

In this issue

47 new studies
including:

21 Intervention &
Application studies

8 Etiology &
Associations studies

5 Review & Meta-
analysis studies

7 Theory & Processes
studies

6 Method & Measures
studies

Also....

3 Clinical Trials

Highlights – p. 4

Call for Papers – p. 6

Published by:



Intervention & Application

Intervention & Application cites articles that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations.

Burg, J. M. & Michalak, J. (2011). **The healthy quality of mindful breathing: Associations with rumination and depression.** *Cognitive Therapy and Research*, 35(2), 179-85. [\[link\]](#)

Conn, V. S. (2011). **The power of being present: The value of mindfulness interventions in improving health and wellbeing.** *Western Journal of Nursing Research*, 33(8), 993-95. [\[link\]](#)

Daubenmier, J., Lin, J., Blackburn, E., Hecht, F. M., et al. (2011). **Changes in stress, eating, and metabolic factors are related to changes in telomerase activity in a randomized mindfulness intervention pilot study.** *Psychoneuroendocrinology*. [\[link\]](#)

Feng, L., Cao, Y., Zhang, Y., Wee, S. T., et al. (2011). **Psychological therapy with Chinese patients.** *Asia-Pacific Psychiatry*, 3(4), 167-72. [\[link\]](#)

Frisvold, M. H., Lindquist, R., & Peden McAlpine, C. (2011). **Living life in the balance at midlife: Lessons learned from mindfulness.** *Western Journal of Nursing Research*. [\[link\]](#)

Garland, E. L., Gaylord, S. A., Palsson, O., Faurot, K., et al. (2011). **Therapeutic mechanisms of a mindfulness-based treatment for IBS: Effects on visceral sensitivity, catastrophizing, and affective processing of pain sensations.** *Journal of Behavioral Medicine*. [\[link\]](#)

Gregoski, M. J., Barnes, V. A., Tingen, M. S., et al. (2011). **Differential impact of stress reduction programs upon ambulatory blood pressure among African American adolescents: Influences of endothelin-1 gene and chronic stress exposure.** *International Journal of Hypertension*. [\[link\]](#)

Hinton, D. E., Pich, V., Hofmann, S. G., & Otto, M. W. (2011). **Acceptance and mindfulness techniques as applied to refugee and ethnic minority populations with PTSD: Examples from culturally adapted CBT.** *Cognitive and Behavioral Practice*. [\[link\]](#)

Kearney, D. J., McDermott, K., Malte, C., Martinez, M., et al. (2012). **Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample.** *Journal of Clinical Psychology*, 68(1), 101-16. [\[link\]](#)

Kemeny, M. E., Foltz, C., Cavanagh, J. F., Cullen, M., et al. (2011). **Contemplative/emotion training reduces negative emotional behavior and promotes prosocial responses.** *Emotion*. [\[link\]](#)

Lau, N. & Hue, M. (2011). **Preliminary outcomes of a mindfulness-based programme for Hong Kong adolescents in schools: Well-Being, stress and depressive symptoms.** *International Journal of Children's Spirituality*, 16(4), 315-30. [\[link\]](#)

Lengacher, C. A., Kip, K. E., Post-White, J., Fitzgerald, S., et al. (2011). **Lymphocyte recovery after breast cancer treatment and mindfulness-based stress reduction (MBSR) therapy.** *Biological Research for Nursing*. [\[link\]](#)

McCracken, L. M., Boichat, C., & Eccleston, C. (2011). **Training for general practitioners in opioid prescribing for chronic pain based on practice guidelines: A randomized pilot and feasibility trial.** *The Journal of Pain*. [\[link\]](#)

Price, C. J., Wells, E. A., Donovan, D. M., & Rue, T. (2011). **Mindful awareness in body-oriented therapy as an adjunct to women's substance use disorder treatment: A pilot feasibility study.** *Journal of Substance Abuse Treatment*. [\[link\]](#)

Intervention & Application continued...

