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Editor-in-Chief
David S. Black, Ph.D.

Highlights by
Seth Segall, Ph.D.

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INTERVENTIONS

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

Bay, E., Chan, R. R. (2018). **Mindfulness-based versus health promotion group therapy after traumatic brain injury.** *J Psychosocial Nurs Mental Heal Serv.* [\[link\]](#)

Bossio, J. A., Basson, R., Driscoll, M.,...Brotto, L. A. (2018). **Mindfulness-based group therapy for men with situational erectile dysfunction: A mixed-methods feasibility analysis and pilot study.** *Journal of Sexual Medicine.* [\[link\]](#)

Böhme, T., Stanzus, L. S., Geiger, S. M.,...Geiger, S. (2018). **Mindfulness training at school: A way to engage adolescents with sustainable consumption?** *Sustainability.* [\[link\]](#)

Chatutain, A., Pattana, J., Parinsarum, T., Lapanantasin, S. (2018). **Walking meditation promotes ankle proprioception and balance performance among elderly women.** *J Bodywork Move Therapies.* [\[link\]](#)

Dewhirst, C. B., Goldman, J. (2018). **Launching motivation for mindfulness: Introducing mindfulness to early childhood preservice teachers.** *Early Child Development Care.* [\[link\]](#)

Fiocco, A. J., Mallya, S., Farzaneh, M., Koszycki, D. (2018). **Exploring the benefits of mindfulness training in healthy community-dwelling older adults: A randomized controlled study using a mixed methods approach.** *Mindfulness.* [\[link\]](#)

Flett, J. A. M., Hayne, H., Riordan, B. C.,...Conner, T. S. (2018). **Mobile mindfulness meditation: A RCT of the effect of two popular apps on mental health.** *Mindfulness.* [\[link\]](#)

Hall, B. J., Xiong, P., Guo, X.,...Shen, Z. (2018). **An evaluation of a low intensity mhealth**

enhanced mindfulness intervention for Chinese university students: A RCT. *Psychiatry Research.* [\[link\]](#)

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Lin, L., He, G., Yan, J.,...Xie, J. (2018). **The effects of a modified MBSR program for nurses: A RCT.** *Workplace Health & Safety.* [\[link\]](#)

Ma, Y., She, Z., Siu, A. F.,...Liu, X. (2018). **Effectiveness of online mindfulness-based interventions on psychological distress and the mediating role of emotion regulation.** *Frontiers in Psychology.* [\[link\]](#)

MacDougall, A. G., Price, E., Vandermeer, M. R.,...Norman, R. M. (2018). **Youth-focused group mindfulness-based intervention in individuals with early psychosis: A randomized pilot feasibility study.** *Early Intervention in Psychiatry.* [\[link\]](#)

Mak, W. W., Tong, A. C., Yip, S. Y.,...Wong, C. C. (2018). **Efficacy and moderation of mobile app-based programs for mindfulness-based training, self-compassion training, and cognitive behavioral psychoeducation on mental health: Randomized controlled noninferiority trial.** *JMIR Mental Health.* [\[link\]](#)

Mander, J., Blanck, P., Neubauer, A. B.,...Heidenreich, T. (2018). **Mindfulness and progressive muscle relaxation as standardized session-introduction in individual therapy: A RCT.** *Journal of Clinical Psychology.* [\[link\]](#)

Nery, S. F., Paiva, S. P., Vieira, L.,...Reis, F. M. (2018). **Mindfulness-based program for stress reduction in infertile women: RCT.** *Stress and Health.* [\[link\]](#)

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Ratcliff, C. G., Prinsloo, S., Chaoul, A.,...Cohen, L. (2018). **A RCT of brief mindfulness meditation for women undergoing stereotactic breast biopsy.** *Journal of the American College of Radiology.* [\[link\]](#)

Resnicoff, M., Julliard, K. (2018). **Brief mindfulness meditation with night nursing unit staff: A qualitative study.** *Holistic Nursing Practice.* [\[link\]](#)

Slutsky, J., Chin, B., Raye, J., Creswell, J. D. (2018). **Mindfulness training improves employee well-being: A RCT.** *Journal of Occupational Health Psychology.* [\[link\]](#)

Vohra, S., Punja, S., Sibinga, E.,...Van Vliet, J. (2018). **MBSR for mental health in youth: A cluster RCT.** *Child Adoles Mental Health.* [\[link\]](#)

Young, C. C., Minami, H., Aguilar, R., Brown, R. A. (2018). **Testing the feasibility of a mindfulness-based intervention with underserved adolescents at risk for depression.** *Holistic Nursing Practice.* [\[link\]](#)

