

Mindfulness Bibliography

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Method and Organization

The following bibliography was developed as a resource for mental health professionals, medical and psychological scientists, and others who wish to locate theoretical and empirical sources on the topic of mindfulness. The citations are based on PsycINFO, Medline, PubMed, and Cochrane database searches of peer-reviewed journal articles and books with publication dates between 1975 and February, 2008. The bibliography is organized into categories, each of which is listed in the table of contents on page 3. Categories begin with introductory remarks followed, in most cases, by a list of subcategories. Citations are grouped by year within subcategories. Because citations are cross-referenced, they may appear in two or more categories or subcategories.

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KEY READINGS

The citations listed below include a variety of introductory readings from the mindfulness literature. The sections include selected books, review articles and metaanalyses, and also articles addressing issues in mindfulness research.

[Selected Books](#)

[Metaanalyses and Review Articles](#)

[Issues in Mindfulness Research](#)

Selected Books

Baer, R. A. (Ed.). (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. San Diego, CA: Elsevier Academic Press.

Germer, C. K., Siegel, R. D., & Fulton, P. R. (Eds.). (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.

Gunaratana, B. H. (2002). *Mindfulness in Plain English*. Somerville, MA: Wisdom Publications.

Hayes, S. C., Follette, V. M., & Linehan, M. M. (Eds.). (2004). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. New York: Guilford Press.

Kabat-Zinn, J. (1994). *Wherever you go there you are*. New York: Hyperion.

Kabat-Zinn, J. (2005). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness: Fifteenth anniversary edition*. New York: Bantam Dell.

Orsillo, S. M., & Roemer, L. (Eds.). (2005). *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment*. New York: Springer Science.

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford Press.

Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: Norton.

Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guilford Press.

Metaanalyses and Review Articles

- Allen, N. B., Blashki, G., Gullone, E., & Melbourne Academic Mindfulness Interest Group, Australia. (2006). Mindfulness-based psychotherapies: A review of conceptual foundations, empirical evidence and practical considerations. *Australian and New Zealand Journal of Psychiatry*, 40(4), 285-294.
- Arias, A. J., Steinberg, K., Banga, A., & Trestman, R. L. (2006). Systematic review of the efficacy of meditation techniques as treatments for medical illness. *Journal of Alternative and Complementary Medicine*, 12(8), 817-832.
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, 10(2), 125-143.
- Bishop, S. R. (2002). What do we really know about mindfulness-based stress reduction? *Psychosomatic Medicine*, 64(1), 71-83.
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822-848.
- Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57(1), 35-43.
- Hofmann, S. G., & Asmundson, G. J. G. (2008). Acceptance and mindfulness-based therapy: New wave or old hat? *Clinical psychology review*, 28(1), 1-16.
- Krisanaprakornkit, T., Krisanaprakornkit, W., Piyavhatkul, N., & Laopaiboon, M. (2006). Meditation therapy for anxiety disorders. *Cochrane Database of Systematic Reviews*, 1, CD004998.
- Matchim, Y., & Armer, J. (2007). Measuring the psychological impact of mindfulness meditation on health among patients with cancer: A literature review. *Oncology Nursing Forum*, 34(5), 1059-1066.
- Roemer, L., & Orsillo, S. M. (2003). Mindfulness: A promising intervention strategy in need of further study. *Clinical Psychology: Science and Practice*, 10(2), 172-178.
- Salmon, P., Sephton, S., Weissbecker, I., Hoover, K., Ulmer, C., & Studts, J. L. (2004). Mindfulness meditation in clinical practice. *Cognitive and Behavioral Practice*, 11(4), 434-446.
- Smith, J. E., Richardson, J., Hoffman, C., & Pilkington, K. (2005). Mindfulness-based stress reduction as supportive therapy in cancer care: Systematic review. *Journal of Advanced Nursing*, 52(3), 315-327.

Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *The Canadian Journal of Psychiatry / La Revue canadienne de psychiatrie*, 52(4), 260-266.

Research Issues

Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., et al. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice*, 11(3), 230-241.

Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822-848.

Dimidjian, S., & Linehan, M. M. (2003). Defining an agenda for future research on the clinical application of mindfulness practice. *Clinical Psychology: Science and Practice*, 10(2), 166-171.

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Teasdale, J. D., Segal, Z. V., & Williams, J. M. G. (2003). Mindfulness training and problem formulation. *Clinical Psychology: Science and Practice*, 10(2), 157-160.