Robins, C. J., Keng, S. L., Ekblad, A. G., & Brantley, J. G. (2012). **Effects of mindfulness-based stress reduction on emotional experience and expression: A randomized controlled trial.** *Journal of Clinical Psychology*, 68(1), 117-31. [\[link\]](#)

Ronel, N., Frid, N., & Timor, U. (2011). **The practice of positive criminology: A Vipassana course in prison.** *International Journal of Offender Therapy and Comparative Criminology*. [\[link\]](#)

Shawyer, F., Farhall, J., Mackinnon, A., Trauer, T., et al. (2011). **A randomised controlled trial of acceptance-based cognitive behavioural therapy for command hallucinations in psychotic disorders.** *Behaviour Research and Therapy*. [\[link\]](#)

Stange, J. P., Eisner, L. R., Hölzel, B. K., Peckham, A. D., et al. (2011). **Mindfulness-Based cognitive therapy for bipolar disorder: Effects on cognitive functioning.** *Journal of Psychiatric Practice*, 17(6), 410-19. [\[link\]](#)

Tadlock-Marlo, R. L. (2011). **Making minds matter: Infusing mindfulness into school counseling.** *Journal of Creativity in Mental Health*, 6(3), 220-33. [\[link\]](#)

Vernooij, F. (2011). **Mindfulness and science, a fruitful interaction** [German]. *Psychologie & Gezondheid*. [\[link\]](#)

Westbrook, C., Creswell, J. D., Tabibnia, G., Julson, E., et al. (2011). **Mindful attention reduces neural and self-reported cue-induced craving in smokers.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

Etiology & Associations

Etiology & Associations cites articles that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biological and psychosocial constructs.

D Bowlin, S. L. & Baer, R. A. (2011). **Relationships between mindfulness, self-control, and psychological functioning.** *Personality and Individual Differences*, 52(3), 411-15. [\[link\]](#)

Cassin, S. E. & Rector, N. A. (2011). **Mindfulness and the attenuation of post-event processing in social phobia: An experimental investigation.** *Cognitive Behaviour Therapy*, 40(4), 267-78. [\[link\]](#)

Garland, E. L. (2011). **Trait mindfulness predicts attentional and autonomic regulation of alcohol cue-reactivity.** *Journal of Psychophysiology*, 25(4), 180-89. [\[link\]](#)

Gilbert, P., McEwan, K., Gibbons, L., Chotai, S., et al. (2011). **Fears of compassion and happiness in relation to alexithymia, mindfulness, and self-criticism.** *Psychology and Psychotherapy: Theory, Research and Practice*. [\[link\]](#)

Manicavasagar, V., Perich, T., & Parker, G. (2011). **Cognitive predictors of change in cognitive behaviour therapy and mindfulness-based cognitive therapy for depression.** *Behavioural and Cognitive Psychotherapy*. [\[link\]](#)

Murphy, C. & MacKillop, J. (2011). **Living in the here and now: Interrelationships between impulsivity, mindfulness, and alcohol misuse.** *Psychopharmacology*. [\[link\]](#)

O'Toole, S., Diddy, E., & Kent, M. (2011). **Mindfulness and emotional well-being in women with borderline personality disorder.** *Mindfulness*. [\[link\]](#)

Prazak, M., Critelli, J., Martin, L., Miranda, V., et al. (2011). **Mindfulness and its role in physical and psychological health.** *Applied Psychology: Health and Well-Being*. [\[link\]](#)

Review & Meta-analysis

Review & Meta-analysis cites articles that combine and synthesize mindfulness and related research studies either statistically or theoretically.

Edwards, E. (2012). **The role of complementary, alternative, and integrative medicine in personalized health care.** *Neuropsychopharmacology Reviews*, 37(1), 293-95. [\[link\]](#)



Review & Meta-analysis continued...

de Lisle, S. M., Dowling, N. A., & Allen, J. S. (2011). **Mindfulness and problem gambling: A review of the literature.** *Journal of Gambling Studies*. [\[link\]](#)

Nyklíček, I., Schoormans, D., & Zijlstra, W. P. (2011). **Authors' reply to response to "mindfulness and psychological well-being: Are they related to type of meditation technique practiced?"**. *The Journal of Alternative and Complementary Medicine*. [\[link\]](#)

Rees, B. (2011). **Overview of outcome data of potential meditation training for soldier resilience.** *Military Medicine*, 176(11), 1232-42. [\[link\]](#)

Schwartz, S. A. (2011). **Meditation - the controlled psychophysical self-regulation process that works.** *Explore*, 7(6), 348-53. [\[link\]](#)

Theory & Processes

Theory & Processes cites articles that examine the theoretical mechanisms of how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion.