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Articles examining the correlates and mechanisms of mindfulness

Bajaj, B., Gupta, R., Sengupta, S. (2018). **Emotional stability and self-esteem as mediators between mindfulness and happiness.** *Journal of Happiness Studies.* [\[link\]](#)

Baker, A. K., Garland, E. L. (2018). **Autonomic and affective mediators of the relationship between mindfulness and opioid craving among chronic pain patients.** *Experimental and Clinical Psychopharmacology.* [\[link\]](#)

Boekel, W., Hsieh, S. (2018). **Cross-sectional white matter microstructure differences in age and trait mindfulness.** *PLoS ONE.* [\[link\]](#)

Brophy-Herb, H. E., Williamson, A. C., Cook, G. A.,...Duncan, L. (2018). **Preservice students' dispositional mindfulness and developmentally supportive practices with infants and toddlers.** *Mindfulness.* [\[link\]](#)

Carpenter, J. K., Sanford, J., Hofmann, S. G. (2018). **The effect of a brief mindfulness training on distress tolerance and stress reactivity.** *Behavior Therapy.* [\[link\]](#)

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Harvey, J., Crowley, J., Woszidlo, A. (2018). **Mindfulness, conflict strategy use, and relational satisfaction: A dyadic investigation.** *Mindfulness.* [\[link\]](#)

Imtiaz, F., Ji, L., Vaughan-Johnston, T. (2018). **Exploring the influence of a low-dose mindfulness induction on performance and persistence in a challenging cognitive task.** *Journal of Theoretical Social Psychology.* [\[link\]](#)

Kraemer, K. M., McLeish, A. (2018). **Evaluating the role of mindfulness in terms of asthma-related outcomes and depression and anxiety symptoms among individuals with asthma.** *Psychology, Health & Medicine.* [\[link\]](#)

Raines, E. M., Rogers, A. H., Bakhshaei, J.,...Zvolensky, M. J. (2018). **Mindful attention moderating the effect of experiential avoidance in terms of mental health among Latinos in a federally qualified health center.** *Psychiatry Research.* [\[link\]](#)

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Reed, P. (2018). **Previous mindfulness experience interacts with brief mindfulness induction when reducing stimulus over-selectivity.** *Applied Cognitive Psychology.* [\[link\]](#)

Rodríguez-Ledo, C., Orejudo, S., Cardoso, M.,...Balaguer, A. (2018). **Emotional intelligence and mindfulness: Relation and enhancement within the classroom with adolescents.** *Frontiers in Psychology.* [\[link\]](#)

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,...Janson, M. (2018). **Surfing the urge: An informal mindfulness practice for the self-management of aggression by adolescents with autism spectrum disorder.** *Journal of Contextual Behavioral Science.* [\[link\]](#)

Weintraub, J., Pattusamy, M., Dust, S. B. (2018). **Mindful multitasking: Disentangling the effect of polychronicity on work-home conflict and life satisfaction.** *The Journal of Social Psychology.* [\[link\]](#)

Wheeler, A. C., Miller, S., Wylie, A., Edwards, A. (2018). **Mindfulness and acceptance as potential protective factors for mothers of children with fragile X syndrome.** *Frontiers in Public Health.* [\[link\]](#)

Whitehead, R., Bates, G., Elphinstone, B.,...Murray, G. (2018). **Nonattachment mediates the relationship between mindfulness and psychological well-being, subjective well-being, and depression, anxiety and stress.** *Journal of Happiness Studies.* [\[link\]](#)

METHODS

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

Cheong, M. J., Son, S. E., Kang, H. W.,...Lyu, Y. -S. (2018). **Meditation-based clinical study to determine the correlation of quantitative**

electroencephalogram (qeeg) and 24-hour EEG activity. *Medicine.* [\[link\]](#)

Crane, R. S. (2018). **Intervention integrity in mindfulness-based research: Strengthening a key aspect of methodological rigor.** *Current Opinion in Psychology.* [\[link\]](#)

Crane, R. S., Kuyken, W. (2018). **The mindfulness-based interventions: Teaching assessment criteria (MBI: TAC): Reflections on implementation and development.** *Current Opinion in Psychology.* [\[link\]](#)

Doyle, S. L., Jennings, P. A., Brown, J. L.,...Greenberg, M. T. (2018). **Exploring relationships between CARE program fidelity, quality, participant responsiveness, and uptake of mindful practices.** *Mindfulness.* [\[link\]](#)

