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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

Arredondo, M., Sabaté, M., Valveny, N.,...Botella, L. (2017). **A mindfulness training program based on brief practices to reduce stress in the workplace: A randomised controlled pilot study.** *Int J Occup Environ Health.* [\[link\]](#)

Capobianco, L., Reeves, D., Morrison, A. P., Wells, A. (2017). **Group metacognitive therapy vs. mindfulness meditation therapy in a transdiagnostic patient sample: A randomised feasibility trial.** *Psychiatry Research.* [\[link\]](#)

Carletto, S., Tesio, V., Borghi, M.,...Torta, R. (2017). **The effectiveness of a body-affective mindfulness intervention for multiple sclerosis patients with depressive symptoms: A randomized controlled clinical trial.** *Frontiers in Psychology.* [\[link\]](#)

Chan, N., Neece, C. L. (2017). **MBSR for parents of children with developmental delays: A follow-up study.** *Evidence-Based Practice in Child and Adolescent Mental Health.* [\[link\]](#)

DeSteno, D., Lim, D., Duong, F., Condon, P. (2017). **Meditation inhibits aggressive responses to provocations.** *Mindfulness.* [\[link\]](#)

DiNardo, M., Saba, S., Greco, C. M.,...Cohen, S. (2017). **A mindful approach to diabetes self-management education and support for veterans.** *Diabetes Educator.* [\[link\]](#)

Duggan, K., Julliard, K. (2017). **Implementation of a mindfulness moment initiative for healthcare professionals: Perceptions of facilitators.** *Explore.* [\[link\]](#)

Hunter, L., Snow, S., Warriner, S. (2017). **Being there and reconnecting: Midwives' perceptions of the impact of mindfulness training on their practice.** *Journal of Clinical Nursing.* [\[link\]](#)

Keng, S. L., Tan, H. H. (2017). **Effects of brief mindfulness and loving-kindness meditation inductions on emotional and behavioral responses to social rejection among individuals with high borderline personality traits.** *Behaviour Research and Therapy.* [\[link\]](#)

Lu, S., Rios, J. A., Huang, C. C. (2017). **Mindfulness, emotion and behaviour: An intervention study with Chinese migrant children.** *Children & Society.* [\[link\]](#)

MacDonald, L. A., Oprescu, F., Kean, B. M. (2017). **An evaluation of the effects of mindfulness training from the perspectives of wheelchair basketball players.** *Psychology of Sport and Exercise.* [\[link\]](#)

McKenna, L., Marks, E. M., Hallsworth, C. A., Schaeffe, R. (2017). **MBCT as a treatment for chronic tinnitus: A randomized controlled trial.** *Psychotherapy and Psychosomatics.* [\[link\]](#)

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Meredith, L. N., Frazier, P. A. (2017). **Randomized trial of web-based stress management interventions for community college students.** *Community College J Research and Practice.* [\[link\]](#)

Swift, J. K., Callahan, J. L., Dunn, R.,...Ivanovic, M. (2017). **A randomized-controlled crossover trial of mindfulness for student psychotherapists.** *Training and Education in Professional Psychology.* [\[link\]](#)

Tkatch, R., Bazarko, D., Musich, S., Wu, L.,...Wicker, E. (2017). **A pilot online mindfulness intervention to decrease caregiver burden and improve psychological well-being.** *Journal of Evidence-Based Complementary & Alternative Medicine.* [\[link\]](#)

Umbach, R., Raine, A., Leonard, N. R. (2017). **Cognitive decline as a result of incarceration and the effects of a CBT/MT intervention: A cluster RCT.** *Criminal Justice and Behavior.* [\[link\]](#)

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van der Zwan, J. E., de Vente, W., Huizink, A. C.,...de Bruin, E. I. (2017). **The effects of physical activity, mindfulness meditation, or heart rate variability biofeedback on executive functioning, worrying, and mindfulness.** *Biological Psychology*. [\[link\]](#)

Waelde, L. C., Hechanova, M. R., Ramos, P. A.,...Moschetto, J. M. (2017). **Mindfulness and mantra training for disaster mental health workers in the Philippines.** *Mindfulness*. [\[link\]](#)

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Articles examining the correlates and mechanisms of mindfulness

Banerjee, M., Cavanagh, K., Strauss, C. (2017). **Barriers to mindfulness: A path analytic model exploring the role of rumination and worry in predicting psychological and physical engagement in an online MBI.** *Mindfulness*. [\[link\]](#)