Bowen, S. & Kurz, A. S. (2011). **Between-session practice and therapeutic alliance as predictors of mindfulness after mindfulness-based relapse prevention.** *Journal of Clinical Psychology*. [\[link\]](#)

Brewer, J. A., Worhunsky, P. D., Gray, J. R., Tang, Y. Y., et al. (2011). **Meditation experience is associated with differences in default mode network activity and connectivity.** *PNAS*, 108(50), 20254-59. [\[link\]](#)

Cacciatore, J. & Flint, M. (2012). **ATTEND: Toward a mindfulness-based bereavement care model.** *Death Studies*, 36(1), 61-82. [\[link\]](#)

DelMonte, M. M. (2011). **Mindfulness and awareness: Constructivist, psychodynamic and eastern perspectives.** *International Journal of Mental Health and Addiction*. [\[link\]](#)

Gard, T., Hölzel, B. K., Sack, A. T., Hempel, H., et al. (2011). **Pain attenuation through mindfulness is associated with decreased cognitive control and increased sensory processing in the brain.** *Cerebral Cortex*. [\[link\]](#)

Hill, C. L. & Updegraff, J. A. (2011). **Mindfulness and its relationship to emotional regulation.** *Emotion*. [\[link\]](#)

Weitz, M. V., Fisher, K., & Lachman, V. D. (2012). **The journey of women with breast cancer who engage in mindfulness-based stress reduction: A qualitative exploration.** *Holistic Nursing Practice*, 26(1), 22-29. [\[link\]](#)

Method & Measures

Method & Measures cites articles that develop psychometric and implementation tools to assess mindfulness and studies focusing on methodology in mindfulness research.

Grossman, P. (2011). **Defining mindfulness by how poorly I think I pay attention during everyday awareness and other intractable problems for psychology's (re)invention of mindfulness.** *Psychological Assessment*, 23(4), 1034-40. [\[link\]](#)

Hinterberger, T., Kamei, T., & Walach, H. (2011). **Psychophysiological classification and staging of mental states during meditative practice** [German]. *Biomedizinische Technik*. [\[link\]](#)

Morone, N. E., Greco, C. M., Rollman, B. L., Moore, C. G., et al. (2011). **The design and methods of the aging successfully with pain study.** *Contemporary Clinical Trials*. [\[link\]](#)

Niles, B. L., Klunk-Gillis, J., Ryngala, D. J., Silberbogen, A. K., et al. (2011). **Comparing mindfulness and psychoeducation treatments for combat-related PTSD using a telehealth approach.** *Psychological Trauma: Theory, Research, Practice, and Policy*. [\[link\]](#)

Method & Measures continued...

Sauer, S., Walach, H., Offenbacher, M., Lynch, S., et al. (2011). **Measuring mindfulness: A rasch analysis of the Freiburg Mindfulness Inventory.** *Religions*, 2(4), 693-706. [\[link\]](#)

Wong, S., Mak, W., Cheung, E., Ling, C., et al. (2011). **A randomized, controlled clinical trial: The effect of mindfulness-based cognitive therapy on generalized anxiety disorder among Chinese community patients: Protocol for a randomized trial.** *BMC Psychiatry*, 11(1), 187. [\[link\]](#)

Clinical Trials

Clinical Trials cites studies related to mindfulness that have been newly registered or recently updated (Dec 2011) at ClinicalTrials.gov.

Radboud University (Speckens, A., van der Drift, M. & Prins, J., PIs). **Mindfulness for lung cancer patients.** Trial# NCT01494883. [\[link\]](#)

Rush University Medical Center (Keshavarzian, A., PI). **Biological and psychological factors as predictors and indicators of mindfulness-based stress reduction (MBSR).** Trial# NCT01491997. [\[link\]](#)

York University (Cepeda, N. & Gordon, A., PIs). **The effects of mindfulness-based stress reduction on attention and pain-related symptoms in chronic pain patients.** Trial# NCT01487473. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

Every month, select studies from the issue will be highlighted by our science writer. *Highlights* will summarize these studies' findings, providing a snapshot of some of the latest work in the field.

