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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

Aaldereen, J. R., Donders, A. R., Peffer, K., Speckens, A. E. (2015). **Long-term outcome of mindfulness-based cognitive therapy in recurrently depressed patients with and without a depressive episode at baseline.** *Depression and Anxiety.* [\[link\]](#)

Atkinson, M., Wade, T. (2015). **Mindfulness-based prevention for eating disorders: A school-based cluster randomised controlled study.** *International Journal of Eating Disorders.* [\[link\]](#)

Bluth, K., Gaylord, S., Nguyen, K.,...Girdler, S. (2015). **Mindfulness-based stress reduction as a promising intervention for amelioration of premenstrual dysphoric disorder symptoms.** *Mindfulness.* [\[link\]](#)

Chesin, M. S., Sonmez, C. C., Benjamin-Phillips, C. A.,...Stanley, B. (2015). **Preliminary effectiveness of adjunct mindfulness-based cognitive therapy to prevent suicidal behavior in outpatients who are at elevated suicide risk.** *Mindfulness.* [\[link\]](#)

Delgado-Pastor, L. C., Ciria, L. F., Blanca, B.,...Vila, J. (2015). **Dissociation between the cognitive and interoceptive components of mindfulness in the treatment of chronic worry.** *Journal of Behavior Therapy and Experimental Psychiatry.* [\[link\]](#)

Everts, F. Z., van der Lee, M. L., de Jager Meezenbroek, E. (2015). **Web-based individual mindfulness-based cognitive therapy for cancer-related fatigue: A pilot study.** *Internet Interventions.* [\[link\]](#)

Frewen, P., Rogers, N., Flodrowski, L., Lanius, R. (2015). **Mindfulness and metta-based trauma therapy (MMTT): Initial development and**

proof-of-concept of an Internet resource. *Mindfulness.* [\[link\]](#)

Gans, J. J., Cole, M. A., Greenberg, B. (2015). **Sustained benefit of mindfulness-based tinnitus stress reduction (MBTSR) in adults with chronic tinnitus: A pilot study.** *Mindfulness.* [\[link\]](#)

Hülshager, U. R., Feinholdt, A., Nübold, A. (2015). **A low-dose mindfulness intervention and recovery from work: Effects on psychological detachment, sleep quality, and sleep duration.** *Journal of Occupational and Organizational Psychology.* [\[link\]](#)

Knight, R. W., Bean, J., Wilton, A. S., Lin, E. (2015). **Cost-effectiveness of the mindfulness-based stress reduction methodology.** *Mindfulness.* [\[link\]](#)

Kohlenberg, R. J., Tsai, M., Kuczynski, A. M.,...Kanter, J. W. (2015). **A brief, interpersonally oriented mindfulness intervention incorporating functional analytic psychotherapy's model of awareness, courage and love.** *Journal of Contextual Behavioral Science.* [\[link\]](#)

Kuyken, W., Hayes, R., Barrett, B.,...Cardy, J. (2015). **Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): A randomised controlled trial.** *The Lancet.* [\[link\]](#)

Larouche, M., Lorrain, D., Côté, G., Bélisle, D. (2015). **Evaluation of the effectiveness of mindfulness-based cognitive therapy to treat chronic insomnia.** *European Review of Applied Psychology.* [\[link\]](#)

Lesiuk, T. (2015). **The effect of mindfulness-based music therapy on attention and mood in women receiving adjuvant chemotherapy for breast cancer: A pilot study.** *Oncology Nursing Forum.* [\[link\]](#)

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Lunsky, Y., Robinson, S., Reid, M., Palucka, A. (2015). **Development of a mindfulness-based coping with stress group for parents of adolescents and adults with developmental disabilities.** *Mindfulness.* [link]

Miklowitz, D. J., Semple, R. J., Hauser, M.,...Dimidjian, S. (2015). **Mindfulness-based cognitive therapy for perinatal women with depression or bipolar spectrum disorder.** *Cognitive Therapy and Research.* [link]

O'Leary, K., Dockray, S. (2015). **The effects of two novel gratitude and mindfulness interventions on well-being.** *The Journal of Alternative and Complementary Medicine.* [link]

