

MINDFULNESS RESEARCH MONTHLY

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Issue content:

40 new studies provided in this issue, including:

15 Intervention and Application studies

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3 Theory and Processes studies

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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.

1. Bohlmeijer, E., Prenger, R., Taal, E., & Cuijpers, P. (2010). The effects of mindfulness-based stress reduction therapy on mental health of adults with a chronic medical disease: A meta-analysis. *Journal of Psychosomatic Research*, 68(6), 539-544. [\[link\]](#)

2. Christopher, J. C., Chrisman, J. A., Trotter-Mathison, M. J., et al. (2010). Perceptions of the long-term influence of mindfulness training on counselors and

psychotherapists: A qualitative inquiry. *Journal of Humanistic Psychology*. [\[link\]](#)

3. Fang, C. Y., Reibel, D. K., Longacre, M. L., et al. (2010). Enhanced psychosocial well-being following participation in a mindfulness-based stress reduction program is associated with increased natural killer cell activity. *The Journal of Alternative and Complementary Medicine*, 16(5), 531-538. [\[link\]](#)

4. Franco, C., Mañas, I., Cangas, A. J., & Gallego, J. (2010). The applications of mindfulness with students of secondary school: Results on the academic performance, self-concept and anxiety. *Communications in Computer and Information Science*, 111, 83-97. [\[link\]](#)

5. Garretson, K. (2010). Being allowing and yet directive: Mindfulness meditation in the teaching of developmental reading and writing. *New Directions for Community Colleges*, Fall(151), 51-64. [\[link\]](#)

6. Gregoski, M. J., Barnes, V. A., Tingen, M. S., et al. (2010). Breathing awareness meditation and Lifeskills training programs influence upon ambulatory blood pressure and sodium excretion among African American adolescents. *Journal of Adolescent Health*. [\[link\]](#)

7. Grossman, P., Kappos, L., Gensicke, H., et al. (2010). MS quality of life, depression, and fatigue improve after mindfulness training: A randomized trial. *Neurology*, 75(13), 1141. [\[link\]](#)

8. Hayes, S. A., Orsillo, S. M., & Roemer, L. (2010). Changes in proposed mechanisms of action during an acceptance-based behavior therapy for generalized anxiety disorder. *Behaviour Research and Therapy, 48*(3), 238-245. [\[link\]](#)

9. Kerrigan, D., Johnson, K., Stewart, M., et al. (2010). Perceptions, experiences, and shifts in perspective occurring among urban youth participating in a mindfulness-based stress reduction program. *Complementary Therapies in Clinical Practice. [link]*

10. Magnusson, G., Ballegaard, S., Karpatschof, B., & Nyboe, J. (2010). Long-term effects of integrated rehabilitation in patients with stroke: A nonrandomized comparative feasibility study. *The Journal of Alternative and Complementary Medicine, 16*(4), 369-374. [\[link\]](#)

11. Newberg, A. B., Wintering, N., Khalsa, D. S., Roggenkamp, H., & Waldman, M. R. (2010). Meditation effects on cognitive function and cerebral blood flow in subjects with memory loss: A preliminary study. *Journal of Alzheimer's Disease, 20*(2), 517-526. [\[link\]](#)

12. Sharplin, G. R., Jones, S. B. W., Hancock, B., et al. (2010). Mindfulness-Based cognitive therapy: An efficacious community-based group intervention for depression and anxiety in a sample of cancer patients. *The Medical Journal of Australia, 193*(5), S79. [\[link\]](#)

13. Tavee, J. & Stone, L. (2010). Healing the mind: Meditation and multiple sclerosis. *Neurology, 75*(13), 1130. [\[link\]](#)

14. Thompson, N. J., Walker, E. R., Obolensky, N., et al. (2010). Distance delivery of mindfulness-based cognitive therapy for depression: Project UPLIFT. *Epilepsy and Behavior. [link]*

15. Wright, L. B., Gregoski, M. J., Tingen, M. S., Barnes, V. A., & Treiber, F. A. (2010).

Impact of stress reduction interventions on hostility and ambulatory systolic blood pressure in African American adolescents. *Journal of Black Psychology, 36*(4). [\[link\]](#)

Review and Meta-analysis

Review and Meta-analysis references publications that combine and synthesize studies, either statistically or theoretically, in an attempt to further knowledge in mindfulness and related areas.

1. Chiesa, A. & Serretti, A. (2010). Mindfulness based cognitive therapy for psychiatric disorders: A systematic review and meta-analysis. *Psychiatry Research. [link]*

2. Chiesa, A. & Serretti, A. (2010). A systematic review of neurobiological and clinical features of mindfulness meditations. *Psychological Medicine, 40*(8), 1239-1252. [\[link\]](#)

3. Ernst, E. (2010). Assessments of complementary and alternative medicine: The clinical guidelines from NICE. *International Journal of Clinical Practice, 64*(10), 1350-1358. [\[link\]](#)

4. Innes, K. E., Selfe, T. K., & Vishnu, A. (2010). Mind-Body therapies for menopausal symptoms: A systematic review. *Maturitas, 66*(2), 135-149. [\[link\]](#)

