

# MINDFULNESS RESEARCH MONTHLY

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## Hot Topics: A 40-year publishing history of mindfulness

Empirical interest in mindfulness by Western science continues to blossom; this science stems from a rich history based in Eastern psychology. As early as the 1930's, and continuing into the 1960's, Western philosophy and psychological science had suggested the utility of Eastern psychology constructs in developing health and wellbeing among humans (see Lesh, 1970). Beginning around 1970, well-recognized peer-reviewed journals initiated a new era of science dedicated to documenting the empirical investigation of these psychological constructs (Allison, 1970; Wallace, 1970). Currently, one specific construct deriving from this eastern tradition, *mindfulness*, has gained increasing empirical attention since 1970.

To illustrate the publishing history of mindfulness since 1970, I have developed a Figure that depicts the frequency of mindfulness citations published by year from 1970 until the end of 2009, thus referencing about a 40-year empirical history of the construct. The construct term "mindfulness" was searched for in 3 different databases including (1) ISI Web of Knowledge, (2) ProQuest, and (3) Illumina. Searches were refined to include only those citations in the English language. Magazine and newspaper citations were excluded.

Figure 1. Number of mindfulness publications identified by year, 1970-2009 (see appendix for larger image)

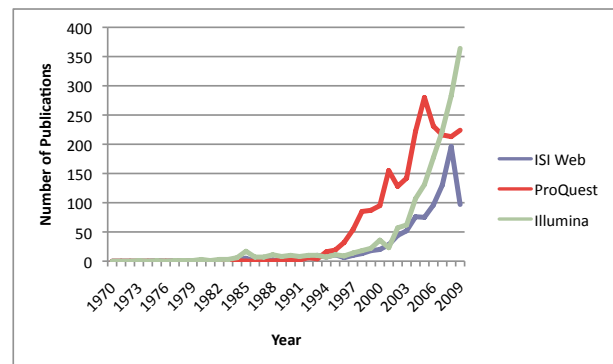


Figure 1 indicates that initial empirical publications on mindfulness started in the 1970's, remained relatively low through the 1980's, and grew quickly after the 1990's. The peak shown in the mid-80's gives an initial indication that empirical interest in mindfulness was growing, and these studies began testing the association between mindfulness and health (Kabat-Zinn, 1982, 1985; Kratter & Hogan, 1982; Boorstein, 1983; Langer et al., 1984; Brown et al., 1984; Delmonte, 1985). During the first decade of the 21st century, trends showed an almost exponential increase in mindfulness publications. In the year 2009, the number of mindfulness publications ranged anywhere between 100-360, depending on the electronic search engine used. The slight negative slope at the end of 2009 for ISI and ProQuest most likely suggests that more recent publications had not been posted on the electronic servers.

Considering these trends, two main lines of evidence suggest that mindfulness publications will continue to blossom. First, several special journal issues have been dedicated to mindfulness over the past year, and the *Mindfulness* journal has recently been established. Second, mindfulness-based research is one core agenda for funding allotment on a national level. From 2008 to 2010, the National Institutes of Health (NIH) alone funded 102 grant proposals related to mindfulness-based research with awards ranging in size from \$18,000 to \$1.2 million each. This national underwriting and additional journal space will contribute to advancing mindfulness research publications.

### References:

Allison, J. (1970). Respiratory changes during transcendental meditation. *Lancet*, 295(7651), 833-4. [\[link\]](#)

Boorstein, S. (1983). The use of bibliotherapy and mindfulness meditation in a psychiatric setting. *Journal of Transpersonal Psychology*, 15(2), 173-179. [\[link\]](#)

Brown, D., Forte, M., & Dysart, M. (1984). Differences in visual sensitivity among mindfulness meditators and non-meditators. *Perceptual and Motor Skills*, 58(3), 727-33. [\[link\]](#)

Delmonte, M. M. (1984). Electrocortical activity and related phenomena associated with meditation practice: A literature review. *The International Journal of Neuroscience*, 24(3-4), 217-31. [\[link\]](#)

Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4(1), 33-47. [\[link\]](#)

Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of Behavioral Medicine*, 8(2), 163-90. [\[link\]](#)

Kratter, J. & Hogan, J. D. (1982). The use of meditation in the treatment of attention deficit disorder with hyperactivity. *U.S. Department of Education, National Institute of Education*, 1-30. [\[link\]](#)

Langer, E., Beck, P., Janoff-Bulman, R., & Timko, C. (1984). An explanation of the relationships between mindfulness, longevity, and senility. *Academic Psychology Bulletin*, 6, 211-226. [\[link\]](#)

Lesh, T. V. (1970). Zen and psychotherapy: a partially annotated bibliography. *Journal of Humanistic Psychology*, 10(1), 75-83. [\[link\]](#)

Wallace, R. K. (1970). Physiological effects of transcendental meditation. *Science*, 167(3926), 1751-1754. [\[link\]](#)

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## Intervention and Application

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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. Alberts, H. J., Mulken, S., Smeets, M., & Thewissen, R. (2010). Coping with food cravings: Investigating the potential of a mindfulness-based intervention. *Appetite*, 1-4. [\[link\]](#)

2. Burton, N. W., Pakenham, K. I., & Brown, W. J. (2010). Feasibility and effectiveness of psychosocial resilience training: A pilot study of the READY program. *Psychology, Health & Medicine*, 15(3), 266-277. [\[link\]](#)

3. Faude-Lang, V., Hartmann, M., Schmidt, E. M., et al. (2010). Acceptance-And mindfulness-based group intervention in advanced type 2 diabetes patients: Therapeutic concept and practical experiences. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 60(5), 185-9. [\[link\]](#)

4. Gabel, S. (2010). The role of the clinical director: Self described strategies for success and satisfaction. *Psychiatric Quarterly*, 1-6. [\[link\]](#)

5. Goldin, P. & Gross, J. (2010). Effect of mindfulness meditation training on the neural bases of emotion regulation in social anxiety disorder. *Emotion*, 10, 83-91. [\[link\]](#)

6. Graham, R. (2010). A cognitive-attentional perspective on the psychological benefits of listening. *Music and Medicine*, 1-7. [\[link\]](#)

7. Hsu, C., BlueSpruce, J., Sherman, K., & Cherkin, D. (2010). Unanticipated benefits of CAM therapies for back pain: An exploration of patient experiences. *The Journal of Alternative and Complementary Medicine*, 16(2), 157-63. [\[link\]](#)

8. Ljótsson, B., Falk, L., Vesterlund, A. W., et al. (2010). Internet-Delivered exposure and mindfulness based therapy for irritable bowel syndrome-a randomized controlled trial. *Behaviour Research and Therapy*, 48, 531-539. [\[link\]](#)

9. MacLean, K. A., Ferrer, E., Aichele, S. R., et al. (2010). Intensive meditation training improves perceptual discrimination and sustained attention. *Psychological Science*, 1-11. [\[link\]](#)

10. Samuelson, M., Foret, M., Baim, M., et al. (2010). Exploring the effectiveness of a comprehensive mind--body intervention for medical symptom relief. *The Journal of Alternative and Complementary Medicine*, 16(2), 187-92. [\[link\]](#)

11. Schonert-Reichl, K. A. & Lawlor, M. S. (2010). The effects of a mindfulness-based education program on pre-and early adolescents' well-being and social and emotional competence. *Mindfulness*, 1-15. [\[link\]](#)

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## Review and Meta-analysis

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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 an area of mindfulness and related areas. Key articles identified in this area include:

1. Boehm, K., Raak, C., Vollmar, H. C., & Ostermann, T. (2010). An overview of 45 published database resources for complementary and alternative medicine. *Health Information & Libraries Journal*, 27(2), 93-105. [\[link\]](#)