Bilevicius, E., Smith, S. D., Kornelsen, J. (2017). **Resting state network functional connectivity patterns associated with the mindful attention awareness scale.** *Brain Connectivity*. [\[link\]](#)

Blake, M. J., Blake, L. M., Schwartz, O.,...McMakin, D. L. (2017). **Who benefits from adolescent sleep interventions? Moderators of treatment efficacy in a RCT of a cognitive-behavioral and mindfulness-based group sleep intervention for at-risk adolescents.** *Journal of Child Psychology and Psychiatry*. [\[link\]](#)

Campbell, R., Soenens, B., Weinstein, N., Vansteenkiste, M. (2017). **Impact of partial sleep deprivation on psychological functioning: Effects on mindfulness and basic psychological need satisfaction.** *Mindfulness*. [\[link\]](#)

Cebolla i Martí, A. J., Demarzo, M., Martins, P.,...García Campayo, J. (2017). **Unwanted**

**effects: Is there a negative side of meditation? A multicentre survey.** *PLoS ONE*. [\[link\]](#)

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Egan, R. P., Hill, K. E., Foti, D. (2017). **Differential effects of state and trait mindfulness on the late positive potential.** *Emotion*. [\[link\]](#)

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Fabio, R. A., Towey, G. E. (2017). **Long-term meditation: The relationship between cognitive processes, thinking styles and mindfulness.** *Cognitive Processing*. [\[link\]](#)

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Geisler, F. C., Bechtoldt, M. N., Oberländer, N., Schacht-Jablonowsky, M. (2017). **The benefits of a mindfulness exercise in a performance situation.** *Psychological Reports*. [\[link\]](#)

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Kumar, M., Kalakbandi, V., Prashar, S.,...Parashar, A. (2017). **Overcoming the effect of low self-esteem on public speaking anxiety with MBIs.** *Decision*. [\[link\]](#)

Liang, L. H., Brown, D. J., Ferris, D. L.,...Keeping, L. M. (2017). **The dimensions and mechanisms of mindfulness in regulating aggressive behaviors.** *Journal of Applied Psychology*. [\[link\]](#)

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Lyons, A., Alba, B., Pepping, C. A. (2017). **The impact of social support and mindfulness on the mental health of middle-aged and older gay men: A longitudinal cohort analysis.** *Psychology Sex Orient Gender Diversity.* [\[link\]](#)

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McKee, L. G., Parent, J., Zachary, C. R., Forehand, R. (2017). **Mindful parenting and emotion socialization practices: Concurrent and longitudinal associations.** *Family Process.* [\[link\]](#)

Roos, C. R., Bowen, S., Witkiewitz, K. (2017). **Baseline patterns of substance use disorder severity and depression and anxiety symptoms moderate the efficacy of MBRP.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Samios, C. (2017). **Burnout and psychological adjustment in mental health workers in rural Australia: The roles of mindfulness and compassion satisfaction.** *Mindfulness.* [\[link\]](#)

Scheibner, H. J., Daniels, A., Guendelman, S.,...Berpohl, F. (2017). **Self-compassion mediates the relationship between mindfulness and borderline personality disorder symptoms.** *Journal of Personality Disorders.* [\[link\]](#)

Seguias, L., Tapper, K. (2017). **The effect of mindful eating on subsequent intake of a high calorie snack.** *Appetite.* [\[link\]](#)

Shallcross, A. J., Spruill, T. M. (2017). **The protective role of mindfulness in the relationship between perceived discrimination and depression.** *Mindfulness.* [\[link\]](#)

van Dijk, I., Lucassen, P. L., van Weel, C., Speckens, A. E. (2017). **A cross-sectional examination of psychological distress, positive mental health and their predictors in medical students in their clinical clerkships.** *BMC Medical Education.* [\[link\]](#)

Zamir, O., Gewirtz, A. H., Zhang, N. (2017). **Actor-Partner associations of mindfulness and marital quality after military deployment.** *Family Relations.* [\[link\]](#)

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## METHODS

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

Droutman, V., Golub, I., Oganessian, A., Read, S. (2018). **Development and initial validation of the adolescent and adult mindfulness scale (AAMS).** *Personality and Individual Differences.* [\[link\]](#)

Goldberg, S. B., Tucker, R. P., Greene, P. A.,...Davidson, R. J. (2017). **Is mindfulness research methodology improving over time? A systematic review.** *PLoS ONE.* [\[link\]](#)

Nauta, I. M., Speckens, A. E., Kessels, R. P.,...de Jong, B. A. (2017). **Cognitive rehabilitation and mindfulness in multiple sclerosis: A study protocol for a RCT.** *BMC Neurology.* [\[link\]](#)