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Huynh, T., Hatton-Bowers, H., Smith, M. H. (2018). **A critical methodological review of mixed methods designs used in mindfulness research.** *Mindfulness.* [\[link\]](#)

Nymberg, P., Hansson, E. E., Stenman, E.,...Zöller, B. (2018). **Pilot study on increased adherence to physical activity on prescription through mindfulness: Study protocol.** *Trials.* [\[link\]](#)

Singh, J., Kumar, S., Arora, A. S. (2018). **Thermographic evaluation of mindfulness meditation using dynamic IR imaging.** *Infrared Physics & Technology.* [\[link\]](#)

Vinci, C., Reblin, M., Jim, H.,...Cutolo, E. (2018). **Understanding preferences for a mindfulness-based stress management program among caregivers of hematopoietic cell transplant patients.** *Complement Therapies Clinical Practice.* [\[link\]](#)

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Zhigalov, A., Heinilä, E., Parviainen, T.,...Hyvärinen, A. (2018). **Decoding attentional states for neurofeedback: Mindfulness vs. Wandering thoughts.** *NeuroImage.* [link]

REVIEWS

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

Batchelor, M. (2018). **Mindfulness theory: Feeling tones (vedanas) as a useful framework for research.** *Current Opinion in Psychology.* [link]

DiRenzo, D., Crespo-Bosque, M., Gould, N.,...Bingham, C. O. (2018). **Systematic review and meta-analysis: Mindfulness-based interventions for rheumatoid arthritis.** *Current Rheumatology Reports.* [link]

Dunning, D. L., Griffiths, K., Kuyken, W.,...Dalglish, T. (2018). **The effects of mindfulness-based interventions on cognition and mental health in children and adolescents-a meta-analysis of RCTs.** *Journal of Child Psychology and Psychiatry.* [link]

Geiger, S. M., Grossman, P., Schrader, U. (2018). **Mindfulness and sustainability: Correlation or causation?** *Current Opinion in Psychology.* [link]

Levi, U., Rosenstreich, E. (2018). **Mindfulness and memory: A review of findings and a potential model.** *Journal of Cognitive Enhancement.* [link]

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review and meta-analysis of their impact upon wellbeing. *J Positive Psychology.* [link]

Lyzwinski, L. N., Caffery, L., Bambling, M., Edirippulige, S. (2018). **Relationship between mindfulness, weight, and weight-related behaviors in college students: A systematic review.** *Alternative Complem Therapies.* [link]

Magalhaes, A. A., Oliveira, L., Pereira, M. G., Menezes, C. B. (2018). **Does meditation alter brain response to negative stimuli? A systematic review.** *Frontiers in Human Neuroscience.* [link]

Palmer, S. J. (2018). **The neuroscience of meditation.** *British J Neuro Nursing.* [link]

Rupperecht, S., Koole, W., Chaskalson, M.,...West, M. (2018). **Running too far ahead? Towards a broader understanding of mindfulness in organisations.** *Current Opinion in Psychology.* [link]

Sapthiang, S., Gordon, W. V., Shonin, E. (2018). **Mindfulness in schools: A health promotion approach to improving adolescent mental health.** *Interl J Mental Health Addiction.* [link]

Sevilla-Llewellyn-Jones, J., Santesteban-Echarri, O., Pryor, I.,...Alvarez-Jimenez, M. (2018). **Web-Based mindfulness interventions for mental health treatment: Systematic review and meta-analysis.** *JMIR Mental Health.* [link]

TRIALS

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

VA Connecticut Healthcare (L. Kachadourian, PI). **Mindfulness treatment for anger in veterans with PTSD.** Veterans Affairs project #51K2CX001259-03. [link]

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HIGHLIGHTS

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

About one in eight U.S. women will be diagnosed with breast cancer at some point in their lives. Cancer is often diagnosed by a stereotactic breast biopsy that uses a mammography-guided needle to extract suspicious tissue. The procedure requires women to remain immobile for 15-30 minutes while undergoing breast compression, which can be an uncomfortable, anxiety provoking experience.

Patients can take prescription drugs to reduce anxiety, but this requires them to be driven to and from the procedure and can delay their return to work. As a result, there is interest in non-drug interventions to reduce biopsy discomfort and anxiety. **Ratcliff et al. [Journal of the American College of Radiology]** compared the effect of mindfulness meditation or focused breathing to a control group on breast biopsy pain and anxiety.

The researchers randomly assigned 76 women (average age = 55 years; 74% Caucasian and 20% Hispanic/Latina) preparing to undergo stereotactic breast biopsy to: 1) a 10-minute guided mindfulness meditation, 2) a 10-minute guided period of focused diaphragmatic breathing, or 3) a 10-minute period of listening to a neutral audio clip.