Roberts, L. R., Montgomery, S. B. (2015). **Mindfulness-based intervention for perinatal grief after stillbirth in rural India.** *Issues in Mental Health Nursing.* [link]

Tovote, K. A., Schroevers, M. J., Snippe, E.,...Fleer, J. (2015). **Long-term effects of individual mindfulness-based cognitive therapy and cognitive behavior therapy for depressive symptoms in patients with diabetes: A randomized trial.** *Psychotherapy and Psychosomatics.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adair, K. C., Fredrickson, B. L. (2015). **Be open: Mindfulness predicts reduced motivated perception.** *Personality and Individual Differences.* [link]

Call, D., Pitcock, J., Pyne, J. (2015). **Longitudinal evaluation of the relationship between mindfulness, general distress, anxiety, and PTSD in a recently deployed National Guard sample.** *Mindfulness.* [link]

Caluyong, M. B., Zambrana, A. F., Romanow, H. C.,...Poulin, P. A. (2015). **The relationship between mindfulness, depression, diabetes self-care, and health-related quality of life in patients with type 2 diabetes.** *Mindfulness.* [link]

Garland, S. N., Stainken, C., Ahluwalia, K.,...Mao, J. J. (2015). **Cancer-Related search for meaning increases willingness to participate in mindfulness-based stress reduction.** *Integrative Cancer Therapies.* [link]

Garrison, K. A., Zeffiro, T. A., Scheinost, D.,...Brewer, J. A. (2015). **Meditation leads to reduced default mode network activity beyond an active task.** *Cognitive, Affective, & Behavioral Neuroscience.* [link]

Jazaieri, H., Lee, I. A., McGonigal, K.,...Goldin, P. R. (2015). **A wandering mind is a less caring mind: Daily experience sampling during compassion meditation training.** *The Journal of Positive Psychology.* [link]

Kocovski, N. L., Fleming, J. E., Hawley, L. L.,...Antony, M. M. (2015). **Mindfulness and acceptance-based group therapy and traditional cognitive behavioral group therapy for social anxiety disorder: Mechanisms of change.** *Behaviour Research and Therapy.* [link]

Kong, D. T. (2015). **The role of mindfulness and neuroticism in predicting acculturative anxiety forecasting error.** *Mindfulness.* [link]

Lengacher, C. A., Reich, R. R., Kip, K. E.,...Park, J. Y. (2015). **Moderating effects of genetic polymorphisms on improvements in cognitive impairment in breast cancer survivors participating in a 6-week mindfulness-based stress reduction program.** *Biological Research for Nursing.* [link]

Lilja, J. L., Broberg, M., Norlander, T., Broberg, A. G. (2015). **Mindfulness-Based cognitive therapy: Primary care patients experiences of outcomes in everyday life and relapse prevention.** *Psychology.* [link]

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Panek, E. T., Bayer, J. B., Dal Cin, S., Campbell, S. W. (2015). **Automaticity, mindfulness, and self-control as predictors of dangerous texting behavior.** *Mobile Media & Communication.* [\[link\]](#)

Peer, J. W., McAuslan, P. (2015). **Self-Doubt during emerging adulthood the conditional mediating influence of mindfulness.** *Emerging Adulthood.* [\[link\]](#)

Pepping, C. A., Davis, P. J., O'Donovan, A. (2015). **The association between state attachment security and state mindfulness.** *PLoS ONE.* [\[link\]](#)

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

Cheek, J., Lipschitz, D. L., Abrams, E. M.,...Nakamura, Y. (2015). **Dynamic reflexivity in action: An armchair walkthrough of a qualitatively driven mixed-method and multiple methods study of mindfulness training in schoolchildren.** *Qualitative Health Research.* [\[link\]](#)

Davis, J. M., Manley, A. R., Goldberg, S. B.,...Smith, S. S. (2015). **Mindfulness training for smokers via web-based video instruction with phone support: A prospective observational study.** *BMC Complementary and Alternative Medicine.* [\[link\]](#)

