

MINDFULNESS RESEARCH MONTHLY

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Issue content:

40 new studies provided in this issue, including:

19 Intervention and Application studies

9 Review and Meta-analysis studies

9 Etiology and Associations studies

2 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. Ando, M., Morita, T., Akechi, T., & Ifuku, Y. (2010). A qualitative study of mindfulness-based meditation therapy in Japanese cancer patients. *Supportive Care in Cancer*. [\[link\]](#)

2. Bondolfi, G., Jermann, F., der Linden, M. V., et al. (2010). Depression relapse prophylaxis with mindfulness-based cognitive therapy: Replication and extension in the Swiss health care system. *Journal of Affective Disorders*, 122(3), 224-31. [\[link\]](#)

3. Bränström, R., Kvillemo, P., Brandberg, Y., & Moskowitz, J. T. (2010). Self-Report mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients—a randomized study. *Annals of Behavioral Medicine*, 39(2), 151-61. [\[link\]](#)

4. Britton, W. B., Haynes, P. L., Fridel, K. W., & Bootzin, R. R. (2010). Polysomnographic and subjective profiles of sleep continuity before and after mindfulness-based cognitive therapy in partially remitted depression. *Psychosomatic Medicine*, 72. [\[link\]](#)

5. Cusens, B., Duggan, G. B., Thorne, K., & Burch, V. (2010). Evaluation of the breathworks mindfulness-based pain management programme: Effects on well-being and multiple measures of mindfulness. *Clinical Psychology & Psychotherapy*, 17(1), 63-78. [\[link\]](#)

6. Delgado, L. C., Guerra, P., Perakakis, P., Vera, M. N., et al. (2010). Treating chronic worry: Psychological and physiological effects of a training programme based on mindfulness. *Behaviour Research and Therapy*, 1-10. [\[link\]](#)

7. Fitzpatrick, L., Simpson, J., & Smith, A. (2010). A qualitative analysis of mindfulness-based cognitive therapy (MBCT) in Parkinson's disease. *Psychology and Psychotherapy*, 83, 179-92. [\[link\]](#)

8. Garland, E. L., Gaylord, S. A., Boettiger, C. A., & Howard, M. O. (2010). Mindfulness training modifies cognitive, affective, and

physiological mechanisms implicated in alcohol dependence: Results of a randomized controlled pilot trial. *Journal of Psychoactive Drugs*, 42(2). [\[link\]](#)

9. Gökhan, N., Meehan, E. F., & Peters, K. (2010). The value of mindfulness-based methods in teaching at a clinical field placement. *Psychological Reports*, 106(2), 455-66. [\[link\]](#)

10. Goyal, M., Haythornthwaite, J., Levine, D., et al. (2010). Intensive meditation for refractory pain and symptoms. *The Journal of Alternative and Complementary Medicine*, 16(6), 627-31. [\[link\]](#)

11. Joo, H. M., Lee, S. J., Chung, Y. G., & Shin, I. Y. (2010). Effects of mindfulness based stress reduction program on depression, anxiety and stress in patients with aneurysmal subarachnoid hemorrhage. *J Korean Neurosurg Soc*, 47(5), 345-51. [\[link\]](#)

12. Kvillemo, P. & Bränström, R. (2010). Experiences of a mindfulness-based stress-reduction intervention among patients with cancer. *Cancer Nursing*. [\[link\]](#)

13. Loizzo, J. J., Peterson, J. C., Charlson, M. E., et al. (2010). The effect of a contemplative self-healing program on quality of life in women with breast and gynecologic cancers. *Alternative Therapies in Health and Medicine*, 16(3), 30-7. [\[link\]](#)

14. Sakdalan, J. A., Shaw, J., & Collier, V. (2010). Staying in the here-and-now: A pilot study on the use of dialectical behaviour therapy group skills training for forensic clients with intellectual disability. *Journal of Intellectual Disability Research*, 54(6), 568-572. [\[link\]](#)

15. Singh, N. N., Singh, A. N., Lancioni, G. E., et al. (2010). Mindfulness training for parents and their children with ADHD increases the children's compliance. *Journal*

of Child and Family Studies, 19(2), 157-166. [\[link\]](#)

16. Weber, B., Jermann, F., Gex-Fabry, M., Nallet, A., et al. (2010). Mindfulness-Based cognitive therapy for bipolar disorder: A feasibility trial. *European Psychiatry*. [\[link\]](#)

17. Wilkinson-Tough, M., Bocci, L., Thorne, K., & Herlihy, J. (2010). Is mindfulness-based therapy an effective intervention for obsessive-intrusive thoughts: A case series. *Clinical Psychology & Psychotherapy*, 17(3), 250-268. [\[link\]](#)

18. Williams, J. M., Russell, I. T., Crane, C., et al. (2010). Staying well after depression: Trial design and protocol. *BMC Psychiatry*, 10(1), 23. [\[link\]](#)