Mindfulness meditation emphasized nonjudgmental observation of the breath, sensations, thoughts, and feelings with reminders to refocus whenever the mind wandered. The meditation was guided in-person by a mind-body medicine specialist. The specialist also accompanied the patient to the biopsy, coaching them in meditation during the procedure. Focused breathing was taught and coached similarly. Audio clip patients were not accompanied or coached during the biopsy.

Measures of anxiety and pain were taken after the training interventions, every four minutes during the biopsy, and immediately following the biopsy. Additionally, an electroencephalogram (EEG) measured patient brain wave activity in regions of interest before, during, and after the biopsy.



The mindfulness group showed a significantly greater reduction in anxiety during the biopsy than the focused breathing group (Cohen's $d = 0.48$) or the audio clip control ($d = 0.45$). Reported pain levels did not significantly differ across groups. Although mindfulness reduced anxiety more than focused breathing, a significantly greater percentage of focused breathing participants rated their intervention as useful or very useful (97%) than did mindfulness participants (77%).

The mindfulness group displayed significantly stronger EEG beta range activity in the insula ($d = 1.4$) and anterior cingulate cortex ($d = 1.0$) during the biopsy compared to the control group. There were similar trends for the insula ($d = 1.6$) and anterior cingulate cortex ($d = 0.7$) when compared to the focused breathing group. The mindfulness group also showed a trend towards greater theta activity in three brain regions. Brain wave differences were indicative of improved attention and bodily awareness. There was a trend in both the mindfulness and the focused breathing groups towards reduced delta activity in the precuneus region. This decreased delta activity correlated significantly ($r = 0.51$) with decreased anxiety during the biopsy.

The study shows that a brief, instructor-led mindfulness meditation is superior to instructor-led focused breathing in reducing anxiety during stereotactic breast biopsy. The study is limited by the fact that a mind-body specialist did not accompany control group participants during the biopsy. Useable EEGs were obtained for only one third of the participants, limiting the statistical power of the analyses.

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While there is a fairly extensive research literature evaluating the benefits of Mindfulness Based Stress Reduction (MBSR) for adults with depression and anxiety, research into the benefits of MBSR for adolescents with mental health problems is sparse.

Vohra et al. [*Child and Adolescent Mental Health*] conducted a controlled trial of MBSR as an adjunctive treatment for adolescents attending an intensive residential mental health treatment program.

The researchers studied 85 non-psychotic adolescent patients (average age = 14 years; 59% male; 73% Caucasian) residing in an intensive residential mental health treatment program. Half of the residents received standard residential care and half received standard residential care plus adjunctive MBSR. Assignment to condition was based on the time of year that patients resided in the treatment program, rather than on individual randomization.

Standard residential care consisted of a structured program including daily group therapy, medication, education, recreation, and weekly family therapy. Adjunctive MBSR was offered in eight two-hour weekly sessions with a three-hour retreat in week eight. The standard MBSR protocol was modified for the age group and homework was less demanding.

Outcome measures assessed at baseline, 10 weeks, and 3 months included parent, teacher, and self-ratings using the Behavioral Assessment System for Children System (BASC) as well as self-ratings on perceived stress, mindfulness (using the Child Acceptance and Mindfulness Measure), and emotional regulation. During the course of the study, 4 participants were discharged early and one participant declined further participation. Average MBSR session attendance was 88%.

BASC teacher ratings showed significant improvements for the adjunctive MBSR group on measures of internalizing problems (depression, anxiety, somatization) and adaptive skills (social skills, study skills, leadership) compared to standard care alone. Average ratings of internalizing problems in the MBSR group decreased from 53 to 51, whereas standard care alone ratings increased from 56 to 63. Average MBSR adaptive skills ratings improved from 44.7 to 45.5, whereas standard care alone ratings improved from 44.4 to 44.6.



Effect sizes for adaptive skills were not indicated, but appear small. There were no significant differences on any other rating scales. In a post-hoc analysis, the MBSR group had a significantly shorter length of stay in the program (133 vs.151 days).

The results of this study show that adjunctive MBSR can improve teacher-reported internalizing problems and adaptive skills among adolescents attending an intensive residential mental health program. These same improvements were not found for participant self-report or parental ratings, but as this was a residential program, parents had only minimal contact with their children.

The study was limited by its lack of individual random assignment, as well as the fact that teachers performing ratings were not blind to condition, introducing the possibility of evaluation bias.