

MINDFULNESS RESEARCH MONTHLY

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Issue content:

32 new studies provided in this issue, including:

14 Intervention and Application studies

6 Review and Meta-analysis studies

6 Etiology and Associations studies

5 Theory and Processes studies

1 Method and Measures study

Intervention and Application

The *Intervention and Application* section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Barsky, A. J., Ahern, D. K., Orav, E. J., et al. (2010). A randomized trial of three psychosocial treatments for the symptoms of rheumatoid arthritis. *Seminars in Arthritis and Rheumatism*. [\[link\]](#)

2. Carson, J. W., Carson, K. M., Jones, K. D., et al. (2010). A pilot randomized controlled trial of the yoga of awareness program in the management of fibromyalgia. *Pain*, 151(2), 530-539. [\[link\]](#)

3. Delaney, C., Barrere, C., & Helming, M. (2010). The influence of a spirituality-based intervention on quality of life, depression, and anxiety in community-dwelling adults with cardiovascular disease: A pilot study. *Journal of Holistic Nursing*. [\[link\]](#)

4. Fledderus, M., Bohlmeijer, E. T., Smit, F., & Westerhof, G. J. (2010). Mental health promotion as a new goal in public mental health care: A randomized controlled trial of an intervention enhancing psychological flexibility. *American Journal of Public Health*. [\[link\]](#)

5. Hufford, D. J., Fritts, M. J., & Rhodes, J. E. (2010). Spiritual fitness. *Military Medicine*, 175(s1), 73-87. [\[link\]](#)

6. Huston, D. (2010). Waking up to ourselves: The use of mindfulness meditation and emotional intelligence in the teaching of communications. *New Directions for Community Colleges*, 2010(151), 39-50. [\[link\]](#)

7. Hyland, T. (2010). Mindfulness, adult learning and therapeutic education: Integrating the cognitive and affective domains of learning. *International Journal of Lifelong Education*, 29(5), 517-532. [\[link\]](#)

8. Langer, I., Cangas, A. J., & Gallego, J. (2010). Mindfulness-Based intervention on distressing hallucination-like experiences in a nonclinical sample. *Behaviour Change*, 27(3), 176-183. [\[link\]](#)

9. Manicavasgar, V., Parker, G., & Perich, T. (2010). Mindfulness-Based cognitive therapy

vs cognitive behaviour therapy as a treatment for non-melancholic depression. *Journal of Affective Disorders*. [\[link\]](#)

10. Martín-Asuero, A. & García-Banda, G. (2010). The mindfulness-based stress reduction program (MBSR) reduces stress-related psychological distress in healthcare professionals. *Spanish Journal of Psychology*, 13(2), 897-905. [\[link\]](#)

11. Matchim, Y., Armer, J. M., & Stewart, B. R. (2010). Effects of mindfulness-based stress reduction (MBSR) on health among breast cancer survivors. *Western Journal of Nursing Research*. [\[link\]](#)

12. Paulik, G., Simcocks, A., Weiss, L., & Albert, S. (2010). Benefits of a 12-week mindfulness group program for mental health consumers in an outpatient setting. *Mindfulness*. [\[link\]](#)

13. van Spijker, B. A. J., van Straten, A., & Kerkhof, A. J. F. M. (2010). The effectiveness of a web-based self-help intervention to reduce suicidal thoughts: A randomized controlled trial. *Trials*, 11(1), 25. [\[link\]](#)

14. Vowles, K. E. & McCracken, L. M. (2010). Comparing the role of psychological flexibility and traditional pain management coping strategies in chronic pain treatment outcomes. *Behaviour Research and Therapy*, 48(2), 141-146. [\[link\]](#)

Review and Meta-analysis

The *Review and Meta-analysis* section of MRM references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas. Key articles identified in this area include:

1. Althof, S. E. (2010). What's new in sex therapy (CME). *The Journal of Sexual Medicine*, 7(1), 5-13. [\[link\]](#)

2. Hussain, D. & Bhushan, B. (2010). Psychology of meditation and health: Present status and future directions. *International Journal of Psychology and Psychological Therapy*, 10(3), 439-451. [\[link\]](#)