19. Witkiewitz, K. & Bowen, S. (2010). Depression, craving, and substance use following a randomized trial of mindfulness-based relapse prevention. *Journal of Consulting and Clinical Psychology*, 78(3), 362-74. [\[link\]](#)

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. Beckerman, N. L. & Corbett, L. (2010). Mindfulness and cognitive therapy in depression relapse prevention: A case study. *Clinical Social Work Journal*, 38(2), 217-225. [\[link\]](#)

2. Friedman, H. (2010). Is Buddhism a psychology? Commentary on romanticism in "mindfulness in psychology". *The Humanistic Psychologist*, 38(2), 184-189. [\[link\]](#)

3. Gura, S. T. (2010). Mindfulness in occupational therapy education. *Occupational Therapy in Health Care, 24*(3), 266-273. [\[link\]](#)

4. Josipovic, Z. (2010). Duality and nonduality in meditation research. *Consciousness and Cognition. [link]*

5. Kang, C. & Whittingham, K. (2010). Mindfulness: A dialogue between Buddhism and clinical psychology. *Mindfulness. [link]*

6. Khisty, C. J. (2010). The practice of mindfulness for managers in the marketplace. *Systemic Practice and Action Research, 23*(2), 115-125. [\[link\]](#)

7. Krisanaprakornkit, T., Ngamjarus, C., Witoonchart, C., & Piyavhatkul, N. (2010). Meditation therapies for attention-deficit/hyperactivity disorder (ADHD). *Cochrane Database of Systematic Reviews, 16*(6), No. CD006507. [\[link\]](#)

8. Raffone, A. & Srinivasan, N. (2010). The exploration of meditation in the neuroscience of attention and consciousness. *Cognitive Processing, 11*(1), 1-7. [\[link\]](#)

9. Salmon, P., Hanneman, S., Harwood, B., et al. (2010). Associative/dissociative cognitive strategies in sustained physical activity: Literature review and proposal for a mindfulness-based conceptual model. *Sport Psychologist, 24*(2), 127-56. [\[link\]](#)

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. Borders, A., Earleywine, M., & Jajodia, A. (2010). Could mindfulness decrease anger,

hostility, and aggression by decreasing rumination? *Aggressive Behavior, 36*(1), 28-44. [\[link\]](#)

2. Burgard, M. & May, C. J. (2010). The effect of positive affect induction via metta meditation on the attentional blink. *Journal of Articles in Support of the Null Hypothesis, 7*(1), 7-15. [\[link\]](#)

3. Frewen, P. A., Dozois, D. J. A., Neufeld, R. W. J., et al. (2010). Individual differences in trait mindfulness predict dorsomedial prefrontal and amygdala response during emotional imagery: An fMRI study. *Personality and Individual Differences. [link]*

4. Hodgins, H. S. & Adair, K. C. (2010). Attentional processes and meditation. *Consciousness and Cognition. [link]*

5. Kracen, A. C., Ingram, K. M., Lyckholm, L. J., & Smith, T. J. (2010). Oncologists' mindfulness, health, well-being, and patient care. *Journal of Clinical Oncology, 28*(15s), e16527. [\[link\]](#)

6. Manna, A., Raffone, A., Perrucci, M. G., et al. (2010). Neural correlates of focused attention and cognitive monitoring in meditation. *Brain Research Bulletin, 82*(1-2), 46-56. [\[link\]](#)

7. Newberg, A. B., Wintering, N., Waldman, M. R., et al. (2010). Cerebral blood flow differences between long-term meditators and non-meditators. *Consciousness and Cognition. [link]*

8. Shier, M. L. & Graham, J. R. (2010). Mindfulness, subjective well-being, and social work: Insight into their interconnection from social work practitioners. *Social Work Education, 1*-16. [\[link\]](#)

9. van den Hurk, P. A., Giommi, F., Gielen, S. C., et al. (2010). Greater efficiency in attentional processing related to mindfulness meditation. *Quarterly Journal of*

Experimental Psychology (2006), 63(6), 1168-80. [\[link\]](#)

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. Cho, S., Heiby, E. M., McCracken, L. M., et al. (2010). Pain-Related anxiety as a mediator of the effects of mindfulness on physical and psychosocial functioning in chronic pain patients in Korea. *The Journal of Pain*, 1-9. [\[link\]](#)
2. Tirch, D. D. (2010). Mindfulness as a context for the cultivation of compassion. *International Journal of Cognitive Therapy*, 3(2), 113-123. [\[link\]](#)

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. Christopher, M. S. & Gilbert, B. D. (2010). Incremental validity of components of mindfulness in the prediction of satisfaction with life and depression. *Current Psychology*, 29(1), 10-23. [\[link\]](#)

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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