

In this issue

33 new studies
including:

9 Intervention &
Application studies

11 Etiology &
Associations studies

5 Review & Meta-
analysis studies

3 Theory & Processes
studies

5 Method & Measures
studies

1 New NIH Research
Trial

Also, read our new
feature:

Highlights – page 4

MRM is 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.

Asare, F. & Simrén, M. (2011). **Mindfulness-based stress reduction in patients with irritable bowel syndrome** [letter to the editor]. *Alimentary Pharmacology & Therapeutics*, 34(5), 578-79. [\[link\]](#)

Cole, B. S., Hopkins, C. M., Spiegel, J., et al. (2011). **A randomised clinical trial of the effects of spiritually focused meditation for people with metastatic melanoma.** *Mental Health, Religion & Culture*. [\[link\]](#)

Collard, D. P. (2011). **Dr. Patrizia collard in conversation with Henry Whitfield.** *Counselling Psychology Quarterly*, 24(2), 163-66. [\[link\]](#)

Kearney, D. J. & Simpson, T. (2011). **Mindfulness-Based stress reduction in patients with irritable bowel syndrome: Authors' reply.** *Alimentary Pharmacology & Therapeutics*, 34(5), 579-80. [\[link\]](#)

Ljotsson, B., Hedman, E., Andersson, E., et al. (2011). **Internet-delivered exposure-based treatment vs. stress management for irritable bowel syndrome: A randomized trial.** *American Journal of Gastroenterology*, 106(8), 1481-91. [\[link\]](#)

McGarrigle, T. & Walsh, C. A. (2011). **Mindfulness, self-care, and wellness in social work: Effects of contemplative training.** *Journal of Religion & Spirituality in Social Work*, 30(3), 212-33. [\[link\]](#)

Nickerson, A. & Hinton, D. E. (2011). **Anger regulation in traumatized Cambodian refugees: The perspectives of Buddhist monks.** *Culture, Medicine and Psychiatry*, 35(3), 396-416. [\[link\]](#)

Srivastava, M., Gupta, A., Talukdar, U., Kalra, B. P., & Lahan, V. (2011). **Effect of parental training in managing the behavioral problems of early childhood.** *Indian Journal of Pediatrics*, 78(8), 973-8. [\[link\]](#)

Whitehead, A. (2011). **Mindfulness in early childhood education: A position paper.** *Early Education*, 49, 21-24. [\[link\]](#)

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.

Aherne, C., Moran, A. P., & Lonsdale, C. (2011). **The effect of mindfulness training on athletes' flow: An initial investigation.** *The Sport Psychologist*, 25, 177-89. [\[link\]](#)

Etiology & Associations continued...

Erskine, J. A., Ussher, M., Cropley, M., et al. (2011). **Effect of thought suppression on desire to smoke and tobacco withdrawal symptoms.** *Psychopharmacology*. [\[link\]](#)

Feldman, G., Greeson, J., Renna, M., & Robbins-Monteith, K. (2011). **Mindfulness predicts less texting while driving among young adults: Examining attention- and emotion-regulation motives as potential mediators.** *Personality and Individual Differences*. [\[link\]](#)

Fledderus, M., Bohlmeijer, E. T., Pieterse, M. E., & Schreurs, K. M. (2011). **Acceptance and commitment therapy as guided self-help for psychological distress and positive mental health: A randomized controlled trial.** *Psychological Medicine*. [\[link\]](#)

Jung, Y. H., Kang, D. H., Byun, M. S., et al. (2011). **Influence of brain-derived neurotrophic factor and catechol o-methyl transferase polymorphisms on effects of meditation on plasma catecholamines and stress.** *Stress*. [\[link\]](#)

Peters, J., Erisman, S., Upton, B., Baer, R., & Roemer, L. (2011). **A preliminary investigation of the relationships between dispositional mindfulness and impulsivity.** *Mindfulness*. [\[link\]](#)

Raque-Bogdan, T. L., Ericson, S. K., Jackson, J., Martin, H. M., & Bryan, N. A. (2011). **Attachment and mental and physical health: self-compassion and mattering as mediators.** *Journal of Counseling Psychology*, 58(2), 272-8. [\[link\]](#)

Simor, P., Köteles, F., Sándor, P., et al. (2011). **Mindfulness and dream quality: The inverse relationship between mindfulness and negative dream affect.** *Scandinavian Journal of Psychology*, 52(4), 369-75. [\[link\]](#)

Wahbeh, H., Lu, M., & Oken, B. (2011). **Mindful awareness and non-judging in relation to posttraumatic stress disorder symptoms.** *Mindfulness*. [\[link\]](#)

Whetstone, L. M. K., Kolasa, K. M., Dunn, C., et al. (2011). **Effects of a behavior-based weight management program delivered through a state cooperative extension and local public health department network, North Carolina, 2008-2009.** *Preventing Chronic Disease*, 8(4), 1-9. [\[link\]](#)

Zabelina, D. L., Robinson, M. D., Ostafin, B. D., & Council, J. R. (2011). **Manipulating mindfulness benefits creative elaboration at high levels of neuroticism.** *Empirical Studies of the Arts*, 29(2), 243-55. [\[link\]](#)

Review & Meta-analysis

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

Bankar, R. & Gehlot, S. (2011). **Vipassana meditation – A scientific overview.** *The Indian Journal of Research*, 5(4), 15-19. [\[link\]](#)

Brook, D. W. (2011). **Group therapy with patients suffering from medical illnesses.** *International Journal of Group Psychotherapy*, 61(3), 463-8. [\[link\]](#)



Review & Meta-analysis continued...

