Center for Mindfulness

in Medicine, Health Care, and Society

Mindfulness-Based Stress Reduction (MBSR) Professional Education and Training

Scientific Papers from The Stress Reduction Clinic and The Center For Mindfulness in Medicine, Health Care, and Society 2013-1982

Saki F. Santorelli, Ed.D., M.A. & Jon Kabat-Zinn, Ph.D. Editors

Scientific Papers from

The Stress Reduction Clinic and The Center For Mindfulness in Medicine, Health Care, and Society 2013 - 1982

Compiled and Edited by Saki F. Santorelli, Ed.D., MA & Jon Kabat-Zinn, Ph.D. ©2013

Contents

(Click the title of any paper to go to that page)

- I. Scientific Papers from The Stress Reduction Clinic and The Center for Mindfulness in Medicine, Health Care, and Society
 - Mindfulness practice leads to increases in regional brain gray matter density, <u>Psychiatry Research: Neuroimaging</u>, (2011) <u>191</u>:36-43 Hölzel, B., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S., Gard, T., Lazar, S.
 - Mindfulness training for coping with hot flashes: results of a randomized trial, <u>Menopause: The Journal of The North American Menopause Society</u>, (2011) Volume 18, Number 6
 Carmody, J., Crawford, S., Salmoirago-Blotcher, E., Leung, K., Churchill, L., Olendzki, N.
 - Stress reduction correlates with structural changes in the amygdala <u>Social Cognitive and Affective Neuroscience</u>, (2009) pp. 1-7 Hölzel, B., Carmody, J., Evans, K., Hoge, E., Dusek, J., Morgan, L., Pitman, R., Lazar, S.
 - How Long Does a Mindfulness-Based Stress Reduction Program Need to Be? A
 Review of Class Contact Hours and Effect Sizes for Psychological Distress, <u>Journal of Clinical Psychology</u>, (2009) <u>65</u>: 627-638
 Carmody, J., Baer, R.
 - An Empirical Study of the Mechanisms of Mindfulness in a Mindfulness-Based Stress Reduction Program, <u>Journal of Clinical Psychology</u>, (2009) <u>65</u>:1-14 (In Press) Carmody, J., Baer, R., Lykins, E., Olendzki, N.
 - Mindfulness in Medicine, <u>JAMA</u>, (2008) <u>11:</u> 1350-1352 Ludwig, D., Kabat-Zinn, J.
 - Mindfulness, Spirituality, and Health-Related Symptoms, <u>Journal of Psychosomatic Research</u>, (2008) <u>8</u>:393-403
 Carmody, J., Reed G, Merriam P, and Kristeller, J.
 - Relationships Between Mindfulness Practice and Levels of Mindfulness, Medical and Psychological Symptoms and Well-Being in a Mindfulness-Based Stress Reduction Program (2007) Carmody, J.F. and Baer, R.
 - Mindfulness-Based Stress Reduction in Massachusetts Correctional Facilities
 <u>The Prison Journal</u>, (2007) Volume 87, Number 2, pp. 254 268.
 Samuelson, M., Carmody, J.F., Kabat-Zinn, J., and Bratt, M.A.

