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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.

Cassileth, B. R. (2011). **Integrative oncology in the United States: Memorial Sloan-Kettering Cancer Center programme as prototype.** *Psycho-Oncologie*, 5(3), 152-56. [\[link\]](#)

Cigolla, F. & Brown, D. (2011). **A way of being: Bringing mindfulness into individual therapy.** *Psychotherapy Research*, 21(6), 709-21. [\[link\]](#)

Coholic, D., Eys, M., & Lougheed, S. (2011). **Investigating the effectiveness of an arts-based and mindfulness-based group program for the improvement of resilience in children in need.** *Journal of Child and Family Studies*. [\[link\]](#)

De Raedt, R., Baert, S., Demeyer, I., Goeleven, E., et al. (2011). **Changes in attentional processing of emotional information following mindfulness-based cognitive therapy in people with a history of depression: Towards an open attention for all emotional experiences.** *Cognitive Therapy and Research*. [\[link\]](#)

de Zoysa, P. (2011). **The use of Buddhist mindfulness meditation in psychotherapy: A report from Sri Lanka.** *Transcultural Psychiatry*. [\[link\]](#)

Elabd, S. (2011). **Mindful meditation for chronic pain sufferers may have positive effect.** *Topics in Pain Management*, 27(4), 9. [\[link\]](#)

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

Hayes, L., Boyd, C. P., & Sewell, J. (2011). **Acceptance and commitment therapy for the treatment of adolescent depression: A pilot study in a psychiatric outpatient setting.** *Mindfulness*, 2(2), 86-94. [\[link\]](#)

Hébert, J. R., Hurley, T. G., Harmon, B. E., Heiney, S., et al. (2011). **A diet, physical activity, and stress reduction intervention in men with rising prostate-specific antigen after treatment for prostate cancer.** *Cancer Epidemiology*. [\[link\]](#)

Heydenfeldt, J. A., Herkenhoff, L., & Coe, M. (2011). **Cultivating mind fitness through mindfulness training: Applied neuroscience.** *Performance Improvement*, 50(10), 21-27. [\[link\]](#)

Lerman, R., Jarski, R., Rea, H., Gellish, R., & Vicini, F. (2011). **Improving symptoms and quality of life of female cancer survivors: A randomized controlled study.** *Annals of Surgical Oncology*. [\[link\]](#)

Moskowitz, J. T., Hult, J. R., Duncan, L. G., Cohn, M. A., et al. (2011). **A positive affect intervention for people experiencing health-related stress: Development and non-randomized pilot test.** *Journal of Health Psychology*. [\[link\]](#)

Robertson, B. (2011). **The adaptation and application of mindfulness-based psychotherapeutic practices for individuals with intellectual disabilities.** *Advances in Mental Health and Intellectual Disabilities*, 5(5), 46-52. [\[link\]](#)

Intervention & Application continued...

Silverstein, R. G., Brown, A. C., Roth, H. D., & Britton, W. B. (2011). **Effects of mindfulness training on body awareness to sexual stimuli: Implications for female sexual dysfunction.** *Psychosomatic Medicine*, 73(9), 817-25. [[link](#)]

Tacon, A. M. (2011). **Mindfulness: Existential, loss, and grief factors in women with breast cancer.** *Journal of Psychosocial Oncology*, 29(6), 643-56. [[link](#)]

van Aalderen, J. R., Donders, A. R. T., Gionmi, F., Spinhoven, P., et al. (2011). **The efficacy of mindfulness-based cognitive therapy in recurrent depressed patients with and without a current depressive episode: A randomized controlled trial.** *Psychological Medicine*. [[link](#)]

Williams, M. J., McManus, F., Muse, K., & Williams, J. M. G. (2011). **Mindfulness-Based cognitive therapy for severe health anxiety (hypochondriasis): An interpretative phenomenological analysis of patients' experiences.** *British Journal of Clinical Psychology*, 50(4), 379-97. [[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.

Bryan, J., Tuckey, M., Einöther, S. J. L., Garczarek, U., et al. (2011). **Relationships between tea and other beverage consumption to work performance and mood.** *Appetite*. [[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](#)]

Peressutti, C., Martín-González, J. M., & García-Manso, J. M. (2011). **Does mindfulness meditation shift the cardiac autonomic nervous system to a highly orderly operational state?** *International Journal of Cardiology*. [[link](#)]

Ren, J., Huang, Z., Luo, J., Wei, G., et al. (2011). **Meditation promotes insightful problem-solving by keeping people in a mindful and alert conscious state.** *Science China Life Sciences*, 54(10), 961-5. [[link](#)]

Weger, U. W., Hooper, N., Meier, B. P., & Hoptthrow, T. (2011). **Mindful maths: Reducing the impact of stereotype threat through a mindfulness exercise.** *Consciousness and Cognition*. [[link](#)]

Wren, A. A., Somers, T. J., Wright, M. A., Goetz, M. C., et al. (2011). **Self-Compassion in patients with persistent musculoskeletal pain: Relationship of self-compassion to adjustment to persistent pain.** *Journal of Pain and Symptom Management*. [[link](#)]

Review & Meta-analysis

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

Greenberg, M. T. & Harris, A. R. (2011). **Nurturing mindfulness in children and youth: Current state of research.** *Child Development Perspectives*. [[link](#)]

Malpass, A., Carel, H., Ridd, M., Shaw, A., et al. (2011). **Transforming the perceptual situation: A meta-ethnography of qualitative work reporting patients' experiences of mindfulness-based approaches.** *Mindfulness*. [[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.