Kerns, R. D., Sellinger, J., & Goodin, B. R. (2011). **Psychological treatment of chronic pain.** *Annual Review of Clinical Psychology, 7*, 411-34. [\[link\]](#)

Margolin, I., Pierce, J., & Aislinn Wiley, M. S. (2011). **Wellness through a creative lens: Meditation and visualization.** *Journal of Religion & Spirituality in Social Work, 30*(3), 234-52. [\[link\]](#)

Musial, F., Büssing, A., Heusser, P., Choi, K. E., & Ostermann, T. (2011). **Mindfulness-Based stress reduction for integrative cancer care-a summary of evidence.** *Research in Complementary Medicine, 18*(4). [\[link\]](#)

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.

Gerdes, K. E., Segal, E. A., Jackson, K. F., & Mullins, J. L. (2011). **Teaching empathy: A framework rooted in social cognitive neuroscience and social justice.** *Journal of Social Work Education, 47*(1), 109-31. [\[link\]](#)

Jones, K. C., Welton, S. R., Oliver, T. C., & Thorburn, J. W. (2011). **Mindfulness, spousal attachment, and marital satisfaction: A mediated model.** *The Family Journal.* [\[link\]](#)

Meibert, P., Michalak, J., & Heidenreich, T. (2011). **Mindfulness-Based stress reduction (MBSR)** [German]. *Psychotherapie, Psychosomatik, Medizinische Psychologie, 61*(7), 328-32. [\[link\]](#)

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.

Black, D. S., Sussman, S., Johnson, C. A., & Milam, J. (2011). **Psychometric assessment of the mindful attention awareness scale (MAAS) among Chinese adolescents.** *Assessment.* [\[link\]](#)

Gillard, A., Roark, M. F., Nyaga, L. R. K., & Bialeschki, M. D. (2011). **Measuring mindfulness in summer camp staff.** *Journal of Experiential Education, 34*(1), 87-95. [\[link\]](#)

Juarascio, A., Forman, E., Timko, C. A., Butryn, M., & Goodwin, C. (2011). **The development and validation of the food craving acceptance and action questionnaire (FAAQ).** *Eating Behaviors, 12*(3), 182-7. [\[link\]](#)

Lange, B. (2011). **Cocreating a communicative space to develop a mindfulness meditation manual for women in recovery from substance abuse disorders.** *Advances in Nursing Science, 34*(3), e1-13. [\[link\]](#)

van Vugt, M. K. & Jha, A. P. (2011). **Investigating the impact of mindfulness meditation training on working memory: A mathematical modeling approach.** *Cognitive, Affective & Behavioral Neuroscience, 11*(3), 344-53. [\[link\]](#)

NIH Research Trials

Newly funded (month of August 2011) National Institutes of Health (NIH) grants related to mindfulness include:

Cardiff and Vale University Health Board, J. Berrill, PI. **A trial of multi-convergent therapy for functional abdominal symptoms and psychological stress in inflammatory bowel disease.** Trial # NCT01426568. [\[link\]](#)

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 the latest work in the field.

Ljotsson et al. (*Am J Gastroenterol*) have held up their internet-delivered cognitive behavioral treatment (ICBT)—which includes mindfulness training—for irritable bowel syndrome (IBS) against a similar stress-reduction treatment. The authors aimed to show that ICBT confers specific benefits beyond simply the expectation of improvement from a credible treatment. They suggest that ICBT's exposure exercises, specially tailored for IBS, might explain its effectiveness.

Meditation practices' effects on the body-mind have neuronal, biochemical, and even genetic roots. For example, meditative stress reduction results in lower plasma levels of the neurotransmitters epinephrine (E) and norepinephrine (NE). Catechol *O*-methyl transferase (COMT) enzymatically halts the transmitters' messages; its activity affects neuronal signaling in multiple brain areas. Similarly, meditation may increase neuroplasticity, which relies on growth factors like brain-derived neurotrophic factor (BDNF). **Jung et al.** (*Stress*) found that some meditation outcomes vary with polymorphisms in the genes for BDNF and COMT, suggesting that people might respond differently to meditative practices depending on subtle genetic differences in these proteins.

Musial et al. (*Res in Complem Med*) compiled a comprehensive summary from investigations of mindfulness-based stress reduction (MBSR) in cancer care. Although they found evidence that MBSR can improve mood and quality of life, the authors urged investigators to continue conducting well controlled, longer, and more detailed inquiries in the field.

Jones et al. (*Family J*) extended previous studies of trait mindfulness and marital satisfaction to consider a potential underlying factor: spousal attachment. The authors described this property as the level of security experienced as a result of feeling close to and dependent on one's partner. The finding may have implications for couples' therapists or others using mindfulness to strengthen the marital bond.

The demonstrated benefits of mindfulness could arise from improvements in non-affective cognitive control operations like attention and working memory. **van Vugt and Jha** (*Cogn Affect Behav Affect Neuro*) used a mathematical-modeling approach to sort out what factors underlie the effects of mindfulness training (MT) on performance of a working-memory task. After an intensive month-long MT retreat, participants showed significant improvements in reaction time compared to control subjects who did not undergo MT. MT apparently improved information quality without affecting non-decisional factors.

The Mindful Attention Awareness Scale (MAAS) is perhaps the most widely used measure of mindfulness as a trait, but it has been primarily applied to a homogenous population of Caucasian adults. **Black et al.** (*Assessment*) used stringent psychometric assessment methods to evaluate MAAS delivered to Chinese high-school adolescents. Both the 15-item scale and a brief 6-item version of MAAS appeared to hold up as a measure of mindfulness in this culturally distinct population.

David S. Black, MPH, PhD

Editor, Mindfulness Research Monthly
Subscribe at www.mindfulexperience.org

