

Contents

60 New Cites p1

23 Interventions

20 Associations

2 Methods

10 Reviews

5 Trials

Highlights p5

Announcements 7

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

INTERVENTIONS

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

Bakhshani, N. M., Amirani, A., Amirifard, H., Shahrakipoor, M. (2015). **The effectiveness of mindfulness-based stress reduction on perceived pain intensity and quality of life in patients with chronic headache.** *Global Journal of Health Science.* [[link](#)]

Barnhofer, T., Crane, C., Brennan, K.,...Williams, J. M. (2015). **Mindfulness-based cognitive therapy (MBCT) reduces the association between depressive symptoms and suicidal cognitions in patients with a history of suicidal depression.** *Journal of Consulting and Clinical Psychology.* [[link](#)]

Boe, O., Hagen, K. (2015). **Using mindfulness to reduce the perception of stress during an acute stressful situation.** *Procedia-Social and Behavioral Sciences.* [[link](#)]

Brotto, L. A., Goldmeier, D. (2015). **Mindfulness interventions for treating sexual dysfunctions: The gentle science of finding focus in a multitask world.** *The Journal of Sexual Medicine.* [[link](#)]

Busari, A. O. (2015). **Mindfulness-based cognitive therapy: impact on depressed outpatients of the State Hospital Oyo State Ibadan, Nigeria.** *American Journal of Medicine and Medical Sciences.* [[link](#)]

Carsley, D., Heath, N. L., Fajnerova, S. (2015). **Effectiveness of a classroom mindfulness coloring activity for test anxiety in children.** *Journal of Applied School Psychology.* [[link](#)]

Evans-Chase, M. (2015). **If they like it they can take it with them: A mixed methods look at the use of internet-based instruction of mindfulness meditation with incarcerated youth.** *Advances in Social Work.* [[link](#)]

Garland, S. N., Rouleau, C. R., Campbell, T.,...Carlson, L. E. (2015). **The comparative impact of mindfulness-based cancer recovery (MBCR) and cognitive behavior, therapy for insomnia (CBT-I) on sleep and mindfulness in cancer patients.** *Explore.* [[link](#)]

Haase, L., May, A. C., Falahpour, M.,...Paulus, M. P. (2015). **A pilot study investigating changes in neural processing after mindfulness training in elite athletes.** *Frontiers in Behavioral Neuroscience.* [[link](#)]

Himelstein, S., Saul, S., Garcia-Romeu, A. (2015). **Does mindfulness meditation increase effectiveness of substance abuse treatment with incarcerated youth? A pilot randomized controlled trial.** *Mindfulness.* [[link](#)]

Hjeltnes, A., Binder, P. E., Moltu, C., Dundas, I. (2015). **Facing the fear of failure: An explorative qualitative study of client experiences in a mindfulness-based stress reduction program for university students with academic evaluation anxiety.** *International Journal of Qualitative Studies on Health and Well-being.* [[link](#)]

Huijbers, M. J., Spinhoven, P., Spijker, J.,...van der Wilt, G. J. (2015). **Adding mindfulness-based cognitive therapy to maintenance antidepressant medication for prevention of relapse/recurrence in major depressive disorder: Randomised controlled trial.** *Journal of Affective Disorders.* [[link](#)]

Johnson, J. R., Emmons, H. C., Rivard, R. L.,...Dusek, J. A. (2015). **Resilience training: A pilot study of a mindfulness-based program with depressed healthcare professionals.** *Explore.* [[link](#)]

Jung, H. Y., Lee, H., Park, J. (2015). **Comparison of the effects of Korean mindfulness-based stress reduction, walking, and patient education in diabetes mellitus.** *Nursing & Health Sciences.* [[link](#)]

Kemper, K. J., Carmin, C., Mehta, B., Binkley, P. (2015). **Integrative medical care plus mindfulness training for patients with congestive heart failure proof of concept.**

Contents

60 New Cites p1

23 Interventions

20 Associations

2 Methods

10 Reviews

5 Trials

Highlights p5

Announcements 7

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

Journal of Evidence-based Complementary & Alternative Medicine. [[link](#)]

López-Navarro, E., Del Canto, C., Belber, M.,...Chadwick, P. (2015). **Mindfulness improves psychological quality of life in community-based patients with severe mental health problems: A pilot randomized clinical trial.** *Schizophrenia Research.* [[link](#)]

Lyssenko, L., Müller, G., Kleindienst, N.,...Wenner, M. (2015). **Life balance: a mindfulness-based mental health promotion program: Conceptualization, implementation, compliance and user satisfaction in a field setting.** *BMC Public Health.* [[link](#)]

