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Hot Topics: Special issue on mindfulness treatment in addiction recovery

The latest edition of *Substance Abuse* has devoted a special issue to mindfulness-related treatments in the context of addiction recovery. This *Part 2* is a continuation of a special issue that began in Vol. 30(4), which was published in 2009. Editors Aleksandra Zgierska and Marianne Marcus open the 2010 special issue, which contains five original research articles. These articles present findings resulting from several different applications of mindfulness treatments for substance abuse and its associated sequelae. The following articles are included in this issue of *Substance Abuse*:

1. Zgierska, A. & Marcus, M. T. (2010). Mindfulness-Based therapies for substance use disorders: Part 2. *Substance Abuse*, 31(2), 77-78. [\[link\]](#)
2. Liehr, P., Marcus, M. T., Carroll, D. et al. (2010). Linguistic analysis to assess the effect of a mindfulness intervention on self-change for adults in substance use recovery. *Substance Abuse*, 31(2), 79-85. [\[link\]](#)
3. Britton, W. B., Bootzin, R. R., Cousins, J. C. et al. (2010). The contribution of mindfulness practice to a multicomponent behavioral sleep intervention following substance abuse treatment in adolescents: A treatment-development study. *Substance Abuse*, 31(2), 86-97. [\[link\]](#)

4. Smout, M. F., Longo, M., Harrison, S. et al. (2010). Psychosocial treatment for methamphetamine use disorders: A preliminary randomized controlled trial of cognitive behavior therapy and acceptance and commitment therapy. *Substance Abuse*, 31(2), 98-107. [\[link\]](#)

5. Vieten, C., Astin, J. A., Buscemi, R. et al. (2010). Development of an acceptance-based coping intervention for alcohol dependence relapse prevention. *Substance Abuse*, 31(2), 108-116. [\[link\]](#)

6. Amaro, H., Magno-Gatmaytan, C., Meléndez, M. et al. (2010). Addiction treatment intervention: An uncontrolled prospective pilot study of spiritual self-schema therapy with Latina women. *Substance Abuse*, 31(2), 117-125. [\[link\]](#)

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. Andersson, L., King, R., & Lalande, L. (2010). Dialogical mindfulness in supervision role-play. *Counseling and Psychotherapy Research*, (1), 1-8. [\[link\]](#)

2. Bazzano, A., Wolfe, C., Zylowska, L. et al. (2010). Stress-Reduction and improved well-being following a pilot community-based participatory mindfulness-based stress-reduction (MBSR) program for parents/caregivers of children with developmental disabilities. *Disability and Health Journal*, 3(2), e6-e7. [\[link\]](#)

3. Beddoe, A. E., Lee, K. A., Weiss, S. J. et al. (2010). Effects of mindful yoga on sleep in pregnant women: A pilot study. *Biological Research for Nursing*, 11(4), 363. [\[link\]](#)

4. DeValve, M. J. & Quinn, E. (2010). Practical poetry: Thich Nhat Hanh and the cultivation of a problem-oriented officer. *Contemporary Justice Review*, 13(2), 191-205. [\[link\]](#)

5. Godfrin, K. A. & van Heeringen, C. (2010). The effects of mindfulness-based cognitive therapy on recurrence of depressive episodes, mental health and quality of life: A randomized controlled study. *Behaviour Research and Therapy*. [\[link\]](#)

6. Kim, B., Lee, S. H., Kim, Y. W. et al. (2010). Effectiveness of a mindfulness-based cognitive therapy program as an adjunct to pharmacotherapy in patients with panic disorder. *Journal of Anxiety Disorders*. [\[link\]](#)

7. Lee, W. K. & Bang, H. J. (2010). The effects of mindfulness-based group intervention on the mental health of middle-aged Korean women in community. *Stress and Health*. [\[link\]](#)

8. Mathew, K. L., Whitford, H. S., Kenny, M. A. et al. (2010). The long-term effects of mindfulness-based cognitive therapy as a relapse prevention treatment for major depressive disorder. *Behavioural and Cognitive Psychotherapy*, 1-16. [\[link\]](#)

9. Noone, S. J. & Hastings, R. P. (2010). Using acceptance and mindfulness-based workshops with support staff caring for

adults with intellectual disabilities. *Mindfulness*. [\[link\]](#)

10. Zeidan, F., Johnson, S. K., Diamond, B. J. et al. (2010). Mindfulness meditation improves cognition: Evidence of brief mental training. *Consciousness and Cognition*. [\[link\]](#)

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 an area of mindfulness and related areas. Key articles identified in this area include:

1. Fell, J., Axmacher, N., & Haupt, S. (2010). From alpha to gamma: Electrophysiological correlates of meditation-related states of consciousness. *Medical Hypotheses*. [\[link\]](#)

2. Hick, S. F. (2010). Mindfulness-Based cognitive therapy for depression: Effectiveness and limitations. *Social Work in Mental Health*, 8(3), 225-237. [\[link\]](#)

3. Himelstein, S. (2010). Meditation research: The state of the art in correctional settings. *International Journal of Offender Therapy and Comparative Criminology*, 1-16. [\[link\]](#)

4. Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169. [\[link\]](#)

5. Rogers, C., Keller, C., & Larkey, L. K. (2010). Perceived benefits of meditative movement in older adults. *Geriatric Nursing*, 31(1), 37-51. [\[link\]](#)

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. Baijal, S. & Srinivasan, N. (2010). Theta activity and meditative states: Spectral changes during concentrative meditation. *Cognitive Processing*, 11(1), 31-38. [\[link\]](#)
2. Fetterman, A. K., Robinson, M. D., Ode, S. et al. (2010). Neuroticism as a risk factor for behavioral dysregulation: A mindfulness-mediation perspective. *Journal of Social and Clinical Psychology*, 29(3), 301-321. [\[link\]](#)
3. Treloar, C., Laybutt, B., & Carruthers, S. (2010). Using mindfulness to develop health education strategies for blood borne virus prevention in injecting drug use. *Drugs: Education, Prevention, and Policy*, 11-18. [\[link\]](#)

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. Dane, E. (2010). Paying attention to mindfulness and its effects on task performance in the workplace. *Journal of Management*. [\[link\]](#)
2. Debaene, R. & Ghent, B. (2010). Mindful social work? *Social Work & Society*, 8(1). [\[link\]](#)

3. Sisterhen, L. L. (2010). Cultivating mindfulness. *The Journal of the Arkansas Medical Society*, 106(9), 197. [\[link\]](#)

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. Crane, R. S., Kuyken, W., Hastings, R. P. et al. (2010). Training teachers to deliver mindfulness-based interventions: Learning from the UK experience. *Mindfulness*. [\[link\]](#)

Mindfulness Research Monthly

provides monthly research updates in order to inform researchers and practitioners interested in the field of mindfulness, and is hosted by the:

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