Mindfulness
Research
Bibliography

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Understanding Mindfulness

Attention


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Assessment


**Physiology**


**Psychology**


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**Reviews**


**Self-Regulation**


Mindfulness and Health

ADHD


Aggression and Anger


Anxiety and Stress


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Bipolar Disorder


Brain Injuries


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**Cancer**


**Chronic Fatigue Syndrome**


**Chronic Illness**


**Chronic Pain**


**Diabetes**


**Depression**


**Disabilities**


Eating Disorders

Empathy

Fibromyalgia

Forgiveness

Gambling

**Grieving**

**Headache**

**Heart Disease**


**HIV/AIDS**
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**Insomnia and Sleep Disturbance**


**Multiple Sclerosis**
Obstetrics and Gynecology


Organ Transplant


Personality Disorders


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**Rheumatoid Arthritis**

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Mindfulness and Tinnitus

Mindfulness and Well-being


Mindfulness and the Health Professions

Caregiving


Medical Training and Practice


Nursing


**Therapist/Counselor Training and Practice**


Mindfulness and Education


Mindfulness and Society

Children/Adolescents


Families


Gender

Group Interactions

Inner City Populations

Marriage and Interpersonal Relationships
Review of freeing the angry mind: How men can use mindfulness and reason to save their lives and relationships. 2007. *Family Therapy* 34, (1): 45-.

Parenting


Prisons


Reducing Child Abuse


Seniors


Workplace


Selected Books


Mindfulness Clinical Trials at http://clinicaltrials.gov (16 December 2009)

