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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

Arthurson, K. (2015). **Teaching mindfulness to year sevens as part of health and personal development.** *Australian Journal of Teacher Education.* [\[link\]](#)

Bluth, K., Roberson, P. N., Gaylord, S. G. (2015). **A pilot study of a mindfulness intervention for adolescents and the potential role of self-compassion in reducing stress.** *Explore.* [\[link\]](#)

Castro, A., García-Palacios, A., García-Campayo, J.,...Roca, M. (2015). **Efficacy of low-intensity psychological intervention applied by ICTs for the treatment of depression in primary care: A controlled trial.** *BMC Psychiatry.* [\[link\]](#)

Chiesa, A., Castagner, V., Andrisano, C.,...Giommi, F. (2015). **Mindfulness-based cognitive therapy vs. psycho-education for patients with major depression who did not achieve remission following antidepressant treatment.** *Psychiatry Research.* [\[link\]](#)

Davis, L. W., Lysaker, P. H., Kristeller, J. L.,...Woller, S. (2015). **Effect of mindfulness on vocational rehabilitation outcomes in stable phase schizophrenia.** *Psychological Services.* [\[link\]](#)

Gallegos, A. M., Lytle, M. C., Moynihan, J. A., Talbot, N. L. (2015). **Mindfulness-based stress reduction to enhance psychological functioning and improve inflammatory biomarkers in trauma-exposed women: A pilot study.** *Psychological Trauma.* [\[link\]](#)

Greeson, J. M., Toohy, M. J., Pearce, M. J. (2015). **An adapted, four-week mind-body skills group for medical students: Reducing stress, increasing mindfulness, and enhancing self-care.** *Explore.* [\[link\]](#)

Kuo, C. Y., Yeh, Y. Y. (2015). **Reset a task set after five minutes of mindfulness practice.** *Consciousness and Cognition.* [\[link\]](#)

Mason, A. E., Lustig, R. H., Brown, R. R.,...Hecht, F. M. (2015). **Acute responses to opioidergic blockade as a biomarker of hedonic eating among obese women enrolled in a mindfulness-based weight loss intervention trial.** *Appetite.* [\[link\]](#)

Pickut, B., Vanneste, S., Hirsch, M. A.,...Cras, P. (2015). **Mindfulness training among individuals with Parkinson's disease: Neurobehavioral effects.** *Parkinson's Disease.* [\[link\]](#)

Pradhan, B., Gray, R., Parikh, T.,...Pumariega, A. (2015). **Trauma interventions using mindfulness based extinction and reconsolidation (TIMBER©) as monotherapy for chronic PTSD: A pilot study.** *Adolescent Psychiatry.* [\[link\]](#)

Ricarte, J. J., Ros, L., Latorre, J. M., Beltrán, M. T. (2015). **Mindfulness-based intervention in a rural primary school: Effects on attention, concentration and mood.** *International Journal of Cognitive Therapy.* [\[link\]](#)

Steinberg, J., Lin, M., Arimitsu, K.,...Stangier, U. (2015). **Loving-kindness meditation to target affect in mood disorders: A proof-of-concept study.** *Evidence-based Complementary and Alternative Medicine.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bayer, J. B., Dal Cin, S., Campbell, S. W., Panek, E. (2015). **Consciousness and self-regulation in mobile communication.** *Human Communication Research.* [\[link\]](#)

de Castro, J. M. (2015). **Meditation has stronger relationships with mindfulness, kundalini, and**

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**mystical experiences than yoga or prayer.** *Consciousness and Cognition.* [\[link\]](#)

Ho, N. S., Sun, D., Ting, K. H.,...Lee, T. M. (2015). **Mindfulness trait predicts neurophysiological reactivity associated with negativity bias: An ERP study.** [\[link\]](#)

Jones, K. D., Mist, S. D., Casselberry, M. A.,...Christopher, M. S. (2015). **Fibromyalgia impact and mindfulness characteristics in 4,986 people with fibromyalgia.** *Explore.* [\[link\]](#)