Michalak, J., Schultze, M., Heidenreich, T., Schramm, E. (2015). **A randomized controlled trial on the efficacy of mindfulness-based cognitive therapy and a group version of cognitive behavioral analysis system of psychotherapy for chronically depressed patients.** *Journal of Consulting and Clinical Psychology.* [[link](#)]

Moll, S., Frolic, A., Key, B. (2015). **Investing in compassion: Exploring mindfulness as a strategy to enhance interpersonal relationships in healthcare practice.** *Journal of Hospital Administration.* [[link](#)]

Polusny, M. A., Erbes, C. R., Thuras, P.,...Lim, K. O. (2015). **Mindfulness-based stress reduction for posttraumatic stress disorder among veterans: A randomized clinical trial.** *JAMA.* [[link](#)]

Rasmussen, M. K. (2015). **A feasibility study of mindfulness-based cognitive therapy for foreign nationals living in Japan.** *Advances in Mental Health.* [[link](#)]

Shargh, N. A., Bakhshani, N. M., Mohebbi, M. D.,...Gangali, A. (2015). **The effectiveness of mindfulness-based cognitive group therapy on marital satisfaction and general health in woman with infertility.** *Global Journal of Health Science, 8(3), p230.* [[link](#)]

Wupperman, P., Cohen, M. G., Haller, D. L.,...Rounsaville, B. J. (2015). **Mindfulness and**

modification therapy for behavioral dysregulation: A comparison trial focused on substance use and aggression. *Journal of Clinical Psychology.* [[link](#)]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Anderson, L. M., Reilly, E. E., Schaumberg, K.,...Anderson, D. A. (2015). **Contributions of mindful eating, intuitive eating, and restraint to BMI, disordered eating, and meal consumption in college students.** *Eating and Weight Disorders Studies on Anorexia, Bulimia and Obesity.* [[link](#)]

Barros, V. V., Kozasa, E. H., Formagini, T. B.,...Ronzani, T. M. (2015). **Smokers show lower levels of psychological well-being and mindfulness than non-smokers.** *PLoS ONE.* [[link](#)]

Black, D. S., Li, M. J., Ihenacho, U.,...Figueiredo, J. C. (2015). **Shared health characteristics in Hispanic colorectal cancer patients and their primary social support person following primary diagnosis.** *Psycho-Oncology.* [[link](#)]

Doll, A., Hoelzel, B. K., Boucard, C.,...Sorg, C. (2015). **Mindfulness is associated with intrinsic functional connectivity between default mode and salience networks.** *Frontiers in Human Neuroscience.* [[link](#)]

Eisenlohr-Moul, T. A., Peters, J. R., Chamberlain, K. D., Rodriguez, M. A. (2015). **Weekly fluctuations in nonjudging predict borderline personality disorder feature expression in women.** *Journal of Psychopathology and Behavioral Assessment.* [[link](#)]

Elices, M., Pascual, J. C., Carmona, C.,...Soler, J. (2015). **Exploring the relation between childhood trauma, temperamental traits and mindfulness in borderline personality disorder.** *BMC Psychiatry.* [[link](#)]

Gao, Y., Shi, L. (2015). **Mindfulness, physical activity and avoidance of secondhand smoke: A**

Contents

60 New Cites p1

23 Interventions

20 Associations

2 Methods

10 Reviews

5 Trials

Highlights p5

Announcements 7

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

study of college students in shanghai.

International Journal of Environmental Research and Public Health. [link]

Gawrysiak, M. J., Leong, S. H., Grasseti, S. N.,...Baime, M. J. (2015). **Dimensions of distress tolerance and the moderating effects on mindfulness-based stress reduction (MBSR).** *Anxiety, Stress, & Coping.* [link]

Gorski, P. C. (2015). **Relieving burnout and the "martyr syndrome" among social justice education activists: The implications and effects of mindfulness.** *The Urban Review.* [link]

Kadziolka, M. J., Di Pierdomenico, E. A., Miller, C. J. (2015). **Trait-Like mindfulness promotes healthy self-regulation of stress.** *Mindfulness.* [link]

Lomas, T., Edgington, T., Cartwright, T., Ridge, D. (2015). **Cultivating equanimity through mindfulness meditation: A mixed methods enquiry into the development of decentering capabilities in men.** *International Journal of Wellbeing.* [link]

Millstein, D. J., Orsillo, S. M., Hayes-Skelton, S. A., Roemer, L. (2015). **Interpersonal problems, mindfulness, and therapy outcome in an acceptance-based behavior therapy for generalized anxiety disorder.** *Cognitive Behaviour Therapy.* [link]

