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Editor-in-Chief

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

Bailey, N. W., Nguyen, J., Bialylew, E.,...Fitzgerald, P. B. (2018). **Effect on well-being from an online mindfulness intervention: "Mindful in may"**. *Mindfulness*. [\[link\]](#)

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Chen, S., Jordan, C. H. (2018). **Incorporating ethics into brief mindfulness practice: Effects on well-being and prosocial behavior**. *Mindfulness*. [\[link\]](#)

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Hearn, J. H., Finlay, K. A. (2018). **Internet-delivered mindfulness for people with depression and chronic pain following spinal cord injury: A randomized, controlled feasibility trial**. *Spinal Cord*. [\[link\]](#)

Janssen, L., Kan, C. C., Carpentier, P. J.,...Speckens, A. E. (2018). **MBCT v. treatment as usual in adults with ADHD: A multicentre, single-blind, RCT**. *Psychological Medicine*. [\[link\]](#)

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Shors, T. J., Chang, H. Y., Millon, E. M. (2018). **MAP training my brain™: Meditation plus aerobic exercise lessens trauma of sexual violence more than either activity alone**. *Frontiers in Neuroscience*. [\[link\]](#)

Usher, C., Thompson, A., Griebeler, M.,...Bourdette, D. (2018). **Meals, mindfulness, & moving forward: A feasibility study to a multi-modal**

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Articles examining the correlates and mechanisms of mindfulness

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Butler, R. M., Boden, M. T., Olino, T. M.,...Heimberg, R. G. (2018). **Emotional clarity and attention to emotions in cognitive behavioral group therapy and MBSR for social anxiety disorder.** *Journal of Anxiety Disorders.* [\[link\]](#)

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Leonard, H. D., Campbell, K., Gonzalez, V. M. (2018). **The relationships among clinician self-**

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Medvedev, O. N., Norden, P. A., Krägeloh, C. U., Siegert, R. J. (2018). **Investigating unique contributions of dispositional mindfulness facets to depression, anxiety, and stress in general and student populations.** *Mindfulness.* [\[link\]](#)

Meyer, E. C., Frankfurt, S. B., Kimbrel, N. A.,...Morrisette, S. B. (2018). **The influence of mindfulness, self-compassion, psychological flexibility, and posttraumatic stress disorder on disability and quality of life over time in war veterans.** *Journal of Clinical Psychology.* [\[link\]](#)

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Ricci-Allegra, P. (2018). **Spiritual perspective, mindfulness, and spiritual care practice of hospice and palliative nurses.** *Journal of Hospice & Palliative Nursing.* [\[link\]](#)

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Swickert, R., Bailey, E., Hittner, J.,...Silver, N. C. (2018). **The mediational roles of gratitude and perceived support in explaining the relationship between mindfulness and mood.** *Journal of Happiness Studies.* [\[link\]](#)

Van der Gucht, K., Dejonckheere, E., Erbas, Y.,...Kuppens, P. (2018). **An experience sampling study examining the potential impact of a mindfulness-based intervention on emotion differentiation.** *Emotion.* [\[link\]](#)

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METHODS

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

Economides, M., Martman, J., Bell, M. J., Sanderson, B. (2018). **Improvements in stress, affect, and irritability following brief use of a mindfulness-based smartphone app: A RCT.** *Mindfulness.* [link]

Gordon, W. V., Shonin, E., Dunn, T. J.,...Griffiths, M. D. (2018). **Meditation-induced near-death experiences: A 3-year longitudinal study.** *Mindfulness.* [link]

Kubo, A., Altschuler, A., Kurtovich, E.,...Avins, A. (2018). **A pilot mobile-based mindfulness intervention for cancer patients and their informal caregivers.** *Mindfulness.* [link]

Martinez, T., Zhao, Y. (2018). **The impact of mindfulness training on middle grades students' office discipline referrals.** *RMLE Online.* [link]

Michalak, J., Steinhilber, K., Heidenreich, T. (2018). **(How) do therapists use mindfulness in their clinical work? Study on the implementation of mindfulness interventions.** *Mindfulness.* [link]

Myers, R. E., Karazsia, B. T., Kim, E.,...Singh, N. N. (2018). **A telehealth parent-mediated mindfulness-based health wellness intervention for adolescents and young adults with intellectual and developmental disabilities.** *Advances Neurodevelop Disord.* [link]

Soler, J., Elices, M., Dominguez-Clave, E.,...Riba, J. (2018). **Four weekly ayahuasca sessions lead to increases in "acceptance" capacities: A comparison study with a standard 8-week mindfulness training program.** *Frontiers in Pharmacology.* [link]