Kirk, U., Brown, K. W., Downar, J. (2015). **Adaptive neural reward processing during anticipation and receipt of monetary rewards in mindfulness meditators.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

Kuo, J. R., Fitzpatrick, S., Metcalfe, R. K., McMains, S. (2015). **A multi-method laboratory investigation of emotional reactivity and emotion regulation abilities in borderline personality disorder.** *Journal of Behavior Therapy and Experimental Psychiatry.* [\[link\]](#)

Mersh, L., Jones, F., Oliver, J. (2015). **Mindfulness, self-stigma and social functioning in first episode psychosis: A brief report.** *Psychosis.* [\[link\]](#)

O'Donnell, A. (2015). **Contemplative pedagogy and mindfulness: Developing creative attention in an age of distraction.** *Journal of Philosophy of Education.* [\[link\]](#)

Peters, J. R., Smart, L. M., Eisenlohr-Moul, T. A.,...Baer, R. A. (2015). **Anger rumination as a mediator of the relationship between mindfulness and aggression: The utility of a multidimensional mindfulness model.** *Journal of Clinical Psychology.* [\[link\]](#)

Reid, C., Gill, F., Gore, N., Brady, S. (2015). **New ways of seeing and being evaluating an acceptance and mindfulness group for parents of young people with intellectual disabilities who display challenging**

**behaviour.** *Journal of Intellectual Disabilities.* [\[link\]](#)

Spears, C. A., Houchins, S. C., Stewart, D. W.,...Wetter, D. W. (2015). **Nonjudging facet of mindfulness predicts enhanced smoking cessation in Hispanics.** *Psychology of Addictive Behaviors.* [\[link\]](#)

## METHODS

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

Antonova, E., Chadwick, P., Kumari, V. (2015). **More meditation, less habituation? The effect of mindfulness practice on the acoustic startle reflex.** *PLoS ONE.* [\[link\]](#)

Bergomi, C., Tschacher, W., Kupper, Z. (2015). **Meditation practice and self-reported mindfulness: A cross-sectional investigation of meditators and non-meditators using the comprehensive inventory of mindfulness experiences (CHIME).** *Mindfulness.* [\[link\]](#)

Kemper, K. J., Lynn, J., Mahan, J. D. (2015). **What is the impact of online training in mind-body skills? Journal of Evidence-based Complementary & Alternative Medicine.** [\[link\]](#)

Kuby, A. K., McLean, N., Allen, K. (2015). **Validation of the child and adolescent mindfulness measure (CAMP) with non-clinical adolescents.** *Mindfulness.* [\[link\]](#)

Lacaille, J., Sadikaj, G., Nishioka, M.,...Knäuper, B. (2015). **Measuring mindful responding in daily life: Validation of the daily mindful responding scale (DMRS).** *Mindfulness.* [\[link\]](#)

Prowse, P. T., Meadows, G., Enticott, J. (2015). **An exploratory study into the effectiveness of fidelity scales in the delivery of mindfulness-based cognitive therapy.** *Mindfulness.* [\[link\]](#)

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## REVIEWS

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

Cachia, R. L., Anderson, A., Moore, D. W. (2015). **Mindfulness, stress and well-being in parents of children with autism spectrum disorder: A systematic review.** *Journal of Child and Family Studies.* [\[link\]](#)

Ergas, O. (2015). **The deeper teachings of mindfulness-based interventions as a reconstruction of education.** *Journal of Philosophy of Education.* [\[link\]](#)

Hasha, M. H. (2015). **Mindfulness practices for loss and grief.** *Bereavement Care.* [\[link\]](#)

Holt, A. (2015). **MBSR and transcendental meditation: Current state of research.** *Journal of Patient-Centered Research and Reviews.* [\[link\]](#)

Hyland, T. (2015). **McMindfulness in the workplace: Vocational learning and the commodification of the present moment.** *Journal of Vocational Education & Training.* [\[link\]](#)

