

MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness
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Issue content:

27 new studies provided in this issue, including:

12 Intervention and Application studies

5 Review and Meta-analysis studies

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5 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. Key articles identified in this area include:

1. Bohlmeijer, E. T., Fledderus, M., Rokx, T., & Pieterse, M. E. (2010). Efficacy of an early intervention based on acceptance and commitment therapy for adults with depressive symptomatology: Evaluation in a randomized controlled trial. *Behaviour Research and Therapy*. [\[link\]](#)

2. Cohn, M. A. & Fredrickson, B. L. (2010). In search of durable positive psychology interventions: Predictors and consequences of long-term positive behavior change. The

Journal of Positive Psychology, 5(5), 355-366. [\[link\]](#)

3. Dalen, J., Smith, B. W., Shelley, B. M., et al. (2010). Pilot study: Mindful eating and living (MEAL): Weight, eating behavior, and psychological outcomes associated with a mindfulness-based intervention for people with obesity. *Complementary Therapies in Medicine*, 18, 260-64. [\[link\]](#)

4. Dannahy, L., Hayward, M., Strauss, C., et al. (2010). Group person-based cognitive therapy for distressing voices: Pilot data from nine groups. *Journal of Behavior Therapy and Experimental Psychiatry*, 42, 111-16. [\[link\]](#)

5. Heeren, A. & Philippot, P. (2010). Changes in ruminative thinking mediate the clinical benefits of mindfulness: Preliminary findings. *Mindfulness*. [\[link\]](#)

6. Lengacher, C. A., Johnson-Mallard, V., Barta, M., et al. (2010). Feasibility of a mindfulness-based stress reduction program for early-stage breast cancer survivors. *Journal of Holistic Nursing*. [\[link\]](#)

7. Ljótsson, B., Hedman, E., Lindfors, P., et al. (2010). Long-Term follow up of internet-delivered exposure and mindfulness based treatment for irritable bowel syndrome. *Behaviour Research and Therapy*. [\[link\]](#)

8. Mendelson, T., Greenberg, M. T., Dariotis, J. K., et al. (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth.

Journal of Abnormal Child Psychology, 38, 985-94. [\[link\]](#)

9. Schmidt, S., Simshauser, K., Aickin, M., et al. (2010). Mindfulness-Based stress reduction is an effective intervention for patients suffering from migraine--results from a controlled trial. *European Journal of Integrative Medicine*, 2(4), 196. [\[link\]](#)

10. Uebelacker, L. A., Tremont, G., Epstein-Lubow, G., et al. (2010). Open trial of Vinyasa yoga for persistently depressed individuals: Evidence of feasibility and acceptability. *Behavior Modification*, 34(3), 247-64. [\[link\]](#)

11. Yeh, G. Y., Kaptchuk, T. J., & Shmerling, R. H. (2010). Prescribing tai chi for fibromyalgia - are we there yet? *The New England Journal of Medicine*, 363(8), 783-784. [\[link\]](#)

12. Young, L. A. & Baime, M. J. (2010). Mindfulness-Based stress reduction: Effect on emotional distress in older adults. *Complementary Health Practice Review*, 15(2), 59-64. [\[link\]](#)

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. Bohlmeijer, E., Prenger, R., Taal, E., & Cuijpers, P. (2010). Meta-Analysis on the effectiveness of mindfulness-based stress reduction therapy on mental health of adults with a chronic disease: What should the reader not make of it? *Journal of Psychosomatic Research*, 69(6), 614. [\[link\]](#)

2. Emani, S. & Binkley, P. F. (2010). Mind-Body medicine in chronic heart failure. *Circulation: Heart Failure*, 3(6), 715. [\[link\]](#)

3. Gans, J. J. (2010). Mindfulness-Based tinnitus therapy is an approach with ancient roots. *The Hearing Journal*, 63(11), 52-56. [\[link\]](#)

4. Keefe, F. J. & Somers, T. J. (2010). Psychological approaches to understanding and treating arthritis pain. *Nature Reviews Rheumatology*, 6(4), 210-216. [\[link\]](#)

5. Wang, C., Bannuru, R., Ramel, J., et al. (2010). Research article Tai Chi on psychological well-being: Systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 10, 23. [\[link\]](#)

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. Hollis-Walker, L. & Colosimo, K. (2010). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50, 222-27. [\[link\]](#)

2. Jacobs, T. L., Epel, E. S., Lin, J., et al. (2010). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology*. [\[link\]](#)

3. Jang, J. H., Jung, W. H., Kang, D. H., et al. (2010). Increased default mode network connectivity associated with meditation. *Neuroscience Letters*. [\[link\]](#)

4. Parent, J., Garai, E., Forehand, R., et al. (2010). Parent mindfulness and child outcome: The roles of parent depressive symptoms and parenting. *Mindfulness*. [\[link\]](#)

5. Posadzki, P. (2010). The psychology of qi gong: A qualitative study. *Complementary Health Practice Review*, 15(2), 84-97. [\[link\]](#)

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. Black, D. S. (2010). Incorporating mindfulness within established theories of health behavior. *Complementary Health Practice Review*, 15(2), 108. [\[link\]](#)

2. Coffey, K. A., Hartman, M., & Fredrickson, B. L. (2010). Deconstructing mindfulness and constructing mental health: Understanding mindfulness and its mechanisms of action. *Mindfulness*. [\[link\]](#)

3. Kuntsevich, V., Bushell, W. C., & Theise, N. D. (2010). Mechanisms of yogic practices in health, aging, and disease. *Mount Sinai Journal of Medicine*, 77(5), 559-69. [\[link\]](#)

4. Mikulas, W. L. (2010). Mindfulness: Significant common confusions. *Mindfulness*. [\[link\]](#)

5. Phelan, J. P. (2010). First moment. *Mindfulness*. [\[link\]](#)

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. No publications in this area.

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
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