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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.

Alberts, H. J., Thewissen, R., & Raes, L. (2012). **Dealing with problematic eating behaviour. The effects of a mindfulness-based intervention on eating behaviour, food cravings, dichotomous thinking and body image concern.** *Appetite*. [\[link\]](#)

Baker, J., Costa, D., & Nygaard, I. (2012). **Mindfulness-Based stress reduction for treatment of urinary urge incontinence: A pilot study.** *Female Pelvic Medicine & Reconstructive Surgery*, 18(1), 44-49. [\[link\]](#)

Brotto, L. A., Seal, B. N., & Rellini, A. (2012). **Pilot study of a brief cognitive behavioral versus mindfulness-based intervention for women with sexual distress and a history of childhood sexual abuse.** *Journal of Sex & Marital Therapy*, 38(1), 1-27. [\[link\]](#)

Felder, J. N., Dimidjian, S., & Segal, Z. (2012). **Collaboration in mindfulness-based cognitive therapy.** *Journal of Clinical Psychology*, 68(2), 179-186. [\[link\]](#)

Katzman, M. A., Vermani, M., Gerbarg, P. L., Brown, R. P., et al. (2012). **A multicomponent yoga-based, breath intervention program as an adjunctive treatment in patients suffering from generalized anxiety disorder with or without comorbidities.** *International Journal of Yoga*, 5(1), 57-65. [\[link\]](#)

Martin, M. & Doswell, S. (2012). **Mindfulness and older people: A small study.** *The British Journal of Occupational Therapy*, 75(1), 36-41. [\[link\]](#)

Melendez, M., Cortés, D. E., & Amaro, H. (2012). **Acceptability and cultural fit of spiritual self-schema therapy for Puerto Rican women with addiction disorders: Qualitative findings.** *Women & Therapy*, 35(1-2), 106-119. [\[link\]](#)

Shawyer, F., Meadows, G. N., Judd, F., Martin, P. R., et al. (2012). **The DARE study of relapse prevention in depression: Design for a phase 1/2 translational randomised controlled trial involving mindfulness-based cognitive therapy and supported self-monitoring.** *BMC Psychiatry*. [\[link\]](#)

Timmerman, G. M. & Brown, A. (2012). **The effect of a mindful restaurant eating intervention on weight management in women.** *Journal of Nutrition Education and Behavior*, 44(1), 22-28. [\[link\]](#)

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.

Brown, K. W., Goodman, R. J., & Inzlicht, M. (2012). **Dispositional mindfulness and the attenuation of neural responses to emotional stimuli.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

Choi, Y., Karremans, J. C., & Barendregt, H. (2012). **The happy face of mindfulness: Mindfulness meditation is associated with perceptions of happiness as rated by outside observers.** *The Journal of Positive Psychology*, 7(1), 30-35. [\[link\]](#)

Etiology & Associations continued...

Galla, B., Hale, T., Shrestha, A., Loo, S., & Smalley, S. (2012). **The disciplined mind: Associations between the Kentucky inventory of mindfulness skills and attention control.** *Mindfulness*. [\[link\]](#)

Goodall, K., Trejnowska, A., & Darling, S. (2012). **The relationship between dispositional mindfulness, attachment security and emotion regulation.** *Personality and Individual Differences*. [\[link\]](#)

LaJeunesse, S. & Rodríguez, D. A. (2012). **Mindfulness, time affluence, and journey-based affect: Exploring relationships.** *Traffic Psychology and Behaviour*, 15(2), 196-205. [\[link\]](#)

Lavender, J. M., Gratz, K. L., & Anderson, D. A. (2012). **Mindfulness, body image, and drive for muscularity in men.** *Body Image*. [\[link\]](#)

McHugh, L., Procter, J., Herzog, M., Schock, A. K., & Reed, P. (2012). **The effect of mindfulness on extinction and behavioral resurgence.** *Learning & Behavior*. [\[link\]](#)

Rotegard, A. K., Fagermoen, M. S., & Ruland, C. M. (2012). **Cancer patients' experiences of their personal strengths through illness and recovery.** *Cancer Nursing*, 35(1), e8-17. [\[link\]](#)

Trousselard, M., Steiler, D., Claverie, D., & Canini, F. (2012). **Relationship between mindfulness and psychological adjustment in soldiers according to their confrontation with repeated deployments and stressors.** *Psychology*, 3(1), 100-115. [\[link\]](#)

Review & Meta-analysis

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

Barraca Mairal, J. (2012). **Mental control from a third-wave behavior therapy perspective.** *International Journal of Clinical and Health Psychology*, 12(1), 109-121. [\[link\]](#)

Bauer-Wu, S. & Decker, G. M. (2012). **Integrative oncology imperative for nurses.** *Seminars in Oncology Nursing*, 28(1), 2-9. [\[link\]](#)

Bowen, S. (2012). **A compassionate approach to the treatment of addictive behaviors: The contributions of Alan Marlatt to the field of mindfulness-based interventions.** *Addiction Research & Theory*. [\[link\]](#)

Fjorback, L. O. & Walach, H. (2012). **Meditation based therapies: A systematic review and some critical observations.** *Religions*, 3(1), 1-18. [\[link\]](#)

Garnoussi, N. (2012). **Mindfulness or meditation for healing and personal development: Psycho-Spiritual bricolage in mental medicine [French].** *Sociologie*, 3(3), 259-275. [\[link\]](#)

Robins, J. L., Elswick, R. K., & McCain, N. L. (2012). **The story of the evolution of a unique tai chi form: Origins, philosophy, and research.** *Journal of Holistic Nursing*. [\[link\]](#)

Zhang, L., Layne, C., Lowder, T., & Liu, J. (2012). **A review focused on the psychological effectiveness of tai chi on different populations.** *Evidence-Based Complementary and Alternative Medicine*. [\[link\]](#)

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.

