

## MINDFULNESS RESEARCH

### GENERAL HEALTH BENEFITS

**Demystifying Mindfulness.** Lawson, Karen, M.D. (Jan 2011). *Minnesota Medicine*.

#### **Mindfulness-based stress reduction and health benefits: A meta-analysis.**

Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). *Journal of Psychosomatic Research*, 57(1), 35-43.

### MINDFULNESS IN MEDICAL PRACTICE

**Mindfulness in Medicine.** Ludwig, D. S. & Kabat-Zinn, J. (2008). *Journal of the American Medical Association*, 300(11), 1350-52.

**Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians.** Krasner, M.; Epstein, R.; Beckman, H; Suchman, A.; Chapman, B.; Mooney, C.; Quill, T. (2009). *Journal of the American Medical Association*, 302(12):1284-1293.

### BRAIN FUNCTION

**Meditation experience is associated with increased cortical thickness.** Lazar, Sara W.; Kerr, Catherine E.; Wasserman, Rachel H.; Gray, Jeremy R.; Greve, Douglas N.; Treadway, Michael T.; McFarvey, Metta; Quinn, Brian T.; Dusek, Jeffery A.; Benson, Herbert; Rauch, Scott L.; Moore, Christopher I.; Fischl, Bruce. (2005). *Neuroreport: For Rapid Communication of Neuroscience Research*, 16, 1893-1897

**The underlying anatomical correlates of long-term meditation: Larger hippocampal and frontal volumes of gray matter.** Luders, E. et al. (2009). *NeuroImage*, 45, 672-8.

### IMMUNE SYSTEM

**Alterations in brain and immune function produced by mindfulness meditation.** Davidson, R.J., Kabat-Zinn, J., Schmacher, J., Rosenkranz, M., Muller, D., Santorelli, S.F., Urbanowski, F., Harrington, A., Bonus, K., Sheridan, J.F. (2003). *Psychosomatic Medicine*, 65: 564-570.

### PAIN

**Four year follow up of a meditation based program for self regulation of chronic pain: treatment outcomes and compliance.** Kabat-Zinn, J., L. Lipworth, et al. (1986). *Clinical Journal of Pain* 2(3): 159-173.

**Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study.** Morone, N. E., C. M. Greco, et al. (2008). *Pain* 134(3): 310-9.

### Current NIH-funded Studies

*Mindfulness Training for Stress Management*

*Mindfulness to Improve Elders' Immune and Health Status*

*Mindfulness-Based Stress Reduction for Bowel Symptoms*

*Mindfulness and Present Centered Therapies for PTSD*

*Mindfulness Meditation for Chronic Low Back Pain in Older Adults*

*Mindfulness Based Tinnitus Reduction (MBTR): A Symptom Perception Shift Program*

*Mindfulness, Emotional Well-being, and Sleep Quality*

*Mindfulness Versus Pharmacotherapy for Chronic Insomnia*

*Mindfulness-based Stress Reduction in Cancer Treatment*

*Mindfulness, Yoga, and Cardiovascular Disease*

*Neural Effects of Mindfulness Training on Attention*

For the full list, visit <http://clinicaltrials.gov> and search on the term "mindfulness."

At the time of this publication, there were 196 NIH funded studies.

## SLEEP

**Efficacy of mindfulness meditation practice on sleep architecture.** Nagendra, R.P., Sulekha S., Tubaki, B.R., et al. (2008). *Journal of Sleep Research*, 17, 251-251.

## SPECIFIC MEDICAL CONDITIONS

**Effectiveness of relaxation and visualization techniques as adjunct to phototherapy and photo chemotherapy of psoriasis.** Bernhard, J. D., Kristeller, J., Kabat-Zinn, Jon. (1988). *Journal of the American Academy of Dermatology*, 19(3), 572-573.

**Effects of a mindfulness-based intervention during pregnancy on prenatal stress and mood: Results of a pilot study.** Vieten, C., & Astin, J. (2008). *Archives of Women's Mental Health*, 11(1).

**Facing the challenges of hematopoietic stem cell transplantation with mindfulness meditation: A pilot study.** Bauer-Wu, S., Sullivan, A. M., Rosenbaum, E., et al. (2008). *Integrative Cancer Therapies*, 7(2), 62-69.

**Impact of mindfulness-based stress reduction (MBSR) on sleep, mood, stress and fatigue symptoms in cancer outpatients.** Carlson, LE; Garland, SN. (2005). *International Journal of Behavioral Medicine*, 12(4), 278-85.

**Improving diabetes self-management through acceptance, mindfulness, and values: a randomized controlled trial.** Gregg, J., et al. (2007). *Journal of Consulting and Clinical Psychology*, 75(2), 336-343.

**Longitudinal impact of mindfulness meditation on illness burden in solid-organ transplant recipients.** Kreitzer MJ, Gross CR, Ye X, Russas V, Treesak C. (2005). *Progress in Transplantation*, 15(2), 166-72.

**Mindfulness meditation for symptom reduction in fibromyalgia: psychophysiological correlates.** Lush E., Salmon, P., Floyd, A., et al. (2007). *Annals of Behavioral Medicine*, 33, Supplement 1, S107-S107.

**Mindfulness meditation training effects on CD4+T lymphocytes in HIV-1 infected adults: A small randomized controlled trial.** Creswell, J. D., Myers, H. F., Cole, S. W., et al. (2009). *Brain Behavior and Immunity*, 23(2), 184-188.2008

**Mindfulness meditation, medical and therapeutic anxiety reduction, and heart disease: A pilot study.** Tacon, A., McComb, J., Caldera, Y., & Randolph, P. (2003). *Family and Community Health*, 26(1) 25-33.

### Web Resources

*Mindfulnet.org- a comprehensive mindfulness resource with information on the neuroscience of mindfulness, and recent research listed by medical condition.*

*MindfulExperience.org - an electronic database on the scientific study of mindfulness, including current research, measurement tools and interventions.*

**Mindfulness of movement as a coping strategy in multiple sclerosis: a pilot study.** Mills, N, Allen, J. (2000). *General Hospital Psychiatry*, 22:425-431.

**Tinnitus rehabilitation: a mindfulness meditation cognitive behavioural therapy approach.** Sadlier, M., Stevens, S., & Kennedy, V. (2007). *Journal of Laryngology & Otolology*, April, 1-7.