2. Chiesa, A., Brambilla, P., & Serretti, A. (2010). Functional neural correlates of mindfulness meditations in comparison with psychotherapy, pharmacotherapy and placebo effect. Is there a link? *Acta Neuropsychiatrica*, 22(3), 104-117. [\[link\]](#)

3. Christopher, J. C. & Maris, J. A. (2010). Integrating mindfulness as self-care into counselling and psychotherapy training. *Counselling and Psychotherapy Research*, 10(2), 114-125. [\[link\]](#)

4. Hickey, W. S. (2010). Meditation as medicine: A critique. *Crosscurrents*, 60(2), 168-184. [\[link\]](#)

5. Leverone, D. & Epstein, B. J. (2010). Nonpharmacological interventions for the treatment of rheumatoid arthritis: A focus on mind-body medicine. *Journal of Pharmacy Practice*, 1-9. [\[link\]](#)

6. Orme-Johnson, D. W. (2010). The use of meditation in corrections (commentary). *International Journal of Offender Therapy and Comparative Criminology*, 1-3. [\[link\]](#)

7. Waldman, E. A. (2010). Mindfulness, emotions, and ethics: The right stuff? *Nevada Law Journal*, 10(2), 1-23. [\[link\]](#)

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### **Etiology and Associations**

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*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. Bonn-Miller, M. O., Vujanovic, A. A., Twohig, M. P., et al. (2010). Posttraumatic stress symptom severity and marijuana use coping motives: A test of the mediating role of non-judgmental acceptance within a trauma-exposed community sample. *Mindfulness*, 1-9. [\[link\]](#)

2. Bränström, R., Duncan, L. G., & Moskowitz, J. T. (2010). The association between dispositional mindfulness, psychological well-being, and perceived health in a Swedish population-based sample. *British Journal of Health Psychology*. [\[link\]](#)

3. Brown, C. A. & Jones, A. K. P. (2010). Meditation experience predicts less negative appraisal of pain: Electrophysiological evidence for the involvement of anticipatory neural responses. *Pain*, 1-11. [\[link\]](#)

4. Colon-Emeric, C., Plowman, D., Bailey, D., Corazzini, K., et al. (2010). Regulation and mindful resident care in nursing homes. *Qualitative Health Research*, 1-12. [\[link\]](#)

5. Engström, M. & Söderfeldt, B. (2010). Brain activation during compassion meditation: A case study. *The Journal of*

*Alternative and Complementary Medicine*, 16(5), 597-99. [\[link\]](#)

6. Lee, E. J. (2010). What triggers social responses to flattering computers? Experimental tests of anthropomorphism and mindlessness explanations. *Communication Research*, 37(2), 191-214. [\[link\]](#)

7. Sanders, W. A. & Lam, D. H. (2010). Ruminative and mindful self-focused processing modes and their impact on problem solving in dysphoric individuals. *Behaviour Research and Therapy*, 1-7. [\[link\]](#)

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### **Theory and Processes**

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*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. Bögels, S. M., Lehtonen, A., & Restifo, K. (2010). Mindful parenting in mental health care. *Mindfulness*, 1-14. [\[link\]](#)

2. Cloninger, C. R. (2010). Conceptual explorations on person-centered medicine 2010: The positive health domain in person-centered integrative diagnosis. *Int J Integr Care*, 10, 73-74. [\[link\]](#)

3. Fletcher, L. B., Schoendorff, B., & Hayes, S. C. (2010). Searching for mindfulness in the brain: A process-oriented approach to examining the neural correlates of mindfulness. *Mindfulness*, 1(1), 41-63. [\[link\]](#)

4. Garland, E. L., Fredrickson, B., Kring, A. M., et al. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. *Clinical Psychology Review*, 1-15. [\[link\]](#)

5. Travis, F. & Shear, J. (2010). Focused attention, open monitoring and automatic self-transcending: Categories to organize meditations from Vedic, Buddhist and Chinese traditions. *Consciousness and Cognition*. [\[link\]](#)

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### Method and Measures

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*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 studies identified for this issue; *researchers are urged to publish in this area.*

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