**INTERVENTIONS**

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


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Editor
David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

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AMERICAN MINDFULNESS
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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


Sriwilai, K., Charoensukmongkol, P. (2015). Face it, don’t Facebook it: Impacts of social media addiction on mindfulness, coping strategies and the consequence on emotional exhaustion. Stress and Health. [link]

**METHODS**

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


Harris, A. H., Pearce, S., Aslan, L. (2015). A qualitative study on the introduction of mindfulness based relapse prevention (MBRP) into a therapeutic community for substance abusers. Therapeutic Communities. [link]


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REVIEWS

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


TRIALS

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

Bodimojo, Inc. (E. Donovan & J. Tsao, PIs). Mobile self-management of irritable bowel syndrome for adolescents. NIH/NIDDK project #1R43DK105623-01. [link]

University of Iowa (S. Lutgendorf, PI). Development of a web based group intervention to support ovarian cancer survivors. NIH/NCI project #1R03CA184306-01A1. [link]

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American Mindfulness Research Association

AMRA
American Mindfulness Research Association
Highlights
A summary of select studies from the issue, providing a snapshot of some of the latest research findings

Mindfulness-Based Cognitive Therapy (MBCT) is an eight-week group psychosocial intervention combining mindfulness training with cognitive therapy elements to reduce the risk of relapse and remission in major depressive illness. Prior research demonstrates that MBCT reduces relapse and recurrence in patients with three or more depressive episodes, but MBCT’s efficacy relative to conventional antidepressant therapy has never been tested. This is important because many patients would prefer not to take medication if an effective alternative were available. Kuyken et al. [The Lancet] directly compared MBCT to pharmacotherapy in a randomized, controlled, single-blind clinical trial.

The researchers randomly assigned 424 primarily Caucasian, middle-aged British men and women with a history of three or more major depressive episodes and who were currently receiving maintenance antidepressant therapy to a continued maintenance antidepressant therapy (ADM) condition or a MBCT with support for tapering or discontinuing medication (MBCT-TS) condition. MBCT-TS patients were supported for reducing or stopping their medication in the sixth week of the MBCT protocol. ADM patients were encouraged to continue their medication throughout the two-year study. Eighty-seven percent of MBCT-TS patients discontinued or tapered their medication, while 76% of the ADM patients continued their medication. Participants were assessed at baseline and five times over 24 months for signs of depressive relapse and recurrence and other illness-related outcomes using clinical interviews and self-report measures.

There was no significant difference in relapse or recurrence between the treatments: 44% of the MBCT-TS group relapsed, and 47% of the ADM group relapsed. Both rates are lower than those typically found for patients with multiple prior depressive episodes. There were also no significant differences between treatments in residual symptoms, depression-free days, medical comorbidity, quality of life, adverse events, or fiscal costs of illness and treatment. MBCT-TS was more effective for patients with a history of childhood physical or sexual abuse, whereas ADM was more effective for patients without abuse histories.

The study shows MBCT to be an effective psychosocial alternative to antidepressant maintenance therapy, especially for patients with adverse childhood histories. This may benefit patients who are distressed by medication side effects and would prefer a non-pharmacological intervention to help them manage their depressive thoughts and emotions.

Rising health care costs threaten to strain federal, state, and family budgets. Can helping patients become more proactive in their health care help to contain costs? Knight et al. [Mindfulness] investigated whether MBSR produces long-term health cost savings through stress reduction and enhanced personal responsibility for well-being.

The researchers examined physician visit and laboratory utilization data for 1,730 Canadians (75% female, mean age = 45) who had taken an MBSR course at a Toronto health center. Data was obtained from the Ontario Health Insurance Program (OHIP) administrative database. MBSR participant healthcare utilization was compared with similar utilization data from three comparison cohorts also drawn from the OHIP database and matched on variables such as age, sex, illness severity and complexity of care. The data were analyzed at one and two years prior to MBSR involvement and at one and two years after participation.

MBSR participants were heavy service utilizing prior to starting MBSR, generating more than twice the costs and nearly twice the medical visits of the matched comparison groups. In the year after MBSR, participants showed a decrease in costs (between $244 to $279 per person), physician visits, and laboratory usage, while the cost for the comparison groups increased ($3 to $18 per person). Most of these differences vanished when the data were analyzed for the full two years after MBSR, except for slightly lower laboratory utilization in the MBSR group.

The study shows decreased healthcare utilization costs in the first year after people participate in MBSR. The study is limited by a lack of random assignment and the non-inclusion of data for inpatient stays, emergency room visits, and medication.
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

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: Visit: http://korumindfulness.org/teacher-certification/benefits/

Learning to BREATHE Workshop
Mindfulness for YOU and Mindfulness for YOUTH, a workshop introduction to Learning to BREATHE, will be held on June 13 and 14 in Philadelphia, PA. Facilitators are Trish Broderick and Diane Reibel.
INFO: Search this event's name at http://www.ticketleap.com for registration information.

Research & Education

Health-Care Choices Study: Participants Needed
Researchers from Bishop's University in Canada need participants to complete an online research survey examining how health-care attitudes are related to health-care choices. Participation is anonymous and participants will have a chance to win one of two $50 online bookstore vouchers.
INFO: Visit http://www.ubishops.ca/HealthCareStudy

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

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

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