Otten, S., Schötz, E., Wittmann, M.,...Meissner, K. (2015). **Psychophysiology of duration estimation in experienced mindfulness meditators and matched controls.** *Frontiers in Psychology.* [link]

Petrocchi, N., Ottaviani, C. (2015). **Mindfulness facets distinctively predict depressive symptoms after two years: The mediating role of rumination.** *Personality and Individual Differences.* [link]

Shorey, R. C., Anderson, S., Lookatch, S.,...Stuart, G. L. (2015). **The relation between moment-to-moment mindful attention and anxiety among young adults in substance use treatment.** *Substance Abuse.* [link]

Snippe, E., Fleer, J., Tovote, K. A.,...Schroevens, M. J. (2015). **The therapeutic alliance predicts outcomes of cognitive behavior therapy but not of mindfulness-based cognitive therapy for depressive symptoms.** *Psychotherapy and Psychosomatics.* [link]

Sobol-Kwapinska, M., Jankowski, T., Przepiorka, A. (2015). **What do we gain by adding time perspective to mindfulness? Carpe diem and mindfulness in a temporal framework.** *Personality and Individual Differences.* [link]

Tabak, N. T., Horan, W. P., Green, M. F. (2015). **Mindfulness in schizophrenia: Associations with self-reported motivation, emotion regulation, dysfunctional attitudes, and negative symptoms.** *Schizophrenia Research.* [link]

Velotti, P., Garofalo, C., D'Aguzzo, M.,...Dimaggio, G. (2015). **Mindfulness moderates the relationship between aggression and antisocial personality disorder traits: Preliminary investigation with an offender sample.** *Comprehensive Psychiatry.* [link]

Yu, M., Clark, M. (2015). **Investigating mindfulness, borderline personality traits, and well-being in a nonclinical population.** *Psychology.* [link]

METHODS

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

Compen, F. R., Bisseling, E. M., Van der Lee, M. L.,...Speckens, A. E. (2015). **Study protocol of a multicenter randomized controlled trial comparing the effectiveness of group and individual internet-based mindfulness-based cognitive therapy with treatment as usual in reducing psychological distress in cancer patients: The bemind study.** *BMC Psychology.* [link]

Reiner, K., Granot, M., Soffer, E., Lipsitz, J. D. (2015). **A brief mindfulness meditation training**

Contents

60 New Cites p1

23 Interventions

20 Associations

2 Methods

10 Reviews

5 Trials

Highlights p5

Announcements 7

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at:

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

increases pain threshold and accelerates modulation of response to tonic pain in an experimental study. *Pain Medicine.* [\[link\]](#)

REVIEWS

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

Aviles, P. R., Dent, E. B. (2015). **The role of mindfulness in leading organizational transformation: A systematic review.** *Journal of Applied Management and Entrepreneurship.* [\[link\]](#)

Dahl, C. J., Lutz, A., Davidson, R. J. (2015). **Reconstructing and deconstructing the self: Cognitive mechanisms in meditation practice.** *Trends in Cognitive Sciences.* [\[link\]](#)

Jaffray, L., Bridgman, H., Stephens, M., Skinner, T. (2015). **Evaluating the effects of mindfulness-based interventions for informal palliative caregivers: A systematic literature review.** *Palliative Medicine.* [\[link\]](#)

Kallapiran, K., Koo, S., Kirubakaran, R., Hancock, K. (2015). **Effectiveness of mindfulness in improving mental health symptoms of children and adolescents: A meta-analysis.** *Child and Adolescent Mental Health.* [\[link\]](#)

Mani, M., Kavanagh, D. J., Hides, L., Stoyanov, S. R. (2015). **Review and evaluation of mindfulness-based iphone apps.** *JMIR MHealth and UHealth.* [\[link\]](#)

Mizera, C. M., Bolin, R. M., Nugent, W. R., Strand, E. B. (2015). **Facets of mindfulness related to a change in anxiety following a mindfulness-based intervention.** *Journal of Human Behavior in the Social Environment.* [\[link\]](#)

Pagnoni, G., Guareschi, F. T. (2015). **Remembrance of things to come: A conversation between Zen and neuroscience on the predictive nature of the mind.** *Mindfulness.* [\[link\]](#)

Strauss, C., Thomas, N., Hayward, M. (2015). **Can we respond mindfully to distressing voices? A**

systematic review of evidence for engagement, acceptability, effectiveness and mechanisms of change for mindfulness-based interventions for people distressed by hearing voices.