Navarro-Haro, M. V., López-del-Hoyo, Y., Campos, D.,...García-Campayo, J. (2017). **Meditation experts try virtual reality mindfulness: A pilot study evaluation of the feasibility and acceptability of virtual reality to facilitate mindfulness practice in people attending a mindfulness conference.** *PLoS ONE.* [\[link\]](#)

Sikorskii, A., Wyatt, G., Lehto, R.,...Pace, T. (2017). **Using SMART design to improve symptom**

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**management among cancer patients: A study protocol.** *Research in Nursing & Health.* [\[link\]](#)

## REVIEWS

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

Beccia, A. L., Dunlap, C., Hanes, D. A.,...Zwickey, H. L. (2017). **Mindfulness-based eating disorder prevention programs: A systematic review and meta-analysis.** *Mental Health & Prevention.* [\[link\]](#)

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Hood, M. M., Jedel, S. (2017). **MBIs in inflammatory bowel disease.** *Gastroenterology Clinics of North America.* [\[link\]](#)

Jones, D., Ebert, L., Hazelton, M. (2017). **Mindfulness for men with pregnant partners: An integrative literature review.** *British Journal of Midwifery.* [\[link\]](#)

Kummar, A. S. (2017). **Mindfulness and fear extinction: A brief review of its current neuropsychological literature and possible implications for PTSD.** *Psychological Reports.* [\[link\]](#)

de Latorraca, C. O. C., Martimbianco, A. L. C., Pachito, D. V.,...Riera, R. (2017). **Mindfulness for palliative care patients. Systematic review.** *International Journal of Clinical Practice.* [\[link\]](#)

Noetel, M., Ciarrochi, J., Van Zanden, B., Lonsdale, C. (2017). **Mindfulness and acceptance approaches to sporting performance enhancement: A systematic review.** *Int Review Sport Exer Psychology.* [\[link\]](#)

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Tapper, K. (2017). **Mindfulness and craving: Effects and mechanisms.** *Clinical Psychology Review.* [\[link\]](#)

Wilson, A. D., Roos, C. R., Robinson, C. S.,...Witkiewitz, K. (2017). **MBIs for addictive behaviors: Implementation issues on the road ahead.** *Psychology of Addictive Behaviors.* [\[link\]](#)

## TRIALS

Research studies newly funded by the National Institutes of Health (NOV 2017)

Northwestern University (D. Victorson, PI). **Reducing the effects of surveillance stress, uncertainty and rumination thru engagement in mindfulness education.** NIH/NCI project# 5R01CA193331-03. [\[link\]](#)

University of Wisconsin-Madison (R. Davidson, PI). **Wisconsin center for the neuroscience of psychophysiology of meditation.** NIH/NCCIH project# P01AT004952-10S1. [\[link\]](#)

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## HIGHLIGHTS

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

Mindfulness may improve not only the way we feel inside, but also the way we behave towards others. Researchers are interested in whether mindfulness can decrease aggression either by transforming hostile feelings, or altering the way people respond to them. **Desteno et al. [Mindfulness]** conducted a randomized controlled study of whether mindfulness training can reduce feelings of anger and/or overt aggression better than a control intervention.

The researchers randomly assigned 77 meditation-naïve college students (age range =18-24 years) to either a mindfulness meditation training or a control intervention. Each intervention consisted of twenty-one brief (approximately 15 minutes long) practice sessions over the course of 3 weeks.

Meditation participants engaged in guided breath, body, and mind-focused meditations that included monitoring mind-wandering and adopting a non-judgmental attitude. Training sessions were delivered via the Headspace smartphone app. Control participants logged onto a website each day to solve word and geometric puzzles, analogies, and similar problems. Attrition was equally high in both groups, and only data from 46 participants were included in the analyses.

Following training, participants were invited into the laboratory for “cognitive” testing. After completing a Stroop task measuring cognitive executive function, participants were introduced via videoconferencing to a person they thought was a fellow research participant. They were then asked to compose a two-minute speech on their life goals and deliver it to their video-conferenced peer. Afterwards, they were presented with what was said to be their peer’s written evaluation of their performance.

Their “peer” was not a fellow participant, but a previously videotaped research confederate,

and the “feedback” they received evaluated their speeches as “boring” and “a complete waste.” Participants then rated their emotions and were offered an opportunity to aggress against the research confederate. They were told to prepare a “taste test” for the confederate who “hated spicy food.” They could fill a cup up with as much hot sauce as they wanted for the confederate to drink. The amount of hot sauce poured was the measure of aggression.