One of the most highly touted benefits of mindfulness practice is that it can reduce people's emotional reactivity. But what does that mean, exactly, and how can we quantify it

scientifically? This month, three different studies address this aspect of mindfulness. A concern with measuring the effects of mindfulness practices is that studies rely largely on self-reported outcomes. **Kemeny et al.** (*Emotion*) point out a liability: by their very nature, self-reported changes in mental and emotional processes require some *awareness* of the change. The authors suggest that by including task-based and behavioral measures, researchers can more reliably detect shifts in these processes. They used such measures in their current study of female schoolteachers. Participants underwent a 42-hour intensive training in meditation and emotion regulation over 8 weeks. Compared with wait-listed controls, the trained teachers reported increased positive emotional outlook and reduced negative components like rumination, depression, and anxiety. In addition, they gained proficiency in behavioral tasks such as recognizing emotion in others' faces. The authors advocate for further study of contemplative practice tools using established psychological models that describe mental and affective processes.

Hill and Updegraff (*Emotion*) support this integration as well, and take a rather "constructivist" view of mindfulness's effects on emotion—a concept they review quite eloquently and succinctly. They offer that the next step in mindfulness research should go beyond identifying general improvements like reductions in anxiety and look at the individual components of emotional dysregulation. For example, the researchers monitored shifting emotional states—what they call emotion lability—in college students. Participants self-reported on 21 emotional states multiple times throughout the day for a week using a handheld electronic device. As the authors predicted, reduced emotion lability—both negative and positive—was linked to greater self-reported mindfulness, suggesting a stabilizing effect of mindfulness. They were able to further determine that this relationship was mediated by improved differentiation of emotions.

Finally, **Robins et al.** (*J Clin Psych*) take a more detailed look at the emotional effects of the time-tested mindfulness-based stress reduction (MBSR). After an 8-week session, participants reported greater increases than wait-listed controls in mindfulness and self-compassion, while reports of absent-mindedness and



Highlights continued...

emotional difficulties declined more with training. Interestingly, participants also reported they were less fearful or worried *about* experiencing their emotions, and they reported less suppression (as well as expression) of anger. Also important: the effects the researchers measured appeared to last. Kemeny et al. found that most outcomes remained elevated in a five-month-post-training assessment, and the benefits that Robins et al. saw held up after two months. Indeed, parsing out the specific effects of mindfulness practices—using models from psychology and other fields—may help researchers and clinicians optimize their application.

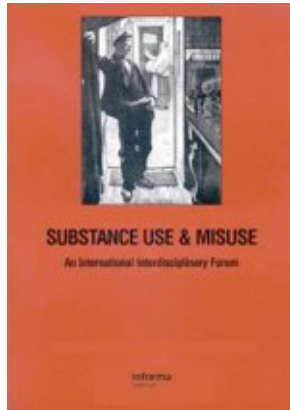
David S. Black, MPH, PhD

Editor, Mindfulness Research Monthly

Subscribe at www.mindfulexperience.org



CALL FOR PAPERS: SPECIAL ISSUE ([Click HERE for more details](#))



Substance Use & Misuse is an international journal comprised of 436 issues published between 1966 and 2011. Informa Healthcare publishes the journal and articles are indexed in over 20 databases including Medline, Pubmed, PsychInfo, and Journal Citation Reports.

**Mindfulness and Substance Use:
Intervention, Mechanisms, and Future Directions**

Guest Editor: David S. Black, M.P.H., Ph.D.

Important Dates:

12-01-2012 Deadline for initial submission

07-01-2013 Deadline for revised drafts

01-01-2014 Anticipated publication of special issue

Topics sought for the Special Issue:

Studies on the use of mindfulness-based interventions (MBIs) to treat substance users/misusers. Substances can include psychoactive drugs, psychiatric medications, and behavioral addictions such as gambling, work, food, sex, overeating, shopping, internet. Interventions can pertain to treatment, prevention, abstinence, harm-reduction, quality of life and wellbeing.

Empirical studies and/ or review papers examining the current state of evidence and/or mechanisms linking mindfulness and substance use/ misuse; the creation of new theory or extending previous theory to articulate mechanisms; unresolved critical issues associated with mindfulness-based interventions regarding substance use(rs)/misuse(rs); and the biology of mindfulness and the addiction process, including associations with craving, dependence, withdrawal, and pleasure seeking.

Manuscript Requirements: A double spaced article of no more than 25 pages of text exclusive of tables/ graphic materials is recommended [\[link to author instructions\]](#). Brief reports are also acceptable.

Submission: Manuscripts should be submitted by email with the subject line "Special Issue SU&M" in MS Word format to David Black at dblack@mednet.ucla.edu. Papers are reviewed by the editors and if suitable for this publication, are then subject to peer review.