- A Pilot Study of Mindfulness-Based Stress Reduction for Hot Flashes <u>Menopause</u>: The Journal of the North American Menopause Society, (2006) Volume 13, Number 5, pp. 760-769 Carmody, J.F., PhD, Crawford, Sybil, PhD, and Churchill, Linda, MS.
- The Toronto Mindfulness Scale: Development and Validation, <u>Journal of Clinical Psychology</u>, (2006) <u>12</u>:1445-1467
 Lau, Mark, Bishop, Scott, Segal, Zindel, Buis, Tom, Anderson, Nicole Carlson, Linda, Shapiro, Shauna and Carmody, J.F.
- Mass Profiling-Directed Isolation and Identification of a Stage-Specific Serologic Protein Biomarker of Advanced Prostate Cancer, <u>Proteomics</u>, (2005) <u>5</u>: 2927-2938 Lam, Y.W., Mobley, J.A., Evans, J.E., Carmody, J.F., and Ho, Shuk-Mei
- Mindfulness: A Proposed Operational Definition. <u>Clin Psychol Sci Pract</u>, (2004) <u>10</u>: 230-241 Bishop, S.R., Lau, M., Shapiro, S., Carlson, L., Anderson, N.D., Carmody, J., Segal, Z.V., Abbey, S., Speca, M., Velting, D., and Devins, G.
- Perils and Promise in Defining and Measuring Mindfulness: Observations From Experience Clin Psychol Sci Pract, (2004) 10: 242-248 Brown, K.W. and Ryan, R.M.
- Alterations in brain and immune function produced by mindfulness meditation.
 <u>Psychosom Med</u> (2003) <u>65</u>:564-570
 Davidson, R.J., Kabat-Zinn, J., Schumacher, J. Rosenkranz, M., Muller, D., Santorelli, S.F., Urbanowski, F., Harrington, A., Bonus, K., and Sheridan, J.F.
- Mindfulness-based interventions in context: Past, present, and future. <u>Clin Psychol Sci Pract</u>, (2003) <u>10</u>: 144-156. Kabat-Zinn, J.
- Can Diet, in conjunction with Stress Reduction, Affect the Rate of Increase in Prostate-specific Antigen After Biochemical Recurrence of Prostate Cancer? <u>J. of Urology</u>, (2001) <u>166</u>:2202-2207
 Saxe, G., Hebert, J., Carmody, J., Kabat-Zinn, J., Rosenzweig, P., Jarzobski, D., Reed, G., and Blute, R.
- Influence of a mindfulness-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA) <u>Psychosomat Med</u> (1998) <u>60</u>: 625-632. Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M.S., Cropley, T. G., Hosmer, D., and Bernhard, J.
- Commentary: Participatory medicine. In <u>Journal of European Academy of Dermatology</u> and <u>Venereology</u> (2000) Vol. <u>14</u>: 239-240. Kabat-Zinn, J.
- Parsing the data: An examination of a study on meditation and the treatment of psoriasis:
 A critical exchange. <u>Advances in Mind-body Medicine</u> Vol.17 pg. 66-77 (2001)
 Kabat-Zinn, J., Relman, A., Riley, D., Hosmer, D., Dossey, L.
- Commentary: Seeing what we can see: On the Coming exchange* between Jon Kabat-Zinn and Arnold S. Relman. <u>In Advances in Mind-Body Medicine</u>, (2001) Vol. 17. pg. 78-81.
 Dossey, L.

- Relationship of Cognitive and Somatic Components of Anxiety to Patient Preference for Different Relaxation Techniques. <u>Mind/Body Medicine</u> Vol. 2, No. 3. pgs. 101-109 (1997) Kabat-Zinn, J., Chapman, A., Salmon, P.
- Effectiveness of a Meditation-Based Stress Reduction Program in the Treatment of Anxiety Disorders. <u>Am J Psychiatry</u> (1992) <u>149</u>:936-943
 Kabat-Zinn, J., Massion, A., Kristeller, J., Gay Peterson, L., Fletcher, K., Pbert, L., Lenderking, W., Santorelli, S.F.
- Compliance with an Outpatient Stress Reduction Program: Rates and Predictors of Program Completion. <u>J.Behav. Med.</u> (1988) <u>11</u>:333-352. Kabat-Zinn, J., Chapman-Waldrop, A.
- Three-year Follow-up and Clinical Implications of a Mindfulness Meditation Based Stress Reduction Intervention in the Treatment of Anxiety Disorders.
 Mind/Body Medicine (1997) Vol 2, No. 3. Pg. 101-109
 Miller, J., Fletcher, K., and Kabat-Zinn, J.
- Effectiveness of relaxation and visualization techniques as a adjunct to phototherapy and photochemotherapy of psoriasis. <u>J. Am. Acad. Dermatol.</u> (1988) <u>19</u>:572-73.
 Bernhard, J., Kristeller, J. and Kabat-Zinn, J.
- Four year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance. <u>Clin.J.Pain</u> (1986) <u>2</u>:159-173. Kabat-Zinn, J., Lipworth, L., Burney, R. and Sellers, W.
- The clinical use of mindfulness meditation for the self-regulation of chronic pain. <u>J. Behav. Med.</u> (1985) <u>8</u>:163-190.
 Kabat-Zinn, J., Lipworth, L. and Burney, R.
- An out-patient program in Behavioral Medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. Gen. Hosp. Psychiatry (1982) 4:33-47. Kabat-Zinn, J.
- <u>Abstract</u>: A Qualitative Case Analysis of Mindfulness Meditation Training in an Outpatient Stress Reduction Clinic and Its Implication for the Development of Self-Knowledge. Santorelli, S.F. Dissertation: University of Massachusetts (Amherst 1992)