5. Kwekkeboom, K. L., Cherwin, C. H., Lee, J. W., & Wanta, B. (2010). Mind-Body treatments for the pain-fatigue-sleep disturbance symptom cluster in persons with cancer. *Journal of Pain and Symptom Management, 39*(1), 126-138. [\[link\]](#)

6. Merkes, M. (2010). Mindfulness-Based stress reduction for people with chronic diseases. *Australian Journal of Primary Health, 16*(3), 200-210. [\[link\]](#)

7. Porter, N. S., Jason, L. A., Boulton, A., Bothne, N., & Coleman, B. (2010). Alternative medical interventions used in the treatment and management of myalgic encephalomyelitis/chronic fatigue syndrome and fibromyalgia. *The Journal of Alternative and Complementary Medicine*, 16(3), 235-249. [\[link\]](#)
8. Schnur, J. B. & Montgomery, G. H. (2010). A systematic review of therapeutic alliance, group cohesion, empathy, and goal consensus/collaboration in psychotherapeutic interventions in cancer: Uncommon factors? *Clinical Psychology Review*, 30(2), 238-247. [\[link\]](#)
9. Smithson, J., Paterson, C., Britten, N., Evans, M., & Lewith, G. (2010). Cancer patients' experiences of using complementary therapies: Polarization and integration. *Journal of Health Services Research & Policy*, 15(s2), 54. [\[link\]](#)
10. Song, Y., Lindquist, R., & Choi, E. J. (2010). Critical review of the effects of mindfulness-based stress reduction (MBSR) on stress and health-related quality of life (QOL). *Journal of Korean Academy of Adult Nursing*, 22(2), 121-129. [\[link\]](#)

Etiology and Associations

Etiology and Associations references studies that explore mindfulness as an empirical construct and examine its causes, outcomes and correlates in relation to biopsychosocial constructs.

1. Barnes, S. M. & Lynn, S. J. (2010). Mindfulness skills and depressive symptoms: A longitudinal study. *Imagination, Cognition and Personality*, 30(1), 77-91. [\[link\]](#)
2. Hölzel, B. K., Carmody, J., Vangel, M., et al. (2010). Mindfulness practice leads to increases in regional brain gray matter

density. *Psychiatry Research: Neuroimaging*. [\[link\]](#)

3. Howell, A. J., Digdon, N. L., & Buro, K. (2010). Mindfulness predicts sleep-related self-regulation and well-being. *Personality and Individual Differences*, 48(4), 419-424. [\[link\]](#)
4. Ives-Deliperi, V. L., Solms, M., & Meintjes, E. M. (2010). The neural substrates of mindfulness: An fMRI investigation. *Social Neuroscience*. [\[link\]](#)
5. Marks, A. D. G., Sobanski, D. J., & Hine, D. W. (2010). Do dispositional rumination and/or mindfulness moderate the relationship between life hassles and psychological dysfunction in adolescents? *Australian and New Zealand Journal of Psychiatry*, 44(9), 831-838. [\[link\]](#)
6. McCracken, L. M. & Velleman, S. C. (2010). Psychological flexibility in adults with chronic pain: A study of acceptance, mindfulness, and values-based action in primary care. *Pain*, 148(1), 141-147. [\[link\]](#)
7. Rasmussen, M. K. & Pidgeon, A. M. (2010). The direct and indirect benefits of dispositional mindfulness on self-esteem and social anxiety. *Anxiety, Stress & Coping*. [\[link\]](#)
8. Saavedra, M. C., Chapman, K. E., & Rogge, R. D. (2010). Clarifying links between attachment and relationship quality: Hostile conflict and mindfulness as moderators. *Journal of Family Psychology*, 24(4), 380-390. [\[link\]](#)

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.

1. Hyland, T. (2010). Mindfulness, adult learning and therapeutic education: Integrating the cognitive and affective domains of learning. *International Journal of Lifelong Education*, 29(5), 517-532. [\[link\]](#)

2. McIntyre-Mills, J. (2010). Wellbeing, mindfulness and the global commons. *Journal of Consciousness Studies*, 17(7-8), 47. [\[link\]](#)

3. Seiden, D. Y. & Lam, K. (2010). From Moses and monotheism to Buddha and behaviorism: Cognitive behavior therapy's transpersonal crisis. *Journal of Transpersonal Psychology*, 42(1), 89. [\[link\]](#)

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.

1. Aggs, C. & Bambling, M. (2010). Teaching mindfulness to psychotherapists in clinical practice: The mindful therapy programme. *Counselling and Psychotherapy Research*. [\[link\]](#)

2. Baum, C., Kuyken, W., Bohus, M., et al. (2010). The psychometric properties of the kentucky inventory of mindfulness skills in clinical populations. *Assessment*, 17(2), 220. [\[link\]](#)

3. Lee, W. K., Cho, Y. R., & Kim, S. H. (2010). The study of reliability and validity of the Korean version of the Toronto Mindfulness Scale. *Journal of the Korean Neuropsychiatric Association*, 49(2), 226-234. [\[link\]](#)

4. Walker, E. R., Obolensky, N., Dini, S., & Thompson, N. J. (2010). Formative and process evaluations of a cognitive-behavioral therapy and mindfulness intervention for people with epilepsy and depression. *Epilepsy & Behavior*. [\[link\]](#)

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