- Thompson, B. L., & Waltz, J. (2007). Everyday mindfulness and mindfulness meditation: Overlapping constructs or not? *Personality and Individual Differences, 43*(7), 1875-1885.
- Weiss, M., Nordlie, J. W., & Siegel, E. P. (2005). Mindfulness-based stress reduction as an adjunct to outpatient psychotherapy. *Psychotherapy and Psychosomatics, 74*(2), 108-112.

MINDFULNESS CONSTRUCT

The following sources address the history, definition, and phenomenology of mindfulness, as well as its operationalization, measurement, component facets, validity, and relationship with other constructs. For reference, the various [self-report measures](#) of mindfulness are included after the key readings below.

2008

Kostanski, M., & Hased, C. (2008). Mindfulness as a concept and a process. *Australian Psychologist*, 43(1), 15-21.

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Barnes, S., Brown, K. W., Krusemark, E., Campbell, W. K., & Rogge, R. D. (2007). The role of mindfulness in romantic relationship satisfaction and responses to relationship stress. *Journal of Marital & Family Therapy*, 33(4), 482-500.

Block-Lerner, J., Adair, C., Plumb, J. C., Rhatigan, D. L., & Orsillo, S. M. (2007). The case for mindfulness-based approaches in the cultivation of empathy: Does nonjudgmental, present-moment awareness increase capacity for perspective-taking and empathic concern? *Journal of Marital & Family Therapy*, 33(4), 501-516.

Bowen, S., Witkiewitz, K., Dillworth, T. M., & Marlatt, G. A. (2007). The role of thought suppression in the relationship between mindfulness meditation and alcohol use. *Addictive Behaviors*, 32(10), 2324-2328.

Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2007). Self-expansion as a mediator of relationship improvements in a mindfulness intervention. *Journal of Marital & Family Therapy*, 33(4), 517-528.

Childs, D. (2007). Mindfulness and the psychology of presence. *Psychology and Psychotherapy: Theory, Research and Practice*, 80(3), 367-376.

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- Lillis, J., & Hayes, S. C. (2007). Applying acceptance, mindfulness, and values to the reduction of prejudice: A pilot study. *Behavior modification, 31*(4), 389-411.
- McKee, L., Zvolensky, M. J., Solomon, S. E., Bernstein, A., & Leen-Feldner, E. (2007). Emotional-vulnerability and mindfulness: A preliminary test of associations among negative affectivity, anxiety sensitivity, and mindfulness skills. *Cognitive Behaviour Therapy, 36*(2), 91-100.
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- Pelled, E. (2007). Learning from experience: Bion's concept of reverie and Buddhist meditation: A comparative study. *International Journal of Psychoanalysis, 88*(6), 1507-1526.
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- Verplanken, B., Friborg, O., Wang, C. E., Trafimow, D., & Woolf, K. (2007). Mental habits: Metacognitive reflection on negative self-thinking. *Journal of Personality and Social Psychology, 92*(3), 526-541.

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- Arch, J. J., & Craske, M. G. (2006). Mechanisms of mindfulness: Emotion regulation following a focused breathing induction. *Behaviour Research and Therapy, 44*(12), 1849-1858.
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- Ellis, A. (2006). Rational emotive behavior therapy and the mindfulness based stress reduction training of Jon Kabat-Zinn. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 24(1), 63-78.
- Hamilton, N. A., Kitzman, H., & Guyotte, S. (2006). Enhancing health and emotion: Mindfulness as a missing link between cognitive therapy and positive psychology. *Journal of Cognitive Psychotherapy. Positive psychology*, 20(2), 123-134.
- Hölzel, B., & Ott, U. (2006). Relationships between meditation depth, absorption, meditation practice, and mindfulness: A latent variable approach. *Journal of Transpersonal Psychology*, 38(2), 179-199.
- Kamholz, B. W., Hayes, A. M., Carver, C. S., Gulliver, S. B., & Perlman, C. A. (2006). Identification and evaluation of cognitive affect-regulation strategies: Development of a self-report measure. *Cognitive Therapy and Research*, 30(2), 227-262.
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- Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., Bowman, C. J., et al. (2006). Incremental validity of mindfulness-based attention in relation to the concurrent prediction of anxiety and depressive symptomatology and perceptions of health. *Cognitive Behaviour Therapy*, 35(3), 148-158.