Frontiers in Psychology. [\[link\]](#)

Wilson, S. L., Cooper, R. L., Nugent, W. R., Champion, D. (2015). **BASICS, ACT, mindfulness, and BMI: Effective evidence-based practices that treat collegiate high-risk drinking.** *Journal of Human Behavior in the Social Environment.* [\[link\]](#)

Yang, Y., Liu, Y. H., Zhang, H. F., Liu, J. Y. (2015). **Effectiveness of mindfulness-based stress reduction and mindfulness based cognitive therapies on people living with HIV: A systematic review and meta-analysis.**

International Journal of Nursing Sciences. [\[link\]](#)

TRIALS

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

COG Analytics, LLC (J. Obermayer, PI). **Mobile mindfulness based smoking cessation.** NIH/NCI project #1R43CA195849-01. [\[link\]](#)

Rush University Medical Center (J. Burns, PI). **Mechanisms of psychosocial chronic pain treatments.** NIH/NINR project #5R01NR013910-03. [\[link\]](#)

University of Massachusetts Amherst (S. Bernecker, PI). **Crowdsourcing mental health with a web-based peer-delivered intervention.** NIH/NIMH project #5F31MH103927-02. [\[link\]](#)

University of Michigan (Q. Epstein-Ngo, PI). **Remote therapy for alcohol and dating aggression in non-college emerging adults.** NIH/NIAAA project #1K23AA022641-01A1. [\[link\]](#)

University of Utah (E. Garland, PI). **Targeting military opioid misuse with mindfulness-oriented recovery enhancement.** NIH/NIDA project #5R34DA037005-03. [\[link\]](#)

Contents

60 New Cites p1

23 Interventions

20 Associations

2 Methods

10 Reviews

5 Trials

Highlights p5

Announcements 7

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at

goAMRA.org/publications

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

Nearly a quarter of veterans returning from combat deployment suffer from post-traumatic stress disorder (PTSD). While the Veterans Administration treats many of these veterans with prolonged exposure or cognitive processing therapy, dropout rates remain high (30-44%) and up to half of those receiving therapy fail to improve. There is a need for new therapies that are well tolerated and effective. **Polusny et al. [JAMA]** tested the impact of MBSR compared to Present-Centered Group Therapy (PCGT) on PTSD symptoms in a randomized, controlled trial.

Participants were 116 mostly Caucasian, male, and predominantly Vietnam era veterans with PTSD who were recruited from the Minneapolis VA Medical Center and randomly assigned to either MBSR or PCGT, a group treatment focused on resolving current life problems. Participants completed checklists assessing PTSD symptoms, depression, quality of life, and mindfulness (FFMQ) at baseline and again at 3, 6, 9, and 17 weeks. Additionally, participants were interviewed by clinicians before and after treatment and again at two-month follow-up to obtain independent evaluations of diagnoses and symptom severity.

Dropout rates were lower than previously observed with either prolonged exposure or cognitive processing therapy, but the dropout rate was significantly higher for MBSR (22%) than for PCGT (7%). Self-rated PTSD severity improved for both groups from baseline to two-month

follow-up, but the average improvement was significantly greater for MBSR (9 points) than PCGT (3 points) participants (Cohen's $d=.40$). Clinician symptom ratings showed significantly greater improvement for MBSR participants (Cohen's $d=.41$). MBSR participants also reported significantly greater improvements in mindfulness and quality of life. Increases in mindfulness were significantly associated with improvements in PTSD ($r=-.46$), depressive symptoms ($r=-.44$), and quality of life ($r=-.42$). Using a 10-point improvement as the cut-off for a clinically meaningful effect, more MBSR (49%) participants improved than PCGT (28%) participants.



This experimental study demonstrates MBSR to have a modest but clinically meaningful impact on PTSD symptoms when compared to a more conventional group therapy. The relatively low dropout rate suggests that MBSR may also be better tolerated than other frequently used PTSD treatments for veterans. Study limitations include fewer treatment hours for controls (13.5 hours) than MBSR participants (26.5 hours) and a relatively short follow-up period.

Skilled athletes must retain focus and maintain bodily awareness while resisting distractions. Using functional magnetic resonance imaging (fMRI), **Haase et al. [Frontiers in Behavioral Neuroscience]**

Contents

60 New Cites p1

23 Interventions

20 Associations

2 Methods

10 Reviews

5 Trials

Highlights p5

Announcements 7

Editor

David S. Black, PhD, MPH

Highlights by

Seth Segall, PhD

Subscribe at

goAMRA.org/publications

AMERICAN MINDFULNESS
RESEARCH ASSOCIATION

AMRA
American Mindfulness Research Association

explored whether a Mindful Performance Enhancement, Awareness, and Knowledge (mPEAK) intervention improved elite athletes' bodily awareness and examined the underlying brain patterns associated with improved awareness.

