Register at
<http://www.mindfulnessandmore.com>

II International Meeting on Mindfulness

II International Meeting on Mindfulness Sao Paulo, Brazil, June 24-27, 2015

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

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
("professional training")

2015 Mindfulness Based Art Institute

Explore three stages of Mindfulness through Mindful Art practices. Vancouver Canada
Course focus: cultivating social and emotional health, self-management skills, gratitude and compassion. Level 1: July 14; Level 2: July 16

INFO: For information or to register:
<http://www.truepnt.ca> (programs) or
truepnt@yahoo.ca

Koru Mindfulness Teacher Certification Training

Koru Mindfulness is the evidence-based mindfulness training program developed in the Duke University student counseling center specifically for college-age adults. Koru, now established at more than 30 universities nationwide, is a popular and practical program for introducing mindfulness to this sometimes-skeptical developmental stage. Certification training appropriate for those who work with young adults in any setting. Apply now for 2015 certification workshops in Boston, MA and Petaluna, CA.

INFO:
<http://korumindfulness.org/teacher-certification/benefits/>

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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 Helleman in Amsterdam. September 7th - 11th 2015.

INFO: Visit:

<http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals>

Contact: info@uvamindsyou.nl

Brown University Contemplative Pedagogy Program

Educators attend a week of Brown Contemplative Studies courses, receive training in: first-person pedagogies; contemplative science and research, course design July 12 – July 18, 2015 Tuition: \$600 APPLICATION:

1) CV, 2) Description of proposed contemplative pedagogy course

INFO: Send to:

Contemplative_Studies@brown.edu

Deadline: 5/1/15

<http://www.contemplativestudies.org>

Online Mindfulness Course April 2015

Mindfulness Without Meditation. One month course. Tutor: Padraig O'Morain, Mindfulness teacher, psychotherapist and author of "Mindfulness on the Go" and "Light Mind." Cost: €59.99 (approx US\$70, UK£45)

INFO: Details and signup:

<http://www.padraigomorain.com>

Books & Media

New Book! Mindfulness for Teachers

Mindfulness for Teachers by University of Virginia Associate Professor Patricia Jennings is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

INFO: Visit:

<http://books.wwnorton.com/books/Mindfulness-for-Teachers/>

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>

New Book! Mindfulness for Teachers

Based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

INFO: <http://amzn.com/0393708071>

Connecting the Mindfulness Movement

Now there is a new way to easily connect and share across organizational and professional boundaries around the topic of mindfulness: TheMindfulness.NET is a non-profit, vertical network platform equipped with features as they are known on Facebook.

INFO: Check it out:

<https://thefmindfulness.net>

Employment & Volunteer

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