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- Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 71-99). New York: Springer Science.
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- Fulton, P. R. (2005). Mindfulness as clinical training. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 55-72). New York: Guilford Press.
- Neff, K. D., Hsieh, Y., & DeJitterat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity, 4*(3), 263-287.
- Olendzki, A. (2005). The roots of mindfulness. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 241-261). New York: Guilford Press.
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- Brown, K. W., & Ryan, R. M. (2004). Perils and promise in defining and measuring mindfulness: Observations from experience. *Clinical Psychology: Science and Practice, 11*(3), 242-248.
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- Neff, K. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences, 9*(2), 27-37.
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Lowenstein, K. G. (2002). Meditation and self-regulatory techniques. In S. Shannon (Ed.), *Handbook of complementary and alternative therapies in mental health* (pp. 159-181). San Diego, CA: Academic Press.

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Martin, J. R. (1997). Mindfulness: A proposed common factor. *Journal of Psychotherapy Integration, 7*(4), 291-312.

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LaBerge, D. (1995). *Attentional processing: The brain's art of mindfulness*. Cambridge, MA: Harvard University Press.

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Kabat-Zinn, J. (1994). *Wherever You Go There You Are*. New York: Hyperion.

Street, W. R. (1994). Attitude-behavior congruity, mindfulness, and self-focused attention: A behavior-analytic reconstruction. *Behavior Analyst, 17*(1), 145-153.

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Delmonte, M. M. (1990). Meditation and change: Mindfulness versus repression. *Australian Journal of Clinical Hypnotherapy and Hypnosis, 11*(2), 57-63.

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Self-Report Mindfulness Measures

Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment*, 11(3), 191-206.

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Feldman, G. C., Hayes, A. M., Kumar, S. M., Greeson, J. M., & Laurenceau, J. P. (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of Psychopathology and Behavioral Assessment*, 29(3), (177-190).

Lau, M. A., Bishop, S. R., Segal, Z. V., Buis, T., Anderson, N. D., Carlson, L., et al. (2006). The Toronto Mindfulness Scale: Development and validation. *Journal of Clinical Psychology*, 62(12), 1445-1467.

Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N., & Schmidt, S. (2006). Measuring mindfulness – the Freiburg Mindfulness Inventory (FMI). *Personality and Individual Differences*, 40(8), 1543-1555

MEDICAL CONDITIONS

A growing body of research has examined the effects of [mindfulness-based treatments](#) with medical [populations and settings](#), particularly using [MBSR](#)-based interventions. Although more controlled research is needed, particularly to uncover the mechanisms of change in these interventions, mindfulness-based treatments have shown positive effects with a variety of medical disorders. In particular, mindfulness-based treatments have been associated with the reduction of primary symptoms and decreased stress.

[Brain Injury](#)

[Cancer](#)

[Chronic Fatigue](#)

[Chronic Illness](#)

[Chronic Pain](#)

[Diabetes](#)

[Fibromyalgia](#)

[Headache](#)

[Heart Disease](#)

[HIV/AIDS](#)

[Multiple Sclerosis](#)

[Obstetrics/Gynecology](#)

[Organ Transplant](#)

[Psoriasis](#)

[Rheumatoid Arthritis](#)

[Sleep Disturbance](#)

[Smoking](#)

[Stoma](#)

[Tinnitus](#)

Brain Injury

2005

Bedard, M., Felteau, M., Gibbons, C., Klein, R., Mazmanian, D., Fedyk, K., et al. (2005). A mindfulness-based intervention to improve quality of life among individuals who sustained traumatic brain injuries: One-year follow-up. *Journal of Cognitive Rehabilitation*, 23(1), 8-13.

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Bédard, M., Felteau, M., Mazmanian, D., Fedyk, K., Klein, R., Richardson, J., et al. (2003). Pilot evaluation of a mindfulness-based intervention to improve quality of life among individuals who sustained traumatic brain injuries. *Disability and Rehabilitation: An International, Multidisciplinary Journal*, 25(13), 722-731.

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McMillan, T. M., Robertson, I. H., Brock, D., & Chorlton, L. (2002). Brief mindfulness training for attentional problems after traumatic brain injury: A randomised control treatment trial. *Neuropsychological Rehabilitation*, *12*(2), 117-125.

Cancer2007

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Mackenzie, M. J., Carlson, L. E., Munoz, M., & Speca, M. (2007). A qualitative study of self-perceived effects of mindfulness-based stress reduction (MBSR) in a psychosocial oncology setting. *Stress and Health: Journal of the International Society for the Investigation of Stress*, *23*(1), 59-69.

Matchim, Y., & Armer, J. (2007). Measuring the psychological impact of mindfulness meditation on health among patients with cancer: A literature review. *Oncology Nursing Forum*, *34*(5), 1059-1066.