Recruiting Mindfulness-Based Approaches to Insomnia
Mindfulness Meditation for Chronic Low Back Pain in Older Adults
MEG Study of Mindfulness Based Stress Reduction
Mindfulness Training for Stress Management
Mindfulness and Cancer Mamma - Clinical Trial of Mindfulness-based Stress Reduction Among Women Operated for Breast Cancer
Mindfulness Meditation as a Rehabilitation Strategy for Persons With Schizophrenia
Mindfulness-Based Stress Reduction for Bowel Symptoms: Collection of Pilot Survey Data
Mindfulness, Emotional Well-Being, and Sleep Quality
Mindfulness Versus Pharmacotherapy for Chronic Insomnia: A Pilot Study
Neural Effects of Mindfulness Training on Attention
Mindfulness to Improve Elders' Immune and Health Status
Study of Mindfulness-Based Cognitive Therapy
Integrating Mindfulness-Based Skills Training Into Brief Outpatient Treatment for Substance Abusing Youth
Mindfulness, Yoga, and Cardiovascular Disease
Mindfulness Based Stress Reduction for Hot Flashes
The (Cost-) Effectiveness of Mindfulness-training and Cognitive Behavioural Therapy in Adolescents and Young Adults With Deliberate Self Harm
Mindfulness Based Stress Reduction for Posttraumatic Stress Disorder: A Pilot Study
Mindfulness-Based Cognitive Therapy for Patients With Functional Disorders
Mindfulness-Based Stress Reduction Program as an Intervention in Patients With Fibromyalgia
HARMONY Study (Hypertension Analysis of Stress Reduction Using Mindfulness Meditation and Yoga)
Mindfulness Meditation in Bone Marrow Transplantation
Development and Validation of a Mindfulness Intervention for Problem Gambling: An Exploratory Study
Randomized Trial to Evaluate the Effectiveness of a Mindfulness Based Intervention (MBSR) for Patients Suffering From Migraine
Mindfulness Based Cognitive Therapy and Antidepressant Medication in Recurrent Depression
Mindfulness-Based Stress Reduction and Myocardial Ischemia
Does Mindfulness Training Change the Processing of Social Threat?
Mindfulness Meditation Training in HIV
Mindfulness-Based Cognitive Therapy Intervention to Treat Depression in Individuals With a Traumatic Brain Injury
Craving and Lifestyle Management Through Mindfulness Pilot Study
A Mindfulness Based Approach to HIV Treatment Side Effects
Psychophysiological Correlates of Mindfulness Based Cognitive Therapy (MBCT) in Recurrent Depression
Mindfulness vs. Support Groups for Irritable Bowel Syndrome
Use of Mindfulness Meditation With Iraqi/Afghanistan War Veterans
Mindfulness Intervention For Child Abuse Survivors (MICAS)
Mindfulness-Based Stress Reduction for Urban Youth
Asthma and Mindfulness-Based Stress Reduction (MBSR)
Behavioral Therapy for Reduction in Smoking Craving
Mindfulness-Based Stress Reduction or General Health Education in Improving Immune Response to Human Papillomavirus in Patients With Cervical Dysplasia
A Pilot Trial on Effect of Mindfulness-Based Cognitive Therapy for Individuals With Multiple Chemical Sensitivities (MCS)
Healthier Hearts and Brains in Treating Smoking: The HABITS Study
Evaluation of Telehealth Interventions for Post-Trauma Stress
Mindfulness-Based Art Therapy for Cancer Patients
Mindfulness Based Stress Reduction for High Blood Pressure
Pilot Study: Mindfulness-Based Cognitive Therapy as a Tool for Prophylactic Mood Stabilizing Therapy in Bipolar Disorder
Practicing Alternative Techniques to Heal From Depression: The PATH-D Study
A Randomized Controlled Trial of a Mindfulness-Based Stress Reduction Intervention for Men Living With HIV
Feasibility of Mindfulness Meditation for Adults 65+ With Chronic Low Back Pain
Effectiveness of Cognitive Behavioral Treatment and Mindfulness Based Stress Reduction (MBSR) for Chronic
Low Back Pain
Sleep Management in Cancer Survivors
Staying Well: A Clinical Trial of Mindfulness-Based Stress Reduction and Education Groups for HIV
Can Alternative Treatment Have an Impact on Cervical Dysplasia?
The Effects of a Meditation Retreat on Healthy Volunteers and Cancer Patients: a Functional Magnetic Resonance Imaging (fMRI) Study
The Balance Study Balancing Life and Reducing Stress For Those Providing Elder Care
Preventing Depression Relapse With Mindfulness-Based Cognitive Therapy
The Effects of Mindfulness Training on School Staff
Practicing Alternative Techniques to Heal From Depression: The PATH-D Study
Implementation and Evaluation of "Mindfulness-Based Cognitive Therapy" in a Health Care Region in Flanders: a Randomized Clinical Trial
Mindfulness Relaxation Compared With Relaxing Music and Standard Symptom Management Education in Treating Patients Who Are Undergoing Chemotherapy For Newly Diagnosed Solid Tumors
Wellness Interventions After Transplant Study
Meditation-Based Stress Reduction in Rheumatoid Arthritis
Mechanistic Pathways of Mindfulness Meditation in Post-traumatic Stress Disorder.
Randomized Controlled Trial Comparing MBSR to SET in Breast Cancer Patients
Understanding the Effects of Meditative Homework on Personal Identity
Stress Reduction Intervention for Enhancing Treatment Outcome for Depressed Minority Patients
Menopause and Meditation for Breast Cancer Survivors
Mindfulness-Based Stress Reduction in Breast Cancer Recovery
Effects of Behavioral Stress Reduction Programs on Blood Pressure in African American Youth
Randomized Controlled Trial of Mind-Body Breathing Therapy (in Chronic Obstructive Pulmonary Disease) To Improve Palliation of Dyspnea and Health-Related Quality of Life
Reducing Alcohol Use & Post-traumatic Stress Disorder (PTSD) With Cognitive Restructuring & Experiential Acceptance
Behavioral Treatment for Weight Loss
Impact of a Course on Stress Reduction
Behavioral Treatments for Chronic Pain
Examining Long-Term Effects and Neural Mediators of Behavioral Treatments for Social Anxiety Disorder
The Effect Of Meditation On Quality Of Life In Women With Breast Cancer And Other Gynecological Cancers
Stress-Relief Management for Treatment of Late Complications in Type 2 Diabetes
Avon Foundation Program to Improve Quality of Life in Breast Cancer Survivors
Massage, Meditation, and Tai Chi for Chronic Lower Back Pain
Meditation or Education for Alzheimer Caregivers
Effects of Meditation on Multiple Sclerosis and Peripheral Neuropathy
Mindfulness-Based Treatment for Binge Eating Disorder
Mindful Movement Program in Improving Quality of Life in Older Female Breast Cancer Survivors