II. Bibliography of Mindfulness-Based Stress Reduction

Bibliography

<u>Center for Mindfulness in Medicine, Health Care, and Society</u> University of Massachusetts Medical School

(A)Peer-reviewed papers

- Kabat-Zinn, J. An out-patient program in Behavioral Medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. <u>Gen. Hosp. Psychiatry</u> (1982) <u>4</u>:33-47.
- Kabat-Zinn, J., Lipworth, L. and Burney, R. The clinical use of mindfulness meditation for the self-regulation of chronic pain. J. Behav. Med. (1985) 8:163-190.
- Kabat-Zinn, J., Lipworth, L., Burney, R. and Sellers, W. Four year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance. <u>Clin.J.Pain</u> (1986) 2:159-173.
- Kabat-Zinn, J. and Chapman-Waldrop, A. Compliance with an outpatient stress reduction program: rates and predictors of completion. <u>J.Behav. Med.</u> (1988) <u>11</u>:333-352.
- Ockene, J., Sorensen, G., Kabat-Zinn, J., Ockene, I.S., and Donnelly, G. Benefits and costs of lifestyle change to reduce risk of chronic disease. <u>Preventive Medicine</u>, (1988) <u>17</u>:224-234.
- Bernhard, J., Kristeller, J. and Kabat-Zinn, J. Effectiveness of relaxation and visualization techniques as a adjunct to phototherapy and photochemotherapy of psoriasis. <u>J. Am. Acad. Dermatol.</u> (1988) 19:572-73.
- Ockene, J.K., Ockene, I.S., Kabat-Zinn, J., Greene, H.L., and Frid, D. Teaching risk-factor counseling skills to medical students, house staff, and fellows. Am. J. Prevent. Med. (1990) 6 (#2): 35-42.
- Kabat-Zinn, J., Massion, A.O., Kristeller, J., Peterson, L.G., Fletcher, K., Pbert, L., Linderking, W., Santorelli, S.F. Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. Am. J Psychiatry (1992) 149:936-943.
- Miller, J., Fletcher, K. and Kabat-Zinn, J. Three-year follow-up and clinical implications of a mindfulness-based stress reduction intervention in the treatment of anxiety disorders. <u>Gen.</u> Hosp. Psychiatry (1995) 17:192-200.
- Massion, A.O., Teas, J., Hebert, J.R., Wertheimer, M.D., and Kabat-Zinn, J. Meditation, melatonin, and breast/prostate cancer: Hypothesis and preliminary data. <u>Medical Hypotheses</u> (1995) 44:39-46.
- Kabat-Zinn, J. Chapman, A, and Salmon, P. The relationship of cognitive and somatic components of anxiety to patient preference for alternative relaxation techniques. <u>Mind/Body Medicine</u> (1997) <u>2</u>:101-109.
- Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M.S., Cropley, T. G., Hosmer, D., and Bernhard, J. Influence of a mindfulness-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA) Psychosomat Med (1998) 60: 625-632.

- Saxe, G.A., Hebert, J.R., Carmody, J.F., Kabat-Zinn, J., Rosenzweig, P.H., Jarzobski, D., Reed, G.W., and Blute, R.D. Can diet, in conjunction with stress reduction, affect the rate of increase in prostate-specific antigen after biochemical recurrence of prostate cancer? JUrology (2001) 166:2202-2207.
- Kabat-Zinn, J. Mindfulness-based interventions in context: Past, present, and future. Clin Psychol Sci Pract, (2003) 10: 144-156.
- Davidson, R.J., Kabat-Zinn, J., Schumacher, J. Rosenkranz, M., Muller, D., Santorelli, S.F., Urbanowski, F., Harrington, A., Bonus, K., and Sheridan, J.F. Alterations in brain and immune function produced by mindfulness meditation, Psychosom Med (2003) 65:564-570.
- Brown, K.W. and Ryan, R.M. Perils and Promise in Defining and Measuring Mindfulness: Observations From Experience Clin Psychol Sci Pract, (2004) 10:242-248
- Bishop, S.R., Lau, M., Shapiro, S., Carlson, L., Anderson, N.D., Carmody, J., Segal, Z.V., Abbey, S., Speca, M., Velting, D., and Devins, G. Mindfulness: A Proposed Operational Definition., Clin Psychol Sci Pract. (2004) 10:230-241
- Ying Wai Lam, James A. Mobley, James E. Evans, James F. Carmody, Shuk-Mei Ho.