Allen, T. D. & Kiburz, K. M. (2011). **Trait mindfulness and work-family balance among working parents: The mediating effects of vitality and sleep quality.** *Journal of Vocational Behavior*. [\[link\]](#)

Bedford, F. L. (2011). **A perception theory in mind-body medicine: Guided imagery and mindful meditation as cross-modal adaptation.** *Psychonomic Bulletin & Review*. [\[link\]](#)

Fossati, A., Feeney, J., Maffei, C., & Borroni, S. (2011). **Does mindfulness mediate the association between attachment dimensions and borderline personality disorder features? A study of Italian non-clinical adolescents.** *Attachment & Human Development*, 13(6), 563-78. [\[link\]](#)

Huston, D. C., Garland, E. L., & Farb, N. A. S. (2011). **Mechanisms of mindfulness in communication training.** *Journal of Applied Communication Research*, 39(4), 406-21. [\[link\]](#)

Kiken, L. G. & Shook, N. J. (2011). **Mindfulness and emotional distress: The role of negatively biased cognition.** *Personality and Individual Differences*. [\[link\]](#)

Method & Measures

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

MacCoon, D. G., Imel, Z. E., Rosenkranz, M. A., et al. (2011). **The validation of an active control intervention for mindfulness based stress reduction (MBSR).** *Behaviour Research and Therapy*. [\[link\]](#)

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

Travis, F. (2011). **Mindfulness and psychologic well-being: Are they related to type of meditation technique practiced? [editorial].** *Journal of Alternative and Complementary Medicine*, 17(11), 983-84. [\[link\]](#)

Sugiura, Y., Sato, A., Ito, Y., & Murakami, H. (2011). **Development and validation of the Japanese version of the Five-Facet Mindfulness Questionnaire.** *Mindfulness*. [\[link\]](#)

Clinical Trials

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

Alberta Health Services (Carlson, L., PI). **The eCALM study - An online mindfulness-based stress reduction program for individuals living with cancer in Alberta.** Trial# NCT01476891. [\[link\]](#)

Duke University (Tucci, D., PI). **New therapy for patients with severe tinnitus.** Trial# NCT01480193. [\[link\]](#)

Group Health Cooperative (Cherkin, D., PI). **Comparison of CAM and conventional mind-body therapies for chronic back pain.** Trial# NCT01467843. [\[link\]](#)

Lund University (Sundquist, J., PI). **Study of mindfulness-based group treatment in patients with depression and anxiety.** Trial# NCT01476371. [\[link\]](#)

Massachusetts General Hospital (Ashih, H. & De Jong, M., PIs). **Mindfulness-based cognitive Therapy for the treatment of unipolar depression in patients with neuropathic pain.** Trial# NCT01473615. [\[link\]](#)

University of Utah (Baker, J., PI). **Mindfulness-based stress reduction techniques and yoga for treatment of urinary urge incontinence.** Trial# NCT01470560. [\[link\]](#)

Highlights

Stephani Sutherland, PhD

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

Are mindfulness practices beneficial for children? **Greenberg and Harris (*Child Dev Persp*)** address this question with a review of the current state of research involving contemplative practices in children and youth. One of the challenges facing the mindfulness community is to extend and expand upon the foundation of published studies with larger, longer, and more rigorous investigations. The review finds that practices including mindfulness meditation and yoga for young people do show promise, but the literature is itself in its infancy. Contemplative practices adapted for young people should consider their physical, cognitive, and emotional abilities, and often take the form of nature- or art-based activities, guided imagery, or age-appropriate movement like yoga. Whereas studies of contemplative practice for clinical populations of kids were numerous, studies of universal, or general, populations of children were scarce and not of high quality. The authors also point out that while many studies of yoga have shown physical and mental health benefits in children, they have been largely conducted in India, where yoga has a prominent cultural position, potentially affecting outcomes. The authors advocate for more studies of yoga within the US. While most studies used adult practices adapted for kids, some child-specific practices have been developed for use in schools with some success. People's enthusiasm for contemplative practices in children currently outweighs the evidence for its benefits, the authors conclude. They make a plea for further investigation based in current child development theory and using multiple readouts of improvement.

In a pilot study, **Hayes and colleagues (*Mindfulness*)** have brought the mindfulness-related Acceptance and Commitment Therapy (ACT) to adolescents with depression. The adolescents who received ACT showed greater improvements in depressive symptoms than did kids receiving treatment as usual (TAU). Dysphoria, negative self-evaluation, and somatic symptoms were particularly improved by ACT compared to TAU. Limited follow-up data suggest that the ACT but not TAU patients continued to improve after the study treatment ended. The authors propose that ACT might be a better long-term treatment strategy for depressed adolescents than currently used practices and advocate for a larger study.

Coholic et al. (*J Child Fam Stud*) turned their focus to children in need. Kids facing trauma, chronic maltreatment, or neglect tend to struggle with emotional state, reactivity, and remaining grounded in the moment. In addition, they lack characteristics their healthy peers enjoy: self-esteem, optimism, and resilience. This last element might hold the key to finding positive outcomes. The authors used a Holistic Arts-Based Group Program (HAP) designed to combine arts- and mindfulness-based methods to build children's resilience by improving self-awareness, emotional regulation, attention focus, and problem-solving skills. While the study notes significant design concerns, the results at least suggest that children benefitted from the HAP program, particularly in self-reports of resilience.

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