Duncan, L. G., Coatsworth, J. D., Gayles, J. G.,...Greenberg, M. T. (2015). **Can mindful parenting be observed? Relations between observational ratings of mother-youth interactions and mothers' self-report of**

mindful parenting. *Journal of Family Psychology.* [\[link\]](#)

Garrison, K. A., Pal, P., Rojiani, R.,...Brewer, J. A. (2015). **A randomized controlled trial of smartphone-based mindfulness training for smoking cessation: A study protocol.** *BMC Psychiatry.* [\[link\]](#)

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.* [\[link\]](#)

Johansson, B., Bjuhr, H., Karlsson, M.,...Rönnbäck, L. (2015). **Mindfulness-Based stress reduction (MBSR) delivered live on the Internet to individuals suffering from mental fatigue after an acquired brain injury.** *Mindfulness.* [\[link\]](#)

Lipschitz, D. L., Kuhn, R., Kinney, A. Y.,...Nakamura, Y. (2015). **An exploratory study of the effects of mind-body interventions targeting sleep on salivary oxytocin levels in cancer survivors.** *Integrative Cancer Therapies.* [\[link\]](#)

Reilly-Spong, M., Reibel, D., Pearson, T.,...Gross, C. R. (2015). **Telephone-adapted mindfulness-based stress reduction (tMBSR) for patients awaiting kidney transplantation: Trial design, rationale and feasibility.** *Contemporary Clinical Trials.* [\[link\]](#)

Ruscio, A. C., Muench, C., Brede, E., Waters, A. J. (2015). **Effect of brief mindfulness practice on self-reported affect, craving, and smoking: A pilot randomized controlled trial using ecological momentary assessment.** *Nicotine & Tobacco Research.* [\[link\]](#)

Saggar, M., Zanesco, A. P., King, B. G.,...Miikkulainen, R. (2015). **Mean-field thalamocortical modeling of longitudinal EEG acquired during intensive meditation training.** *NeuroImage.* [\[link\]](#)

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Strauss, C., Rosten, C., Hayward, M.,...Jones, A. M. (2015). **Mindfulness-based exposure and response prevention for obsessive compulsive disorder: Study protocol for a pilot randomised controlled trial.** *Trials.* [\[link\]](#)

REVIEWS

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

Erwin, E. J., Robinson, K. A. (2015). **The joy of being: Making way for young children's natural mindfulness.** *Early Child Development and Care.* [\[link\]](#)

Gotink, R. A., Chu, P., Busschbach, J. J.,...Hunink, M. G. (2015). **Standardised mindfulness-based interventions in healthcare: An overview of systematic reviews and meta-analyses of RCTs.** *PLoS ONE.* [\[link\]](#)

Gould, L. F., Dariotis, J. K., Greenberg, M. T., Mendelson, T. (2015). **Assessing fidelity of implementation (FOI) for school-based mindfulness and yoga interventions: A systematic review.** *Mindfulness.* [\[link\]](#)

Huang, H. P., He, M., Wang, H. Y., Zhou, M. (2015). **A meta-analysis of the benefits of mindfulness-based stress reduction (MBSR) on psychological function among breast cancer (BC) survivors.** *Breast Cancer.* [\[link\]](#)

Mize, S. J. (2015). **A review of mindfulness-based sex therapy interventions for sexual desire and arousal difficulties: From research to practice.** *Current Sexual Health Reports.* [\[link\]](#)

Randal, C., Pratt, D., Bucci, S. (2015). **Mindfulness and self-esteem: A systematic review.** *Mindfulness.* [\[link\]](#)

Sanger, K. L., Dorjee, D. (2015). **Mindfulness training for adolescents: A neurodevelopmental perspective on investigating modifications in attention and emotion regulation using event-related brain potentials.** *Cognitive, Affective, & Behavioral Neuroscience.* [\[link\]](#)

Sorrell, J. (2015). **Meditation for older adults: A new look at an ancient intervention for mental health.** *Journal of Psychosocial Nursing and Mental Health Services.* [\[link\]](#)

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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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 utilizers 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.

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

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 Petaluma, 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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