 Mass Profiling- Directed Isolation and Identification of a Stage-Specific Serologic Protein
 Biomarker of Advanced Prostate Cancer. <u>Proteomics</u>, (2005) 5:2927-2938
- Brown, K.W. and Ryan, R.M. Perils and Promise in Defining and Measuring Mindfulness: Observations From Experience Clin Psychol Sci Pract, (2004) 10:242-248
- Lau, Mark, Bishop, Scott, Segal, Zindel, Buis, Tom, Anderson, Nicole Carlson, Linda, Shapiro, Shauna and Carmody, J.F. The Toronto Mindfulness Scale: Development and Validation. <u>Journal of Clinical Psychology</u>, (2006) Volume 62, 12:1445 – 1467
- Carmody, J.F., PhD, Crawford, Sybil, PhD, and Churchill, Linda, MS. A Pilot Study of Mindfulness-Based Stress Reduction for Hot Flashes

 <u>Menopause: The Journal of the North American Menopause Society</u> (2006) Volume 13, Number 5, pp. 760 769.
- Samuelson, M., Carmody, J.F., Kabat-Zinn, J., and Bratt, M.A.

 Mindfulness-Based Stress Reduction in Massachusetts Correctional Facilities

 The Prison Journal, (2007) Volume 87, Number 2, pp. 254 268.
- Carmody, J.F. and Baer, R. Relationships Between Mindfulness Practice and Levels of Mindfulness, Medical and Psychological Symptoms and Well-Being in a Mindfulness-Based Stress Reduction Program (2007)
- Carmody, J., Reed G, Merriam P, and Kristeller, J. Mindfulness, Spirituality and Health-Related Symptoms, <u>Journal of Psychosomatic Research</u>, (2008) 8:393-403
- Ludwig, D., Kabat-Zinn, J., Mindfulness in Medicine JAMA(2008) 11:1350-1352
- Carmody, J., Baer, R., Lykins, E., Olendzki, N., An Empirical Study of the Mechanisms of Mindfulness in a Mindfulness-Based Stress Reduction Program, Journal of Clinical Psychology, (2009) 65:1-14 (In Press)

- Carmody, J., Baer, R., How Long Does a Mindfulness-Based Stress Reduction Program Need to Be? A Review of Class Contact Hours and Effect Sizes for Psychological Distress, <u>Journal of Clinical Psychology</u>, (2009) <u>65</u>: 627-638
- Hölzel, B., Carmody, J., Evans, K., Hoge, E., Dusek, J., Morgan, L., Pitman, R., Lazar, S. Stress reduction correlates with structural changes in the amygdala Social Cognitive and Affective Neuroscience, (2009) pp. 1-7
 - Carmody, J., Crawford, S., Salmoirago-Blotcher, E., Leung, K., Churchill, L., Olendzki, N., Mindfulness training for coping with hot flashes: results of a randomized trial, Menopause: The Journal of The North American Menopause Society, (2011) Volume 18, Number 6
- Hölzel, B., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S., Gard, T., Lazar, S.
 Mindfulness practice leads to increases in regional brain gray matter density,
 Psychiatry Research: Neuroimaging, (2011) 191:36-43