Cassidy, E. L., Atherton, R. J., Robertson, N., Walsh, D. A., & Gillett, R. (2012). **Mindfulness, functioning and catastrophizing after multidisciplinary pain management for chronic low back pain.** *Pain*. [\[link\]](#)



Theory & Processes continued...

Phang, C. K. & Oei, T. P. S. (2012). **From mindfulness to meta-mindfulness: Further integration of meta-mindfulness concept and strategies into cognitive-behavioral therapy.** *Mindfulness*. [\[link\]](#)

Smyth, L. F. (2012). **Escalation and mindfulness.** *Negotiation Journal*, 28(1), 45-72. [\[link\]](#)

Stanley, S. (2012). **Intimate distances: William James' introspection, Buddhist mindfulness, and experiential inquiry.** *New Ideas in Psychology*, 30(2), 201-211. [\[link\]](#)

Method & Measures

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

Christopher, M., Neuser, N., Michael, P., & Baitmangalkar, A. (2012). **Exploring the psychometric properties of the five-facet mindfulness questionnaire.** *Mindfulness*. [\[link\]](#)

Sauer, S., Lemke, J., Wittmann, M., Kohls, N., et al. (2012). **How long is now for mindfulness meditators?** *Personality and Individual Differences*. [\[link\]](#)

Clinical Trials

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

Florida State University (E. Garland, PI). **Mindfulness-oriented recovery enhancement for chronic pain patients receiving opioid therapy.** Trial# NCT01505101. [\[link\]](#)

McMaster University (PI not given). **A pilot study evaluating a multidisciplinary chronic pain group therapy in a primary care setting (LEAP).** Trial# NCT01517256. [\[link\]](#)

University of Wisconsin, Madison (E.M. Seppala, PI). **Complementary and alternative interventions for veterans with posttraumatic stress disorder.** Trial# NCT01512303. [\[link\]](#)

Highlights

by Stephani Sutherland, PhD

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

Shifting Perceptions

How long does “now” last? Longer for meditators, perhaps, according to **Sauer et al. (Person Indiv Diff)**. Decades of psychology research suggests that we humans divide our experience of time into discrete blocks of a few seconds, each of which we intuitively call “now.” One established tool for examining the temporal experience of *nowness* measures stabilization time of a bi-stable image. Basically, a familiar image called the Necker cube can appear to the viewer in either of two orientations. How often subjects notice the switch in perception supposedly marks the “present moment” duration. Because mindfulness and meditation are rooted in awareness of the present moment, the authors examined whether long-time meditation practice would affect the length of the present-moment epoch. Experienced daily meditators and people who had never meditated displayed similar switch times. But interestingly, when researchers instructed subjects to hold one perspective for as long as possible, meditators did so for significantly longer periods than non-meditators. Self-reported mindfulness in both groups corresponded to longer epochs in both experimental conditions. One might argue whether the switching can really be used as a measure of the experience of now, but it certainly captures the activity of attention circuits that may well be affected by mindfulness and meditation practices.

LaJeunesse & Rodríguez (Transport Res) also investigated people's experience of time this month. How we get to work—by bike or bus, on foot or driving a car—has a big impact on our day. Many people consider using more...

...sustainable and active transportation, but reportedly worry that those modes won't provide the enjoyment, convenience, and speed that their car does. But in the current study, drivers reported more stress than those who used other modes of transportation. The authors assessed subjects' dispositional mindfulness and time affluence—whether one feels harried or in control of their time. Other questions measured people's affective experience of their commute. People who biked or walked to work reported the most positive experiences, while walkers and bus riders seemed to be best in command of their time. Mindfulness directly and indirectly influenced people's experience of their commute and their time management. The study suggests that by tuning in, we can actually relax and enjoy that trip to the office, and that getting out of the car might be the best start.

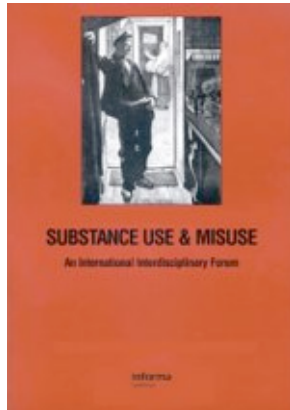
So when those mindful commuters get to work, do their co-workers notice a certain glow? **Choi et al. (J Pos Psych)** report that people do perceive a difference in the apparent happiness of meditators. Observers viewed 15-second video clips from interviews with novice meditators before and after a nine-day meditation retreat and rated their appearance as significantly happier after the retreat. In a second arm of the study, highly experienced meditators were rated as happier looking than non-meditators. The jury may still be out on whether meditation really makes people happier, but at least it looks that way to others. As the authors point out, even that can have social and professional benefits.

David S. Black, M.P.H., Ph.D.

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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.