REVIEWS

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

Lee, D. J., Kulubya, E., Goldin, P.,...Girgis, F. (2018). **Review of the neural oscillations underlying meditation.** *Frontiers in Neuroscience.* [link]

Leyland, A., Rowse, G., Emerson, L. M. (2018). **Experimental effects of mindfulness inductions on self-regulation: Systematic review and meta-analysis.** *Emotion.* [link]

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van der Riet, P., Levett-Jones, T., Aquino-Russell, C. (2018). **The effectiveness of mindfulness meditation for nurses and nursing students: An integrated literature review.** *Nurse Educ T.* [link]

Vignaud, P., Donde, C., Sadki, T.,...Brunelin, J. (2018). **Neural effects of MBIs on patients with major depressive disorder: A systematic review.** *Neuroscience Biobehavioral Reviews.* [link]

Waldron, E. M., Hong, S., Moskowitz, J. T., Burnett-Zeigler, I. (2018). **A systematic review of the demographic characteristics of participants in US-based RCTs of mindfulness-based interventions.** *Mindfulness.* [link]

TRIALS

Research studies newly funded by the National Institutes of Health (MAR 2018)

UMASS Medical School (J. Brewer, PI). **Mechanisms of mindfulness for smoking cessation.** NIH/NCCIH project #3R61AT009337-02S1. [link]

University of Colorado (K. Hutchinson, PI). **Dismantling MBRP: Identifying critical neuroimmune mechanisms of action.** NIH/NIAAA project #5R01AA024632-03. [link]

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Attention-Deficit Hyperactivity Disorder (ADHD) is a childhood developmental disorder that can persist into adulthood, affecting 2.5% of the adult population. Adult ADHD symptoms include inattentiveness, distractibility, and difficulty staying organized. Stimulant medications remain the standard first-line treatment for adult ADHD, sometimes supplemented by cognitive-behavioral interventions. Some adults object to stimulant medication, some experience adverse medication-related side-effects, and some fail to achieve complete symptom remission through its use.

As a result, there is interest in developing psychosocial treatments as adjunctive or alternative treatments. Mindfulness-based interventions may be good candidates for such treatments, as they improve attentional regulation in healthy populations, and strengthen the brain regions associated with it. **Janssen et al. [*Psychological Medicine*]** tested the efficacy of Mindfulness-Based Cognitive Therapy (MBCT) as an adjunctive treatment for adults with ADHD in a multi-center, randomized, controlled study.

Researchers recruited 120 participants (50% male; average age = 39 years) from three Dutch specialty outpatient clinics for adult ADHD, as well as through media recruitment, physician referral, and a patient support-and-advocacy group. Participants were randomly assigned to either treatment-as-usual (TAU) or treatment-as-usual plus MBCT. TAU consisted of medication for 59% of participants, while 59% received previous or current psycho-educational/skills training, and 55% received previous or current psychosocial treatment. MBCT was offered in 8 weekly 2.5-hour group sessions and a 6-hour silent retreat.

Modifications were made in the standard MBCT format: the length of meditations gradually increased to 30 minutes, and material relevant to depression was replaced by material relevant to ADHD. There was also greater emphasis on mindfulness in daily life, mindful listening, and mindful speaking. Participants were encouraged to practice at home 6 days a week.

Participants were assessed at baseline, post-treatment, and at 3- and 6-month follow-up using both blind clinician and self-report ratings of ADHD symptoms, as well as self-report measures of executive function, general functioning, emotional and social wellbeing, self-compassion, and mindfulness (using the Five Facet Mindfulness Questionnaire).



At post-treatment, clinicians rated MBCT participants as exhibiting significantly fewer ADHD symptoms (Cohen's $d=.41$) than controls. More MBCT participants (31%) were rated as significantly clinically improved than TAU participants (5%). On self-report measures, MBCT participants showed significantly greater improvements in ADHD symptoms ($d=.37$), mindfulness ($d=.36$), self-compassion ($d=.42$) and emotional and social wellbeing ($d=.32$) than controls.

Clinician-rated differences persisted and remained stable through 6-month follow-up. Between group differences in self-rated ADHD symptoms increased over time, with Cohen's d increasing to .79 at 6-months. MBCT group executive functioning improved from post-treatment to 6-month follow-up, first becoming statistically significant at 6 months ($d=.49$).

The study shows adjunctive MBCT alleviates both clinician-rated and self-rated ADHD symptoms and improves self-rated mindfulness, self-compassion and emotional and social wellbeing in adults with effects lasting up to 6 months. The study is limited by its use of a TAU control rather than an active control because of the possible variations in TAU between treatments, as well as the lack of control for extra attention received by the MBCT group.

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