

MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness
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Issue content:

35 new studies provided in this issue, including:

14 Intervention and Application studies

12 Review and Meta-analysis studies

5 Etiology and Associations studies

2 Theory and Processes studies

2 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. Brown, L. F., Davis, L. W., LaRocco, V. A., & Strasburger, A. (2010). Participant perspectives on mindfulness meditation training for anxiety in schizophrenia. *American Journal of Psychiatric Rehabilitation*, 13(3), 224-242. [\[link\]](#)

2. Chang, B. H., Casey, A., Dusek, J. A., & Benson, H. (2010). Relaxation response and spirituality: Pathways to improve psychological outcomes in cardiac

rehabilitation. *Journal of Psychosomatic Research*, 69, 93-100. [\[link\]](#)

3. Cotton, S., Roberts, Y. H., Tsevat, J., et al. (2010). Mind-Body complementary alternative medicine use and quality of life in adolescents with inflammatory bowel disease. *Inflammatory Bowel Diseases*, 16(3), 501-506. [\[link\]](#)

4. Harnett, P. H., Whittingham, K., Puhakka, E., et al (2010). The short-term impact of a brief group-based mindfulness therapy program on depression and life satisfaction. *Mindfulness*, doi: 10.1007/s12671-010-0024-3. [\[link\]](#)

5. Hart, J. (2010). The center for spirituality & healing at the university of Minnesota. *Alternative and Complimentary Therapies*, 16(1), 50-54. [\[link\]](#)

6. Hick, S. F. & Furlotte, C. (2010). An exploratory study of radical mindfulness training with severely economically disadvantaged people: Findings of a Canadian study. *Australian Social Work*, 63(3), 281-298. [\[link\]](#)

7. Hölzel, B. K., Carmody, J., Evans, K. C., et al. (2010). Stress reduction correlates with structural changes in the amygdala. *Social Cognitive and Affective Neuroscience*, 5(1), 11-17. [\[link\]](#)

8. Hupperta, F. A. & Johnsonb, D. M. (2010). A controlled trial of mindfulness training in schools: The importance of practice for an impact on well-being. *The Journal of Positive Psychology*, 5(4), 264-274. [\[link\]](#)

9. Jung, Y. H., Kang, D. H., Jang, J. H., et al. (2010). The effects of mind-body training on stress reduction, positive affect, and plasma catecholamines. *Neuroscience Letters*, 26(479), 138. [\[link\]](#)
10. Keune, P. M., Bostanov, V., Kotchoubey, B., & Hautzinger, M. (2010). The effect of mindfulness-based cognitive therapy on frontal [alpha]-asymmetry in recurrently depressed patients. *International Journal of Psychophysiology*, 77(3), 317-318.
11. Kuyken, W., Watkins, E., Holden, E., et al. (2010). How does mindfulness-based cognitive therapy work? *Behaviour Research and Therapy*, doi:10.1016/j.brat.2010.08.003. [\[link\]](#)
12. MacLaughlin, B. W., Wang, D., Noone, A., et al. (2010). Stress biomarkers in medical students participating in a mind body medicine skills program. *Evidence-Based Complementary and Alternative Medicine*, doi:10.1093/ecam/nej039. [\[link\]](#)
13. Sachse, S., Keville, S., & Feigenbaum, J. (2010). A feasibility study of mindfulness-based cognitive therapy for individuals with borderline personality disorder. *Psychology and Psychotherapy*, doi: 10.1348/147608310X516387. [\[link\]](#)
14. Teixeira, E. (2010). The effect of mindfulness meditation on painful diabetic peripheral neuropathy in adults older than 50 years. *Holistic Nursing Practice*, 24(5), 277. [\[link\]](#)

