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


**Associations**
Articles examining the correlation and mechanism between mindfulness and other variables


religious identity and practice. Mindfulness. [link]


Catalan version of the child and adolescent mindfulness measure. The Spanish Journal of Psychology. [link]


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**REVIEWS**

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


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**TRIALS**

Research studies newly funded by the National Institutes of Health (JUN 2015)

Kent State University (D. Fresco, PI). Mindfulness based stress reduction for high blood pressure: A two-site RCT. NIH/NHLBI project #5R01HL119977-02. [link]
Does mindfulness reduce stress by altering brain function? The amygdala—a small, almond-shaped structure located in the brain’s limbic system—is known to play a key role in the stress response. Previous research has shown that increased connectivity (the degree to which brain structures inter-coordinate) between the amygdala and other limbic and cortical structures is associated with greater stress levels. In two separate studies, Taren et al. [Social Cognitive and Affective Neuroscience] investigated how the amygdala’s connectivity with nearby brain structures correlates with stress, and whether that connectivity changes in response to a mindfulness-based intervention (MBI). In doing so, the researchers aimed to identify one of the main brain pathways underlying the effect of mindfulness practice on stress levels.

In an initial study, 130 healthy men and women self-reported perceived stress levels and underwent functional magnetic resonance imaging (fMRI) to assess the resting functional connectivity between the amygdala and nearby brain structures. In a second randomized, controlled, single-blind study, 35 unemployed adults with moderate-to-high levels of perceived stress were assigned to either a three-day intensive residential mindfulness retreat modeled after MBSR which included the body scan, sitting and walking meditation, and mindful eating and yoga, or a three day intensive relaxation retreat which included walking, stretching, and didactics. Amygdala connectivity was assessed by fMRI before and after each intervention. Four months later, hair samples were taken and assayed for stress hormone (cortisone and cortisol) levels over the post-intervention period.

This study demonstrated that participants with higher levels of perceived stress had significantly greater degrees of connectivity between the right side of the amygdala and the subgenual anterior cingulate cortex (ACC) — a brain structure implicated in mood and affect disorders. The randomized, controlled study showed that MBI participants, in comparison to controls, significantly decreased their amygdala-ACC connectivity. The greater the decrease in connectivity, the less cortisol and cortisone was found in hair samples four months later, strengthening the case for amygdala connectivity as a useful stress biomarker that can be modified through MBIs.

This study adds a crucial piece to our knowledge of the observable brain changes underlying the reported benefits of mindfulness practices.

More than two-thirds of the U.S. population is overweight or obese. While much of the accountability for obesity can be placed on dietary patterns and food access, Camilleri et al. [PLOS ONE] investigated whether there might also be a link between dispositional mindfulness and weight. People who generally tend to be mindful might also be more attentive to and aware of hunger and satiety cues that help determine what and how much food they consume.

The researchers drew data from 63,628 French men and women participating in a 10-year, web-based, NutriNet-Santé study on eating, weight, and health who also completed the Five Facet Mindfulness Questionnaire (FFMQ). Participants submitted annual data on their height and weight. Body Mass Index (BMI) scores of 25-30 kg/m² were considered overweight, and BMIs over 30 kg/m² were considered obese. Participants also completed questionnaires on a variety of other demographic and health variables.

Higher mindfulness was associated with being older, more active, better educated, more likely to be an ex-smoker, and more likely to make use of various relaxation techniques. Women who were more mindful were significantly less likely to be overweight or obese, and had significantly lower BMIs (mean BMI for lowest FFMQ quartile = 24.1 kg/m²; mean BMI for highest FFMQ quartile = 23.5 kg/m²). Mindful men were not less likely to be overweight, but were significantly less likely to be obese. In women, the FFMQ Observing, Describing, Acting with Awareness, and Non-Reactivity subscales were all inversely correlated with overweight and obesity. In men, only the FFMQ Observing and Non-Reactivity subscales correlated inversely with overweight or obesity.

This large study identifies a small yet significant inverse relationship between dispositional mindfulness and obesity in both men and women. Although other behavioral and environmental factors feed most of the obesity epidemic, mindfulness in daily life has a small, yet possibly important, effect when considering its influence on the population at large.
JULY 2015

ANNOUNCEMENTS

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Events & Conferences

Mindfulness in Society Conference 2015

The CMRP has an established reputation for hosting world class conferences and this year will not disappoint! With keynote presentations from Tony Bates, Christina Feldman and Saki Santorelli; day long events with John Teasdale, Nancy Bardacke and Breathworks and conference workshops with experts in the field discussing topics from supervision, policy, workplace and compassion to life threatening illness and many, many more. This is set to be rich and wonderfully fruitful event bringing together research and practice from across the globe.

INFO: For further information and to register, please visit http://www.bangor.ac.uk/mindfulness/conference.php.en

Joogal Kids Meditation in Motion

New research shows that practices of movement and mindfulness decrease stress, anxiety and depression in children, while improving emotional regulation, focus and social skill Joogal Kids focuses on this. It is a fun method that improves concentration, emotional balance and a better kind of life. It is a way to strengthen their body, mind and soul while learning universal values through play and meditation. Devora BenChimol created this method after working 30 years with kids in body expression and 12 in meditation and mindfulness with them. Joogal Kids has their own system to train teachers.

INFO: http://www.joogalkids.org
devora@joogalkids.org

Mindful Medical Practice: Clinical Narratives

Patricia Dobkin’s new book, forwarded by Ron Epstein, showcases how mindfulness enhances clinician-patient relationships while adding depth and meaning to their work. Each chapter, authored by physicians or allied professionals, provides therapeutic insights across a broad spectrum of specialties and settings in five countries.


Buddha in Dairyland

The new book, Buddha in Dairyland: A Psychologist, a Monk, and the Roots of a Silent Revolution, is available at Amazon. A true account of how the migration of Tibetan Buddhism to America, and White House negotiations, sowed the seeds for the mindfulness revolution.

INFO: Purchase at http://www.amazon.com/dp/B00VUEE5GU

Research & Education

Funding for Mindfulness Teachers and Researchers

The American Mindfulness Research Association (AMRA) is now accepting applications for its Professional Development Award program. This competitive award provides $500 stipends to promising researchers and teachers for their commitment to the field. Application deadline is July 20, 2015.

INFO: For details and to apply, visit https://goamra.org/about/grants/

Books & Media

New Book! Mindfulness for Teachers

Based upon the author’s extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, this book offers valuable research-based information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

INFO: Go to http://amzn.com/0393708071

Employment & Volunteer

Post your ad in Mindfulness Research Monthly

Send your message to our mindfulness community of over 10,000 subscribers (includes researchers, physicians, teachers, other professionals, students, and the general public) by placing your ad in our monthly publication.

INFO: Go to: https://goamra.org/publications/advertising/