2006

Monti, D. A., Peterson, C., Kunkel, E. J. S., Hauck, W. W., Pequignot, E., Rhodes, L., et al. (2006). A randomized, controlled trial of mindfulness-based art therapy (MBAT) for women with cancer. *Psycho-oncology*, *15*(5), 363-373.

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Carlson, L. E., & Brown, K. W. (2005). Validation of the mindful attention awareness scale in a cancer population. *Journal of Psychosomatic Research*, 58(1), 29-33.

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Shannahoff-Khalsa, D. (2005). Patient perspectives: Kundalini yoga meditation techniques for psycho-oncology and as potential therapies for cancer. *Integrative Cancer Therapies*, 4(1), 87-100.

Smith, J. E., Richardson, J., Hoffman, C., & Pilkington, K. (2005). Mindfulness-based stress reduction as supportive therapy in cancer care: Systematic review. *Journal of Advanced Nursing*, 52(3), 315-327.

2004

Carlson, L. E., Speca, M., Patel, K. D., & Goodey, E. (2004). Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients. *Psychoneuroendocrinology*, 29(4), 448-474.

Cohen, L., Warneke, C., Fouladi, R., Rodriguez, M., & Chaoul-Reich, A. (2004). Psychological adjustment and sleep quality in a randomized trial of the effects of a Tibetan yoga intervention in patients with lymphoma. *Cancer*, 100(10), 2253-2260.

Cohen-Katz, J. (2004). Mindfulness-based stress reduction and family systems medicine: A natural fit. *Families, Systems, & Health*, 22(2), 204-206.

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MENTAL DISORDERS

Mindfulness-based interventions have been developed to treat a variety of mental disorders and psychological syndromes. Interventions based on mindfulness training alone, in conjunction with other psychotherapies, or derived from mindfulness-based (e.g., [MBCT](#), [MBSR](#)) or mindfulness-incorporating (e.g., [ACT](#), [DBT](#)) treatment paradigms, have been studied systematically in a variety of [populations and settings](#). These interventions generally have shown robust efficacy in the reduction of symptoms and problematic behaviors. More controlled research is needed, however, to establish the specificity and mechanisms of these treatments.

[Addiction/Substance Abuse](#)

[ADHD](#)

[Aggression/Anger](#)

[Anxiety](#)

[Comorbid Conditions](#)

[Depression/Mood Disorders](#)

[Eating Disorders](#)

[Mental Retardation/Developmental Disorders](#)

[Personality Disorders](#)

[Psychosis](#)

[Suicide/Self-Harm](#)

[Trauma](#)

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MINDFULNESS-BASED TREATMENTS

Training in mindful awareness is a key component of a number of current psychological treatments. Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) use formal mindfulness training (meditation) as a primary treatment modality. Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT) include mindful awareness as a treatment goal and may or may not include formal mindfulness training. Additionally, formal mindfulness meditation and training itself has been employed as a stand-alone intervention. Finally, mindfulness training has been integrated into an eclectic array of psychotherapies. Key readings for each treatment are included at the beginning

[Acceptance and Commitment Therapy \(ACT\)](#)

[Dialectical Behavior Therapy \(DBT\)](#)

[Mindfulness-Based Cognitive Therapy \(MBCT\)](#)

[Mindfulness-Based Stress Reduction \(MBSR\)](#)

[Mindfulness Meditation and Training](#)

[Psychotherapy Integration](#)

Acceptance and Commitment Therapy (ACT)

Key Readings

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Dialectical Behavior Therapy (DBT)

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NEUROSCIENCE AND PHYSIOLOGICAL EFFECTS

Although there has been substantial prior research on the neurological and physiological effects of meditation (for example, transcendental meditation), interest has shifted recently to mindfulness meditation, particularly in the areas of attention, emotion, and self-regulation.

[Attention](#)

[Neurological Correlates](#)

[Physiological Correlates](#)

[Self-Regulation](#)

Attention

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POPULATIONS AND SETTINGS

Mindfulness-based interventions have been used in a variety of treatment settings and with a growing diversity of patient populations. Of particular interest to the clinician may be the [Health Care Providers](#) section – in general, mindfulness practice has been shown to be beneficial to treatment providers (e.g. medical and nursing students, nurses, physicians, social workers, and therapists), though the effect of a provider’s mindfulness on patient outcomes is more mixed (e.g., Stanley et al, 2006). Because settings and populations sometimes overlap (e.g., prison settings and inmate populations), they are presented together here.

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Bilingual

2006

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Inner City

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Inpatient

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Marriage and Relationships

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