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. Al Sayegh, A., Sandford, D., & Carson, A. J. (2010). Psychological approaches to treatment of postconcussion syndrome: A systematic review. *Journal of Neurology, Neurosurgery & Psychiatry*, doi: 10.1136/jnnp.2008.170092. [\[link\]](#)
2. Bernardy, K., Füber, N., Köllner, V., & Häuser, W. (2010). Efficacy of cognitive-behavioral therapies in fibromyalgia syndrome-a systematic review and metaanalysis of randomized controlled trials. *The Journal of Rheumatology*, doi: 10.3899/jrheum.100104. [\[link\]](#)
3. Evans, S. (2010). Review: Mindfulness-Based therapies effective for anxiety and depression. *Evidence-Based Mental Health*, PMID: 20651108. [\[link\]](#)
4. Glombiewski, J. A., Sawyer, A. T., Gutermann, J., et al. (2010). Psychological treatments for fibromyalgia: A meta-analysis. *Pain*, doi:10.1016/j.pain.2010.06.011. [\[link\]](#)
5. Guidi, J., Fava, G. A., Fava, M., & Papakostas, G. I. (2010). Efficacy of the sequential integration of psychotherapy and pharmacotherapy in major depressive disorder: A preliminary meta-analysis. *Psychological Medicine*, doi:10.1017/S0033291710000826, 1-11. [\[link\]](#)
6. Horowitz, S. (2010). Health benefits of meditation: What the newest research shows. *Alternative and Complementary Therapies*, 16(4), 223-228. [\[link\]](#)
7. Johnson, M. J. & Oxberry, S. G. (2010). The management of dyspnoea in chronic heart failure. *Current Opinion in Supportive and Palliative Care*, 4(2), 63. [\[link\]](#)
8. Larzelere, M. M., Campbell, J. S., & Robertson, M. (2010). Complementary and alternative medicine usage for behavioral

health indications. *Primary Care*, 37(2), 213-236. [\[link\]](#)

9. Pontoski, K. E. & Heimberg, R. G. (2010). The myth of the superiority of concurrent combined treatments for anxiety disorders. *Clinical Psychology: Science and Practice*, 17(2), 107-111. [\[link\]](#)

10. Richmond, J. A., Bailey Jr, D. E., McHutchison, J. G., & Muir, A. J. (2010). The use of mind-body medicine and prayer among adult patients with chronic hepatitis C. *Gastroenterology Nursing*, 33(3), 210. [\[link\]](#)

11. Stuckey, H. L. & Nobel, J. (2010). The connection between art, healing, and public health: A review of current literature. *American Journal of Public Health*, 100(2), 254. [\[link\]](#)

12. Thomas, J., Beinhorn, C., Norton, D., et al. (2010). Managing radiation therapy side effects with complementary medicine. *Journal of the Society for Integrative Oncology*, 8(2), 65-80. [\[link\]](#)

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. Chu, L. C. (2010). The benefits of meditation vis-à-vis emotional intelligence, perceived stress and negative mental health. *Stress and Health*, 26(2), 169-180. [\[link\]](#)

2. Kaul, P., Passafiume, J., & O'Hara, B. F. (2010). Meditation acutely improves psychomotor vigilance, and may decrease sleep need. *Behavioral and Brain Functions*, 6, 47. [\[link\]](#)

3. Michalak, J., Hölz, A., & Teismann, T. (2010). Rumination as a predictor of relapse in mindfulness-based cognitive therapy for depression. *Psychology and Psychotherapy*, doi: 10.1348/147608310X520166. [\[link\]](#)

4. Raes, F. & Williams, M. G. (2010). The relationship between mindfulness and uncontrollability of ruminative thinking. *Mindfulness*, doi: 10.1007/s12671-010-0021-6. [\[link\]](#)

5. Van Dam, N. T., Sheppard, S. C., Forsyth, J. P., & Earleywine, M. (2010). Self-Compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression. *Journal of Anxiety Disorders*, doi:10.1016/j.janxdis.2010.08.011. [\[link\]](#)

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. Korones, D. N. (2010). Living in the moment. *Journal of Clinical Oncology*, doi: 10.1200/JCO.2010.30.7835. [\[link\]](#)

2. Phelan, J. P. (2010). Non-Interference and awareness. *Mindfulness*, doi: 10.1007/s12671-010-0027-0. [\[link\]](#)

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. Trousselard, M., Steiler, D., Raphel, C., et al. (2010). Validation of a French version of the Freiburg mindfulness inventory-short version: Relationships between mindfulness and stress in an adult population. *Biopsychosocial Medicine*, 4(8), 1-11. [\[link\]](#)

2. Van Dam, N. T., Earleywine, M., & Borders, A. (2010). Measuring mindfulness? An item response theory analysis of the mindful attention awareness scale. *Personality and Individual Differences*, 49, 805. [\[link\]](#)

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:

Mindfulness Research Guide
www.mindfulexperience.org

****Notice of Upcoming Special Event****

**The Susan G. Komen for the Cure
presents**

**The Lynn Lectures:
Mindfulness & Integrative Medicine Lecture
Series featuring**

Jon Kabat-Zinn, Ph.D.

**Letting Everything Become Your Teacher:
The Healing Power of Mindfulness**

**Date: Wednesday, October 6, 2010
Location: University of California Los Angeles**

For more information go to:

**[http://www.komenlacounty.org/about-us/
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