Hyland, T. (2015b). **On the contemporary applications of mindfulness: Some implications for education.** *Journal of Philosophy of Education.* [\[link\]](#)

Leung, L., Han, H., Martin, M., Kotecha, J. (2015). **MBSR as sole intervention for non-somatization chronic non-cancer pain (CNCP): Protocol for a systematic review and meta-analysis of randomised controlled trials.** *BMJ Open.* [\[link\]](#)

Lynn, R., Mensinga, J. (2015). **Social workers' narratives of integrating mindfulness into practice.** *Journal of Social Work Practice.* [\[link\]](#)

Lyons, T., Cantrell, W. D. (2015). **Prison meditation movements and mass incarceration.** *International Journal of Offender Therapy and Comparative Criminology.* [\[link\]](#)

Machado, S. M., Costa, M. E. (2015). **Mindfulness practice outcomes explained through the discourse of experienced practitioners.** *Mindfulness.* [\[link\]](#)

Perlman, A. (2015). **Informed mindfulness as the foundation for leadership.** *Explore.* [\[link\]](#)

Russell, T. A., Psych, P. D., Arcuri, S. M., Psychiatrist, M. D. P. (2015). **A neurophysiological and neuropsychological consideration of mindful movement: Clinical and research implications.** *Frontiers in Human Neuroscience.* [\[link\]](#)

Slomski, A. (2015). **Meditation promotes better sleep in older adults.** *JAMA.* [\[link\]](#)

Willgens, A. M. (2015). **Failure in clinical education: Using mindfulness as a conceptual framework to explore the lived experiences of 8 physical therapists.** *Journal of Physical Therapy Education.* [\[link\]](#)

Wittenauer, J., Ascher, M., Briggie, A.,...Chavez, J. (2015). **The role of complementary and alternative medicine in adolescent substance use disorders.** *Adolescent Psychiatry.* [\[link\]](#)

W Kanen, J., Nazir, R., Sedky, K., K Pradhan, B. (2015). **The effects of mindfulness-based interventions on sleep disturbance: A meta-analysis.** *Adolescent Psychiatry.* [\[link\]](#)

## TRIALS

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

RLR VA Medical Center (L. Davis, PI). **Effects of a mindfulness-based cognitive-behavioral conjoint therapy on PTSD and RE.** VA project #5101RX000273-04. [\[link\]](#)

University of Pittsburg (K. Mctigue & N. Morone, PIs). **Minding goals: An internet-assisted mind-body behavior program for blood pressure control.** NIH/NHLBI project # 1R34HL123500-01A1. [\[link\]](#)

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## HIGHLIGHTS

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

Eating is often an enjoyable experience, and at times we eat more for pleasure (“hedonic eating”) than to provide nutrition or reduce hunger. Since pleasure occurs in response to the brain’s release of endogenous opioids (morphine-like neurotransmitters manufactured in the brain), the opioid system plays an important role in hedonic eating. This activity can be measured indirectly by administering naltrexone, an opioid-blocking drug that triggers cortisol secretion and sensations of nausea. Prior research has shown that overweight women with larger cortisol or nausea responses to naltrexone are more prone to binge and emotional eating and less likely to gain weight during a mindfulness-based overeating intervention. **Mason et al. [Appetite]** sought to replicate and extend these findings in a large-scale randomized, controlled study of weight-loss programs with and without a mindfulness component.

Eighty-eight obese women (mean age = 47, mean BMI = 36 kg/m<sup>2</sup>) were randomly assigned to five-month diet-and-exercise-based weight-loss programs with included either a mindfulness component (based on MBSR and MB-EAT) or an active control component that included cognitive-behavioral techniques and progressive muscle relaxation. Both programs involved sixteen 2 to 2.5 hour-long group sessions and one all-day session. Prior to randomization, participants were assessed for their naltrexone-induced salivary cortisol and nausea responses. Participants self-rated their food addiction, binge-eating, and reward-based, mindful, and emotional eating before and after treatment.