3. Kang, Y. (2010). Mind-Body approach in the area of preventive medicine: Focusing on relaxation and meditation for stress management. *Journal of Preventive Medicine and Public Health*, 43(5), 445-450. [\[link\]](#)

4. Potter, P., Deshields, T., Divanbeigi, J., et al. (2010). Compassion fatigue and burnout. *Clinical Journal of Oncology Nursing*, 14(5), 56-62. [\[link\]](#)

5. Rodrigues, V. (2010). On consciousness-modifying (transpersonal) psychotherapy. *Journal of Transpersonal Research*, 2, 44. [\[link\]](#)

6. Wilson, K. H. (2010). Medicine's missing dimension. *Transactions of the American Clinical and Climatological Association*, 121, 309. [\[link\]](#)

Etiology and Associations

Etiology and Associations references those studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs. Key articles identified in this area include:

1. Ciarrochi, J., Kashdan, T. B., Leeson, P., et al. (2010). On being aware and accepting: A one-year longitudinal study into adolescent well-being. *Journal of Adolescence*. [\[link\]](#)

2. Costa, J. & Pinto-Gouveia, J. (2010). Acceptance of pain, self-compassion and psychopathology: Using the chronic pain acceptance questionnaire to identify patients' subgroups. *Clinical Psychology & Psychotherapy*. [\[link\]](#)

3. Crane, C., Jandric, D., Barnhofer, T., & Williams, M. G. (2010). Dispositional mindfulness, meditation, and conditional goal setting. *Mindfulness*. [\[link\]](#)

4. Gilbert, D. & Waltz, J. (2010). Mindfulness and health behaviors. *Mindfulness*. [\[link\]](#)

5. Liou, C. H., Hsieh, C. W., Hsieh, C. H., et al. (2010). Detection of nighttime melatonin level in Chinese original quiet sitting. *Journal of the Formosan Medical Association*, 109(10), 694-701. [\[link\]](#)

6. Masuda, A., Wendell, J. W., Chou, Y. Y., & Feinstein, A. B. (2010). Relationships among self-concealment, mindfulness and negative psychological outcomes in Asian American and European American college students. *International Journal for the Advancement of Counselling*, 32, 165. [\[link\]](#)

Theory and Processes

Theory and Processes references studies examining the principles and mechanisms underlying how mindfulness is developed and how it functions in relation to human health, behavior, cognition, and emotion. Key articles identified in this area include:

1. Dobkin, P. L. & Zhao, Q. (2010). Increased mindfulness-the active component of the mindfulness-based stress reduction program? *Complementary Therapies in Clinical Practice*. [\[link\]](#)

2. Higginson, S., Mansell, W., & Wood, A. M. (2010). An integrative mechanistic account of psychological distress, therapeutic change and recovery: The perceptual control theory approach. *Clinical Psychology Review*. [\[link\]](#)

3. Khalsa, D. S. (2010). Mindfulness effects on caregiver stress: Should we expect more?

Journal of Alternative and Complementary Medicine, 16(10), 1025-1026. [\[link\]](#)

4. Tagini, A. & Raffone, A. (2010). The 'I' and the 'me' in self-referential awareness: A neurocognitive hypothesis. *Cognitive Processing*, 11(1), 9-20. [\[link\]](#)

5. Wadlinger, H. A. & Isaacowitz, D. M. (2010). Fixing our focus: Training attention to regulate emotion. *Personality and Social Psychology Review*. [\[link\]](#)

Method and Measures

Method and Measures references studies developing psychometric and implementation tools to measure and implement mindfulness, and those focusing on study design and methodology in mindfulness research. Key articles identified in this area include:

1. Kuyken, W., Byford, S., Byng, R., et al. (2010). Study protocol for a randomized controlled trial comparing mindfulness-based cognitive therapy with maintenance antidepressant treatment in the prevention of depressive relapse/recurrence: The PREVENT trial. *Trials*, 11, 99. [\[link\]](#)

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