Seven young adult, male members of the USA BMX cycling team underwent fMRI scans before and after participating in a 7-week mPEAK intervention. The intervention included traditional mindfulness practices along with didactic presentations on topics such as mindfulness, mind-wandering, self-compassion, and self-criticism. Athletes were assessed before and after training on measures of bodily awareness, emotional awareness, and mindfulness (FFMQ).



During fMRI scanning, athletes engaged in a computer-assisted attentional focus task while breathing through a mouthpiece that could variably restrict airflow making breathing more labored and effortful. At various times during the task they were given visual cues about the likelihood of future airflow restriction, so that the fMRI measured the brain changes associated with anticipating, experiencing, and recovering from restricted airflow.

Following mPEAK training, the athletes significantly improved their abilities to identify feelings (Cohen's $d = 1.1$), self-regulate distress by attending to the body (Cohen's $d = 1.5$), trust bodily sensations (Cohen's $d = 1.0$), and describe emotions (Cohen's $d = 0.8$). Right insula and left anterior cingulate cortex (ACC) activation increased after mPEAK training during the time periods when athletes were anticipating restricted airflow. The magnitude of increased ACC activation during anticipation periods correlated with increases in the ability to describe emotions ($\rho = .78$).

There was also a negative association between increased insula activation during periods of recovery from restricted breathing and the ability to identify feelings ($\rho = -.76$). Decreased functional connectivity was observed following mPEAK training between the right medial frontal cortex and ACC and the posterior cingulate cortex, a brain structure associated with mind-wandering and self-referential thinking.

This pilot study suggests that an adapted mindfulness-based training is associated with greater attention to bodily sensations, feelings, and increased neural processing while anticipating and recovering from the distractions associated with restricted breathing. Future research is needed to clarify whether this increased bodily focus translates into improved athletic performance. The study is limited by a small sample size and the absence of a control group.

ANNOUNCEMENTS

Submit your ads online at goAMRA.org/publications/advertising/

Categories: Events & Conferences, Research & Education, Books & Media, and Employment & Volunteer

Events & Conferences

Rotman's Leadership Renewal Retreat

Rotman's Leadership Renewal Retreat provides participants with two and a half days to step outside their environment and their usual way of thinking and use new lenses to distinguish and seize opportunities for themselves and their organizations. Leaders with reflective ability are better equipped to see change, disruption and conflict as opportunities for generative thinking and innovation. Through experiential training, reflection and conversations with similarly motivated senior executives, Rotman's Leadership Renewal Retreat is designed to provide you with skills, discipline and courage to reframe yourself and your role.

INFO: For details visit <http://www.rotmanexecutive.com/renwalretreat>

Solar Body Natural Healing Conference

Join us for a Hands-on Discovery of Ilchi Lee's revolutionary Solar Body Natural Healing Method. Experience for yourself how Solar Body Method can help create a healthier, happier, and peaceful you for a more sustainable world for all.

INFO: For details visit <http://www.bodynbrain.com>

Search Inside Yourself in LA!

Developed at Google and based on neuroscience research, SIY uses mindfulness practice to train emotional intelligence skills, leading to resilience, well-being, and centered leadership. In the midst of complexity, it's about finding the inner capacity to create, thrive, and lead. Backed by leading experts in neuroscience and mindfulness, SIY is changing thousands of lives in over a dozen countries. October 2-3 at University of Southern California in Los Angeles.

INFO: Registration and details at SIYLosAngeles.eventbrite.com

Research & Education

Funding for Mindfulness Teachers and Researchers: Now Closed

The American Mindfulness Research Association (AMRA) Professional Development Award program is now closed. This competitive grant provides \$500 awards to promising researchers and teachers for their commitment to excellence in mindfulness research and practice.

INFO: For details visit <https://goamra.org/about/grants/>

Books & Media

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>

Mindful Medical Practice: Clinical Narratives

Patricia Dobkin's new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.

INFO: Go to <http://www.springer.com/us/book/9783319157764>

Employment & Volunteer

Place your ad in Mindfulness Research Monthly

Get your message out to our mindfulness community of over 10,500 subscribers (includes researchers, physicians, teachers, other professionals, students, and the general public) by placing your ad in our monthly open-access publication.

INFO: For details and pricing info, visit <https://goamra.org/publications/advertising/>