INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions


Contents
47 New Cites p1
20 Interventions
15 Associations
5 Methods
6 Reviews
1 Trial
Highlights p4
Announcements p5

Editor
David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

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American Mindfulness Research Association

International Journal of Mental Health Promotion. [link]


ASSOCIATIONS
Articles examining the correlation and mechanism between mindfulness and other variables


Seli, P., Carriere, J. S., Smilek, D. (2014). *Not all mind wandering is created equal: Dissociating deliberate from spontaneous mind wandering.* *Psychological Research.* [link]


**METHODS**

*Articles developing empirical procedures to advance the measurement and methodology of mindfulness*


Stanley, S., Barker, M., Edwards, V., McEwen, E. (2014). *Swimming against the stream?: Mindfulness as a psychosocial research methodology.* *Qualitative Research in Psychology.* [link]


**REVIEWS**

*Articles reviewing content areas of mindfulness or conducting meta-analyses of published research*


**TRIALS**

*Research studies newly funded by the National Institutes of Health (OCT 2014)*

Edward Hines Jr VA Hospital (C., Kostovich, PI). *Efficacy of an internet mantra program on RN-delivered patient centered care.* Veterans Affairs project #1IK3HX001426-01A1. [link]
Highlights

A summary of select studies from the issue, providing a snapshot of some of the latest research findings

Since stress often contributes to medical illness, it is possible that mindfulness-based interventions (MBIs) that contain a stress reduction component might reduce the need for subsequent medical services. Few studies actually measure post-MBI medical utilization however, probably due to the difficulty in gathering data from an often fragmented healthcare delivery system. Integrated healthcare systems offer better opportunities for such research. At Kaiser Permanente Colorado, McCubbin et al. [The Permanente Journal] studied the impact of Mindfulness Based Stress Reduction (MBSR) on self-reported physical and mental health, work productivity, and objectively measured healthcare utilization using an uncontrolled pre-post design.

The 38 participants were mostly female (79%) and Hispanic (68%) with an average age of 53 years. Participants being treated for chronic pain, chronic illness, or stress-related disorders were referred to the study by their primary care physicians. Participants were evaluated at baseline, on the final day of the 8-week program, and one year following their last class. Health care utilization by the study participants was assessed using Kaiser Permanente electronic administrative and claims data for a six-month period prior to starting the program, and for a 6-month period following the 1-year anniversary of completing the program.

Participants showed significant reductions from baseline in their self-rated pain, depression, anxiety, and somatization at the end of the 8-week program. All of these improvements were maintained at one-year follow-up, with some symptoms (pain, depression, anxiety) showing continued significant improvement beyond the initial gains. Compared to the six-month period prior to the program, in the six-month period following the one year anniversary of program completion, participants made significantly fewer primary care visits (1.8 vs. 0.9), specialty care visits (7.8 vs. 4.8), ER visits (0.2 vs. 0.1), and had fewer hospitalizations (0.1 vs. 0.02).

Although the implications of these findings are limited by the small sample size and lack of a control group, this study provides preliminary support for the ability of MBIs to reduce healthcare utilization in an ethnically diverse sample, thereby increasing their potential value to managed care.

The American Heart Association has identified several factors that protect against cardiovascular disease (CVD). Some of these CVD factors (smoking, diet, exercise) are behaviorally modifiable, but change requires a heightened degree of self-monitoring and self-control. In an effort to discover whether mindfulness may support better cardiovascular health by its potential to enhance self-monitoring and self-control, Loucks et al. [International Journal of Behavioral Medicine] investigated whether CVD protective factors, as measured by blood tests (glucose and cholesterol), blood pressure cuff, and self-report measures, were associated with levels of dispositional mindfulness (as measured by the Mindful Attention Awareness Scale, MAAS).

Data were collected from 382 participants (66% Caucasian, 57% female, average age = 47 years) in the New England Family Study, a large longitudinal study of the causes of neuropsychiatric and cardiovascular disease. The researchers examined the associations between mindfulness and "good" and "bad" cardiovascular health ("good" defined as 4 or more protective factors against cardiovascular disease; "bad" as fewer than 4). Highly mindful participants were almost twice as likely (prevalence ratio=1.86) to have “good” cardiovascular health profiles as compared to less mindful participants. Highly mindful participants were significantly more likely to be nonsmokers, have untreated fasting blood glucose below 100 mg/dL, have BMIs under the cutoff for “normal,” be physically active, have stronger feelings of personal mastery, and have fewer depressive symptoms. The relationship between mindfulness and cardiovascular health was mediated, to a large degree, through its association with fewer depressive symptoms and a higher sense of mastery.

Although the implications of these findings are limited by data collected from one point in time, this study suggests that people with high levels of mindfulness in daily life display certain behavioral and psychological characteristics that are protective against cardiovascular disease.
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Events & Conferences

Compassion Week 2014 - San Francisco
Hosted by Stanford University's Center for Compassion & Altruism, Research and Education, the Tenzin Gyatso Institute, and The Charter for Compassion, with lead sponsorship from Dignity Health. Compassion Week events integrate the science and practice of compassion, including conferences on the Science of Compassion; Compassion & Healthcare; and Empathy & Compassion in Society. The week concludes with the Charter for Compassion Day and Living Compassionately Retreat. November 10-16, 2014.


Mindfulness and Compassion Conference
Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org www.mcc2015.org

Mindfulness Research Meeting in Seattle


Research call - 2015 CMRP conference
Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 "A chance to refresh yourself, learn from others and share experiences."

INFO: For details on submission process, conference programme and registration: http://www.bangor.ac.uk/mindfulness/Conference2015.php

Research & Education

Online MBCT Training for Therapists
Support your clients with depression and other clinical problems using the principles of Mindfulness-Based Cognitive Therapy. Developed by Dr. Zindel Segal and Dr. Sona Dimidjian, Mindful Mood Balance and 3 Minute Breathing Space will help you incorporate MBCT into your practice and daily life.

INFO: Both courses are available at http://www.mindfulnoggin.com

Mindful Leadership: the book
In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

INFO: Available on Amazon at http://amzn.com/9492004003

Contemplative Education Website
This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

INFO: Go to: http://www.contemplativeeducation.ca