

MINDFULNESS RESEARCH MONTHLY

Providing monthly research updates on mindfulness
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Issue content:

35 new studies provided in this issue, including:

13 Intervention and Application studies

7 Review and Meta-analysis studies

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4 Theory and Processes studies

2 Method and Measures studies

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. Albers, S. (2011). Using mindful eating to treat food restriction: A case study. *Eating Disorders*, 19(1), 97-107. [\[link\]](#)

2. Alfonso, J. P., Caracuel, A., Delgado-Pastor, L. C., & Verdejo-García, A. (2011). Combined goal management training and mindfulness meditation improve executive functions and decision-making performance in abstinent polysubstance abusers. *Drug and Alcohol Dependence*. [\[link\]](#)

3. Baslet, G. & Hill, J. (2011). Case report: Brief mindfulness-based psychotherapeutic intervention during inpatient hospitalization in a patient with conversion and dissociation. *Clinical Case Studies*. [\[link\]](#)

4. Boudette, R. (2011). Integrating mindfulness into the therapy hour. *Eating Disorders*, 19(1), 108-115. [\[link\]](#)

5. Chilvers, J., Thomas, C., & Stanbury, A. (2011). The impact of a ward-based mindfulness programme on recorded aggression in a medium secure facility for women with learning disabilities. *Journal of Learning Disabilities and Offending Behaviour*, 2(1), 27-41. [\[link\]](#)

6. Courbasson, C., Nishikawa, Y., & Shapira, L. (2011). Mindfulness-Action based cognitive behavioral therapy for concurrent binge eating disorder and substance use disorders. *Eating Disorders*, 19(1), 17-33. [\[link\]](#)

7. Hepworth, N. (2011). A mindful eating group as an adjunct to individual treatment for eating disorders: A pilot study. *Eating Disorders*, 19(1), 6-16. [\[link\]](#)

8. Hirvikoski, T., Waaler, E., Alfredsson, J., et al. (2011). Reduced ADHD symptoms in adults with ADHD after structured skills training group: Results from a randomized controlled trial. *Behaviour Research and Therapy*. [\[link\]](#)

9. Singh, N. N., Lancioni, G. E., Manikam, R., et al. (2011). A mindfulness-based strategy for self-management of aggressive behavior

in adolescents with autism. *Research in Autism Spectrum Disorders*. [\[link\]](#)

10. Sorensen, P., Birket-Smith, M., Wattar, U., Buemann, I., & Salkovskis, P. (2011). A randomized clinical trial of cognitive behavioural therapy versus short-term psychodynamic psychotherapy versus no intervention for patients with hypochondriasis. *Psychological Medicine*, 41(2), 431-41. [\[link\]](#)

11. Thomley, B. S., Ray, S. H., Cha, S. S., & Bauer, B. A. (2011). Effects of a brief, comprehensive, yoga-based program on quality of life and biometric measures in an employee population: A pilot study. *Explore*, 7(1), 27-29. [\[link\]](#)

12. Vollestad, J. (2011). Mindfulness-Based stress reduction for patients with anxiety disorders: Evaluation in a randomized controlled trial. *Behaviour Research and Therapy*. [\[link\]](#)

13. Zeller, J. M. & Lamb, K. (2011). Mindfulness meditation to improve care quality and quality of life in long-term care settings. *Geriatric Nursing*. [\[link\]](#)

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. Chiesa, A. & Serretti, A. (2011). Mindfulness-Based interventions for chronic pain: A systematic review of the evidence. *Journal of Alternative and Complementary Medicine*, 17(1), 83-93. [\[link\]](#)

2. Dhanani, N. M., Caruso, T. J., & Carinci, A. J. (2011). Complementary and alternative medicine for pain: An evidence-based

review. *Current Pain and Headache Reports*, 15(1), 39-46. [\[link\]](#)

3. Hayes, S. C., Villatte, M., Levin, M., & Hildebrandt, M. (2011). Open, aware, and active: Contextual approaches in behavioral and cognitive therapy. *Clinical Psychology*, 7. [\[link\]](#)

4. Kangas, M. & McDonald, S. (2011). Is it time to act? The potential of acceptance and commitment therapy for psychological problems following acquired brain injury. *Neuropsychological Rehabilitation*. [\[link\]](#)