Participants’ naltrexone-induced cortisol responses were significantly correlated positively with reward-based eating and food addiction, and negatively with mindful eating. Participants with the largest cortisol responses in the mindfulness group showed significantly greater reduction in food addiction symptoms than participants with the largest cortisol responses in the control group. Women who experienced naltrexone-induced nausea reported a statistically greater reduction of food addiction symptoms in the mindfulness condition than in the control condition. They also trended towards greater weight loss, losing an

average of 10 lbs., whereas their control peers lost only an average of 4 lbs.

The study supports the use of naltrexone reactivity as a biomarker for hedonic eating, and supports the hypothesis that obese female hedonic eaters may derive greater benefit in terms of weight loss and reduced addictive eating from eating programs with a mindfulness component.



Parkinson’s Disease (PD) in a neurological disorder affecting movement, cognition, and mood. It is caused by the loss of dopamine-secreting neurons deep within the brain. It is primarily managed with medication, but psychological factors like stress and depression can exacerbate its symptoms, and 40% of American PD patients turn to complementary and integrative medicine for help. **Pickut et al. [Parkinson’s Disease]** conducted a randomized, controlled exploratory study of whether a mindfulness-based intervention (MBI) can help reduce the disability and suffering associated with PD.

Thirty cognitively intact men and women with PD (mean age = 62) were randomly assigned to either an eight-week MBI closely following the MBSR protocol, or a treatment-as-usual control. Participants completed the Five Facet Mindfulness Questionnaire (FFMQ) and rated their PD symptoms, depression, and quality of life at baseline and at eight-weeks. Their motor symptoms (e.g., tremor, rigidity, agility, gait) were rated by movement disorder specialists who were blind to treatment assignment.

The MBI participants showed a significant 20% decrease in their objectively rated motor symptoms and a significant 13% increase on the FFMQ “Observe” scale. There were no significant group differences in self-rated depression or quality of life.

This is one of the first studies to explore the efficacy of a MBI in PD patients, and it supports the use of a MBI as a complementary treatment option. It is unclear whether the clinically meaningful decrease in motor symptoms seen in this study was due to either stress reduction, the MBI-induced grey matter growth seen in previous MBI research with PD patients., or the placebo effect. The study is limited by its small sample size and lack of active controls.

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## Events & Conferences

### Mindfulness in Society Conference 2015

The CMRP has an established reputation for hosting world class conferences and this year will not disappoint! With keynote presentations from Tony Bates, Christina Feldman and Saki Santorelli; day long events with John Teasdale, Nancy Bardacke and Breathworks and conference workshops with experts in the field discussing topics from supervision, policy, workplace and compassion to life threatening illness and many, many more. This is set to be rich and wonderfully fruitful event bringing together research and practice from across the globe.

**INFO:** For further information and to register, please visit <http://www.bangor.ac.uk/mindfulness/conference.php.en>

## Research & Education

### Grants for Mindfulness Teachers and Researchers

The American Mindfulness Research Association (AMRA) is now accepting applications for its Professional Development Award program. This competitive award provides \$500 stipends to promising researchers and teachers for their commitment to the field. Application deadline is July 20, 2015.

**INFO:** For details and to apply, visit <https://goamra.org/about/grants/>

## 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>

### Mindfulness for Carers (Caregivers)

Written specifically for carers and caregivers from parents, family or relatives to nurses, physicians or other healthcare professionals, this simple step-by-step guide will appeal to those who have little time or knowledge of the subject. It offers a fresh and novel approach as a way of managing a demanding and exhausting role and preventing burnout and fatigue. A good quality

audio download of different meditation practices is included.

**INFO:** Purchase at <http://www.amazon.com/dp/1849056544>

### Buddha in Dairyland

The new book, Buddha in Dairyland: A Psychologist, a Monk, and the Roots of a Silent Revolution, is available at Amazon. A true account of how the migration of Tibetan Buddhism to America, and White House negotiations, sowed the seeds for the mindfulness revolution.

**INFO:** Purchase at <http://www.amazon.com/dp/B00VUEE5GU>

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