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

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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:


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]


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**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:


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### 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:


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### 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: