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**AMERICAN MINDFULNESS RESEARCH ASSOCIATION**

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**INTERVENTIONS**

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

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**ASSOCIATIONS**

Articles examining the correlation and mechanism between mindfulness and other variables

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


**METHODS**

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


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 #5I01RX000273-04.* [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]
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/m²) 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) is 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/B00VUEE5GU

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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