Meditators and controls rated themselves as equally angry after the negative feedback. Meditators, however, added significantly less hot sauce to the cups they were preparing to give to the confederate (Cohen’s  $d = 0.84$ ). Meditators added 3 grams, while controls added 7 grams. Meditator’s lower level of aggression couldn’t be attributed to improved executive function as there was no difference between meditators and controls on the Stroop task.

The results show that young adults who participated in an app-based meditation training were less aggressive after receiving critical feedback, but not less angry. It suggests that being mindful doesn’t interfere with experiencing emotions, but changes how one responds to them.

When workplace conflicts boil over into outright expressions of hostility, employees may feel harmed and mistreated and workplace functioning is disrupted. **Liang et al. [Journal of Applied Psychology]** conducted a series of four studies to test if mindfulness plays a role in decreasing hostile and aggressive behavior in places of employment.

The first three studies examined whether mindful awareness and acceptance can weaken the link between feelings of hostility and the overt expression of those feelings. The fourth study explored the ways in which mindfulness might accomplish this.

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The first three studies used employees from Amazon MTurk (average age = 36-39 years; 44%-48% male), a crowdsourcing Internet marketplace, as participants. The fourth study drew employees (average age = 37 years; 49% male) from a larger employee database.

In the first study, 101 employees visualized and described a past negative incident with their supervisor. Participants were then randomly assigned to either a mindful awareness, mindful acceptance, or mind wandering condition. In each condition, participants read flashcard statements designed to elicit one of these mental states. The cards included statements like “consciously attend to your breath for a few seconds” or “let your mind wander to whichever thought it wants.”

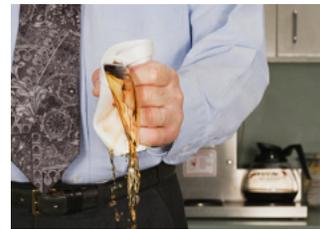
Afterwards, participants were presented with a voodoo doll representing their supervisor and asked how many pins they would like to stick in it. The flashcards participants read affected how many pins they chose to use (partial  $\eta^2=.07$ ). The mindful awareness group used significantly fewer (6 pins) than the mind-wandering group (15 pins). The mindful acceptance group (8 pins), however, didn't differ significantly from the mind-wandering group.

In the second study, 342 employees completed the Mindful Attention and Awareness Scale (MAAS), the Acceptance sub-scale of the Philadelphia Mindfulness Scale (PMS), and a self-report measure of feelings of hostility towards their supervisors. They also rated how often they acted hostilely towards their supervisors by being rude, making fun of them, etc. The results showed that when mindful awareness was low, the positive relationship between hostile feelings and hostile actions was significantly stronger than when mindful awareness was high. Mindful acceptance had no significant effect.

In the third study, 82 employees completed daily surveys measuring their hostile feelings and actions towards their supervisors over the course of a workweek. They also completed measures of daily mindful awareness (adopted from the MAAS) and daily mindful acceptance (from the PMS). Hostile feelings and actions were significantly positively correlated when mindful awareness was low, but not when it

was high. Mindful acceptance did not have a similar effect.

The fourth study explored whether mindful awareness weakens the link between hostile feelings and aggressive actions by decreasing either “surface acting” or rumination. “Surface acting” is pretending to be friendly while hiding one's true negative feelings.



A total of 204 employees completed 3 online surveys spaced one week apart. The first survey assessed hostile feelings towards supervisors; the second assessed surface acting and rumination; the third assessed mindful awareness and expression of hostility toward supervisors. Mindful awareness, anger, and expressed hostility were measured as in the second study. Surface acting was assessed by self-ratings of how often employees hid their true feelings or pretended to feelings they didn't have. Rumination was measured by self-ratings of the frequency of intrusive supervisor-related thoughts.

Once again, higher levels of mindful awareness significantly weakened the link between angry feelings and hostile actions. Higher levels of mindfulness were significantly associated with lower levels of surface acting and rumination. When surface acting was high, there was a significant association between feeling angry and expressing hostility, but not when surface acting was low. Levels of rumination, however, didn't affect the strength anger-expressed hostility link.

Altogether, these results show that mindful awareness weakens the link between experiencing anger and expressing hostility in the workplace. Mindful awareness promotes self-control without resorting to the faking of positive emotion. Employers wanting to reduce workplace aggression might consider either hiring employees who are higher in trait mindfulness, or offering mindfulness training as part of a conflict-management intervention in the workplace.