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Emotion journal issue dedicated to mindfulness

The journal *Emotion* has dedicated its February issue to studies examining mindfulness in the context of emotions. This issue emphasized the importance of mindfulness practice on emotion. Richard Davidson opens the issue with a commentary that addresses several key methodological and conceptual issues in the empirical study of mindfulness. His commentary concludes with a consideration of aspects of emotion processing that are likely to be influenced by mindfulness, and he suggests that this journal issue is perhaps a harbinger of a promising area of future research. This commentary in *Emotion* introduces the following studies in the February issue:

1. Way BM, Creswell JD, Eisenberger NI, et al. (2010). Dispositional mindfulness and depressive symptomatology: Correlations with limbic and self-referential neural activity during rest. *Emotion, 10*, 12-24. [\[link\]](#)
2. Farb NA, Anderson AK, Mayberg H, et al. (2010). Minding one's emotions: Mindfulness training alters the neural expression of sadness. *Emotion, 10*(1), 25-33. [\[link\]](#)
3. Hargus E, Crane C, Barnhofer T, et al. (2010). Effects of mindfulness on meta-awareness and specificity of describing

prodromal symptoms in suicidal depression. *Emotion, 10*(1), 34-42. [\[link\]](#)

4. Grant JA, Courtemanche J, Duerden EG, et al. (2010). Cortical thickness and pain sensitivity in zen meditators. *Emotion, 10*(1), 43. [\[link\]](#)

5. Jha AP, Stanley EA, Kiyonaga A, et al. (2010). Examining the protective effects of mindfulness training on working memory capacity and affective experience. *Emotion, 10*(1), 54. [\[link\]](#)

6. Perlman DM, Salomons TV, Davidson R J, et al. (2010). Differential effects on pain intensity and unpleasantness of two meditation practices. *Emotion, 10*(1), 65-71. [\[link\]](#)

7. Erisman SM, Roemer L. (2010). A preliminary investigation of the effects of experimentally induced mindfulness on emotional responding to film clips. *Emotion, 10*(1), 72-82. [\[link\]](#)

8. Goldin PR, Gross JJ. (2010). Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion, 10*(1), 83. [\[link\]](#)

MBCT for people diagnosed with cancer

Emotional distress is a common ailment for cancer patients, and it is important

that treatment consider the impact of these emotions. This study used a randomized controlled trial design and assigned 115 people diagnosed with cancer to either Mindfulness Based Cognitive Therapy (MBCT) treatment or a wait-list control condition. The MBCT treatment was an 8-week program that contained two-hour sessions conducted each week, which focused on mindfulness practices. Participants also attended a one-day session and were instructed to meditate one hour each day at home. Participants were assessed at baseline, 10 weeks later, and 3 months post treatment. The study found large and significant improvements in mindfulness, depression, anxiety, and distress for MBCT participants compared to those who had not received the training. A similar trend was also found for a quality of life measure. These findings suggest the importance of mindfulness practices to treat emotional distress among people diagnosed with cancer.

Reference:

Foley E, Baillie A, Huxter M, et al. (2010). Mindfulness-Based cognitive therapy for individuals whose lives have been affected by cancer: A randomized controlled trial. *J Consult Clin Psychol*, 78(1), 72. [\[link\]](#)

Affective impact of mindfulness on minority children

Depression and anxiety are common ailments facing children and youth today. This study used an experimental design to compare children receiving a mindfulness intervention (MI) or a health education (HE) intervention on measures of depression and anxiety. Children (N=17) were recruited from a summer camp, and were from Caribbean and Central American countries. The MI used a program designed specifically for children by Mindful Schools, and consisted of 10 15-minute classes, one every day for two weeks. Results found that children in the

MI showed reductions in depressive symptoms relative to children in the HE condition. Further, a trend ($p=.07$) indicated that anxiety showed greater decreases in the MI relative to the HE condition. Results suggest that mindfulness interventions tailored to children may decrease depressive symptoms in minority children. However, more studies are needed with a larger sample to determine the influence of MI treatment on anxiety.

Reference:

Liehr P, Diaz N. (2010). A pilot study examining the effect of mindfulness on depression and anxiety for minority children. *Archives of Psychiatric Nursing*, 24(1), 69-71. [\[link\]](#)

Emotion regulation, mindfulness and brain activity

Emotion regulation is an important part of handling distress in daily life. Mindfulness is considered as a self-regulatory process that can reduce negative affect. This study examined whether brain activity elicited during reappraisal would be modulated by differences in dispositional mindfulness in a sample of 80 participants who were new to meditation practice in a university setting. Functional MRI data were collected from participants who experienced three trials--viewing a neutral picture, viewing a negative picture, and reinterpretation of a negative picture. Results indicated that individual differences in mindfulness disposition modulated brain activity in cortical regions involved emotion regulation, and may suggest that more mindful individuals may be better at deploying top down appraisals that down-regulate amygdala activity.

Reference:

Modinos, G, Ormel J, Aleman A. (2010). Individual differences in dispositional mindfulness and brain activity involved in

reappraisal of emotion. *Soc Cogn Affect Neurosci.* [\[link\]](#)

Other new publications

1. Dellbridge CA, Lubbe C. (2010). Clinical perspective an adolescent's subjective experiences of mindfulness. *Journal of Child and Adolescent Mental Health*, 21(2),167-80. [\[link\]](#)
2. Fan Y, Tang YY, Ma Y, et al. (2010). Mucosal immunity modulated by integrative meditation in a dose-dependent fashion. *The Journal of Alternative and Complementary Medicine*, 16(2), 151-55. [\[link\]](#)
3. Franco JC. (2010). Reducing stress levels and anxiety in primary-care physicians through training and practice of a mindfulness meditation technique. *Atencion Primaria/Sociedad Espanola De Medicina De Familia Y Comunitaria.* [\[link\]](#)
4. Goldmeier D, Mears AJ. (2010). Meditation: A review of its use in western medicine and, in particular, its role in the management of sexual dysfunction. *Current Psychiatry Reviews*, 6(1), 11-14. [\[link\]](#)
5. Hanrinth R, Rungreangkulkij S. (2010). Buddhist-Oriented individual counseling for depressed chronic illness patients. *Journal of Mental Health of Thailand*, 16(1), 14. [\[link\]](#)
6. Herwig U, Kaffenberger T, Jäncke L, et al. (2010). Self-Related awareness and emotion regulation. *Neuroimage*, 50, 734-41. [\[link\]](#)
7. Leverone D, Epstein BJ. (2010). Nonpharmacological interventions for the treatment of rheumatoid arthritis: A focus on mind-body medicine. *Journal of Pharmacy Practice.* [\[link\]](#)

8. Losatiankij P. (2010). Buddhist psychotherapy: The aspect of mindfulness psychotherapy. *Journal of Mental Health of Thailand*, 16(2), 119. [\[link\]](#)

9. Mars TS, Abbey H. (2010). Mindfulness meditation practise as a healthcare intervention: A systematic review. *International Journal of Osteopathic Medicine.* [\[link\]](#)

10. Michalak J, Troje NF, Heidenreich T. (2010). Embodied effects of mindfulness-based cognitive therapy. *J Psychosom Res*, 68(3), 312-313. [\[link\]](#)

11. Silpakit, C., & Silpakit, O. (2010). Mindfulness meditation and mental well-being indicators. *Journal of Mental Health of Thailand*, 16(1), 24. [\[link\]](#)

12. Flook L, Smalley SL, Kitil JM, et al. (2010). Effects of Mindful Awareness Practices on Executive Functions in Elementary School Children. *Journal of Applied School Psychology*, 26:70-95. [\[link\]](#)

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