5. Manocha, R. (2011). Meditation, mindfulness and mind-emptiness. *Acta Neuropsychiatrica*, 23(1), 46-47. [\[link\]](#)

6. Veehof, M. M., Oskam, M. J., Schreurs, K. M. G., & Bohlmeijer, E. T. (2011). Acceptance-Based interventions for the treatment of chronic pain: A systematic review and meta-analysis. *Pain*. [\[link\]](#)

7. Young, L. A. (2011). Mindfulness meditation: A primer for rheumatologists. *Rheumatic Disease Clinics of North America*, 37(1), 63-75. [\[link\]](#)

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. Büssing, A., Edelhäuser, F., Weisskircher, A., Fouladbakhsh, J. M., & Heusser, P. (2011). Inner correspondence and peacefulness with practices among participants in eurythmy therapy and yoga: A validation study. *Evidence-Based Complementary and Alternative Medicine*, Article ID 329023, 1-9. [\[link\]](#)

2. Chapman, B. P., van Wingen, E., Seplaki, C. L., et al. (2011). Openness and conscientiousness predict 34-week patterns of interleukin-6 in older persons. *Brain, Behavior, and Immunity*. [\[link\]](#)

3. Choi, K. E., Musial, F., Amthor, N., et al. (2011). Isolated and combined effects of electroacupuncture and meditation in reducing experimentally induced ischemic pain: A pilot study. *Evidence-Based Complementary and Alternative Medicine*, Article ID 950795, 1-9. [\[link\]](#)

4. Franco Justo, C., de la Fuente Arias, M., & Salvador Granados, M. (2011). [Impact of a training program in full consciousness (mindfulness) in the measure of growth and personal self-realization]. *Psicothema*, 23(1), 58-65. [\[link\]](#)

5. Harrington, R. & Loffredo, D. A. (2011). Insight, rumination, and self-reflection as predictors of well-being. *The Journal of Psychology: Interdisciplinary and Applied*, 145(1), 39-57. [\[link\]](#)

6. Maurel, S., Rodero, B., Lopez-del-Hoyo, Y., et al. (2011). Correlational analysis and predictive validity of psychological constructs related with pain in fibromyalgia. *BMC Musculoskeletal Disorders*, 12(4), 1-7. [\[link\]](#)

7. Nugent, P., Moss, D., Barnes, R., & Wilks, J. (2011). Clear (ing) space: Mindfulness-Based reflective practice. *Reflective Practice*, 12(1), 1-13. [\[link\]](#)

8. Stanley, E. A., Schaldach, J. M., Kiyonaga, A., & Jha, A. P. (2011). Mindfulness-Based mind fitness training: A case study of a high-stress predeployment military cohort. *Cognitive and Behavioral Practice*. [\[link\]](#)

9. Vilardaga, R., Luoma, J. B., Hayes, S. C., et al. (2011). Burnout among the addiction counseling workforce: The differential roles of mindfulness and values-based processes and work-site factors. *Journal of Substance Abuse Treatment*. [\[link\]](#)

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. Childs, D. (2011). Mindfulness and clinical psychology. *Psychology and Psychotherapy*. [\[link\]](#)

2. DeSole, L. (2011). Special issue: Eating disorders and mindfulness. *Eating Disorders*, 19(1), 1-5. [\[link\]](#)

3. Glasner-Edwards, S. (2011). Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change. *Drug and Alcohol Review*, 30(1), 112. [\[link\]](#)

4. Kerr, C. E., Josyula, K., & Littenberg, R. (2011). Developing an observing attitude: An analysis of meditation diaries in an MBSR clinical trial. *Clinical Psychology & Psychotherapy*, 18(1), 80-93. [\[link\]](#)

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. Baer, R. A., Samuel, D. B., & Lykins, E. L. B. (2011). Differential item functioning on the five facet mindfulness questionnaire is minimal in demographically matched meditators and nonmeditators. *Assessment*. [\[link\]](#)

2. Höfling, V., Moosbrugger, H., Schermelleh-Engel, K., & Heidenreich, T. (2011). Mindfulness or mindlessness? *European Journal of Psychological Assessment*, 27(1), 59-64. [\[link\]](#)

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