

MINDFULNESS RESEARCH MONTHLY

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Issue content:

31 new studies provided in this issue, including:

8 Intervention and Application studies

2 Review and Meta-analysis studies

13 Etiology and Associations studies

7 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. Allexandre, D., Fox, E., Golubic, M., Morledge, T., & Fox, J. E. B. (2010). Mindfulness, yoga, and cardiovascular disease. *Cleveland Clinic Journal of Medicine*, 77(3), S85. [\[link\]](#)

2. Barnes, V. A., Gregoski, M. J., Tingen, M. S., & Treiber, F. A. (2010). Influences of family environment and meditation efficacy on hemodynamic function among African American adolescents. *Journal of*

Complementary and Integrative Medicine, 7(1), 25. [\[link\]](#)

3. Chen, K. W., Comerford, A., Shinnick, P., & Ziedonis, D. M. (2010). Introducing Qigong meditation into residential addiction treatment: A pilot study where gender makes a difference. *Journal of Alternative and Complementary Medicine*, 16(8), 1-8. [\[link\]](#)

4. Feldman, G., Greeson, J., & Senville, J. (2010). Differential effects of mindful breathing, progressive muscle relaxation, and loving-kindness meditation on decentering and negative reactions to repetitive thoughts. *Behaviour Research and Therapy*, 1-10. [\[link\]](#)

5. Lovas, D. A. & Barsky, A. J. (2010). Mindfulness-Based cognitive therapy for hypochondriasis, or severe health anxiety: A pilot study. *Journal of Anxiety Disorders*. [\[link\]](#)

6. Matousek, R. H. & Dobkin, P. L. (2010). Weathering storms: A cohort study of how participation in a mindfulness based stress reduction program benefits women after breast cancer treatment. *Current Oncology*, 17(4), 62-70. [\[link\]](#)

7. McCollum, E. E. & Gehart, D. R. (2010). Using mindfulness meditation to teach beginning therapists therapeutic presence: A qualitative study. *Journal of Marital and Family Therapy*, 36(3), 347-60. [\[link\]](#)

8. Zeidan, F., Johnson, S. K., Gordon, N. S., & Goolkasian, P. (2010). Effects of brief and sham mindfulness meditation on mood and cardiovascular variables. *Journal of Alternative and Complementary Medicine*, 16(8), 1-7. [\[link\]](#)

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. Dautovich, N. D., McNamara, J., Williams, J. M., & others (2010). Tackling sleeplessness: Psychological treatment options for insomnia. *Nature and Science of Sleep*, 2, 23-37. [\[link\]](#)

2. Wisner, B. L., Jones, B., & Gwin, D. (2010). School-Based meditation practices for adolescents: A resource for strengthening self-regulation, emotional coping, and self-esteem. *Children and Schools*, 32(3), 150-159. [\[link\]](#)

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. Bærentsen, K. B., Stødkilde-Jørgensen, H., Sommerlund, B., Hartmann, T., et al. (2010). An investigation of brain processes supporting meditation. *Cognitive Processing*, 11(1), 57-84. [\[link\]](#)

2. Cahn, B. R., Delorme, A., & Polich, J. (2010). Occipital gamma activation during Vipassana meditation. *Cognitive Processing*, 11(1), 39-56. [\[link\]](#)

3. Cash, M. & Whittingham, K. (2010). What facets of mindfulness contribute to psychological well-being and depressive, anxious, and stress-related symptomatology? *Mindfulness*, 1-6. [\[link\]](#)

4. Cheng, R. W. F., Borrett, D. S., Cheng, W., Kwan, H. C., & Cheng, R. S. S. (2010). Human prefrontal cortical response to the meditative state: A spectroscopy study. *International Journal of Neuroscience*, 120(7), 483-488. [\[link\]](#)

5. Jimenez, S. S., Niles, B. L., & Park, C. L. (2010). A mindfulness model of affect regulation and depressive symptoms: Positive emotions, mood regulation expectancies, and self-acceptance as regulatory mechanisms. *Personality and Individual Differences*, 49(6), 645-50. [\[link\]](#)

6. Masuda, A. & Wendell, J. W. (2010). Mindfulness mediates the relation between disordered eating-related cognitions and psychological distress. *Eating Behaviors*. [\[link\]](#)

7. Moran, R. (2010). On the biopsychosocial model, mindfulness meditation and improving teaching and learning in osteopathy technique. *International Journal of Osteopathic Medicine*, 13(2), 41. [\[link\]](#)

8. Patra, S. & Telles, S. (2010). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, 35(2), 135-140. [\[link\]](#)

9. Pattanashetty, R., Sathiamma, S., Talakkad, S. P., Nityananda, P., et al. (2010). Practitioners of Vipassana meditation exhibit enhanced slow wave sleep and REM sleep states across different age groups.

Sleep and Biological Rhythms, 8(1), 34-41. [\[link\]](#)

10. Short, B., Kose, S., Mu, Q., Borckardt, J., et al. (2010). Regional brain activation during meditation shows time and practice effects: An exploratory fMRI study dagger. *Evidence-Based Complementary and Alternative Medicine*, 7(1), 121-27. [\[link\]](#)

11. Skinner, T. C., Robertson, T., Allison, G. T., Dunlop, S., & Bucks, R. S. (2010). Experiential avoidance, mindfulness and depression in spinal cord injuries: A preliminary study. *Australian Journal of Rehabilitation Counselling*, 16(1), 27-35. [\[link\]](#)

12. Travis, F., Haaga, D. A. F., Hagelin, J., Tanner, M., et al. (2010). A self-referential default brain state: Patterns of coherence, power, and eloreta sources during eyes-closed rest and transcendental meditation practice. *Cognitive Processing*, 11(1), 21-30. [\[link\]](#)

13. van den Hurk, P. A., Janssen, B. H., Giommi, F., Barendregt, H. P., & Gielen, S. C. (2010). Mindfulness meditation associated with alterations in bottom-up processing: Psychophysiological evidence for reduced reactivity. *International Journal of Psychophysiology*. [\[link\]](#)

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. Amaro, A. (2010). Thinking: I. Understanding and relating to thought. *Mindfulness*, 1-4. [\[link\]](#)

2. Amaro, A. (2010). Thinking. II: Investigation, the use of reflective thought. *Mindfulness*, 1-4. [\[link\]](#)

3. Dorjee, D. (2010). Kinds and dimensions of mindfulness: Why it is important to distinguish them. *Mindfulness*, 1-9. [\[link\]](#)

4. Gause, R. & Coholic, D. (2010). Mindfulness-Based practices as a holistic philosophy and method. *Currents: New Scholarship in the Human Services*, 9(2), 1-23. [\[link\]](#)

5. Niemiec, C. P., Brown, K. W., Kashdan, T. B., Cozzolino, P. J., et al. (2010). Being present in the face of existential threat: The role of trait mindfulness in reducing defensive responses to mortality salience. *Journal of Personality and Social Psychology*, 99(2), 344-65. [\[link\]](#)

6. Pruitt, I. T. & McCollum, E. E. (2010). Voices of experienced meditators: The impact of meditation practice on intimate relationships. *Contemporary Family Therapy*, 32(2), 135-154. [\[link\]](#)

7. Stelter, R. (2010). Experience-Based, body-anchored qualitative research interviewing. *Qualitative Health Research*, 20(6), 859-67. [\[link\]](#)

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. Black, D. S. (2010). Mindfulness research guide: A new paradigm for managing empirical health information. *Mindfulness*, 1-3. [\[link\]](#)

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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