- Kabat-Zinn, J. Assessment of body image in chronic pain patients: The Body Parts Problem Assessment Scale. In: Pain Measurement and Assessment, R. Melzack (Ed.) Raven, New York (1983) pp. 227-231.
- Kabat-Zinn, J. <u>The Sports Performance Factors</u>, Rippe, J. Southmayd, W. Pappas, A., Clark, N, and Kabat-Zinn, J. Putnam, New York,1986. Chapters on Flexibility (pp. 96-107) and Mental Strategies (pp. 126-143).
- Santorelli, S.F., "Mindfulness and Mastery in the Workplace: 21 Ways to Reduce Stress During the Workday", Buddhist Peace Fellowship Newsletter, Berkeley, CA, Fall (1987).
- Santorelli, S.F. A qualitative case analysis of mindfulness meditation in an outpatient stress reduction clinic and its implications for the development of self-knowledge. Doctoral Thesis, University of Massachusetts, Amherst, May, 1992.
- Kabat-Zinn, J. Psychosocial Factors in Coronary Heart Disease: Their Importance and Management. In Ockene, IS and Ockene J (Eds) <u>Prevention of Coronary Heart Disease</u>, Little Brown, Boston, 1993, pp. 299-333.
- Kabat-Zinn, J. Mindfulness Meditation: Health Benefits of an Ancient Buddhist Practice. In Goleman, D. and Gurin, J. (eds). Mind/Body Medicine, Consumer Reports Books, Yonkers, NY, 1993.
- Kabat-Zinn, J. Meditation. In Moyers, B. Healing and the Mind, Doubleday, NY, 1993, pp. 115-143.
- Kabat-Zinn, J. Forward to <u>Choices in Healing</u>, Michael Lerner, MIT Press, Cambridge, MA, 1994, pp.xi-xvii.
- Kabat-Zinn, J. Forward to Loving Kindness, Sharon Salzberg, Shambhala, Boston, 1995, pp. ix-x.
- Santorelli, S.F. "What Does It Mean To Teach Mindfulness-Based Stress Reduction. In: <u>Indra's Net: The</u>
 <u>Bulletin of the Mindfulness-Based Stress Reduction Network</u> July 1995; Vol.1 Issue 1
- Kabat-Zinn, J. Catalyzing Movement Toward a More Contemplative/Sacred-Appreciating/Non-Dualistic Society. Project on the Contemplative Mind in Society, Williamsburg, MA 01096.
- Kabat-Zinn, J. Mindfulness Meditation. What It Is, What It Isn't, and Its Role in Health Care and Medicine, in Haruki, Y. and Suzuki, M. (eds) <u>Comparative and Psychological Study on Meditation</u>. Eburon, Delft, Netherlands, 1996, pp. 161-170.
- Santorelli, S.F. "Qualities and Qualifications for Mindfulness-Based Stress Reduction Instructors."

 In: <u>Indra's Net: The Bulletin of the Mindfulness-Based Stress Reduction Network</u> July 1996; Vol. 1
 Issue 2
- Santorelli, S.F. "Mindfulness and Mastery in the Workplace: 21Ways to Reduce Stress During the Workday." (revised) book chapter in <u>Engaged Buddhist Reader</u>, Parallax Press, Berkeley, CA (1996)
- Santorelli, S.F. "Gathering Ourselves Together": A Teacher Development Intensive in Mindfulness-Based Stress Reduction. In: <u>Indra's Net: The Bulletin of the Mindfulness-Based Stress Reduction</u>
 Network June 1997; Vol.2 Issue 2

- Kabat-Zinn, J., Massion, A.O., Hebert, J.R., Rosenbaum, E. Meditation. In <u>Textbook of Psycho-oncology</u>, Jimmie Holland, M.D.(ed). Oxford University Press, Oxford, 1998, pp. 767-779.
- Santorelli, S.F. "The Program Mandala for the Center for Mindfulness in Medicine, Health Care, and Society: Clinical and Educational Quadrants." In: <u>Indra's Net: The Bulletin of the Mindfulness-Based Stress Reduction Network March</u> 1998 Vol.3 Issue 1.
- Kabat-Zinn, J. Indra's Net at Work: The Mainstreaming of Dharma Practice in Society. In Watson, G., Batchelor, S., and Claxton, G. (Eds). <u>The Psychology of Awakening: Buddhism, Science, and Our Day-to Day Lives</u>. Rider, 226-249, 1999.
- Kabat-Zinn, J. Commentary: Participatory medicine. In <u>Journal of European Academy of Dermatology and Venereology</u> (2000) Vol. 14, 239-240
- Kabat-Zinn, J., Relman, A., Riley, D., Hosmer, D., Dossey, L., Parsing the data: An examination of a study on meditation and the treatment of psoriasis: A critical exchange. Advances in Mind-body Medicine Vol.17 pg. 66-77 (2001)
- Santorelli, S.F. The Pull of the Soul Toward the Possible: The Emerging Vision and Work of The Center For Mindfulness. Center for Mindfulness, University of Massachusetts Medical School (2001).
- Blacker, M. "Meditation" in <u>Holistic Health and Healing</u>, Mary Anne Bright (Ed) F.A. Davis Pub, Philadelphia (2002).
- Kabat-Zinn, J., Massion, A.O., Hebert, J.R., Rosenbaum, E. Meditation. In <u>Breast Cancer:</u>
 <u>Beyond Convention</u>. M. Tagliaferri, I. Cohen, and D. Tripathy (Eds), Simon & Schuster, NY, 2002, pp 284-314.
- Kabat-Zinn, J. Mindfulness: The Heart of Rehabilitation. Foreword to <u>Complementary and Alternative Medicine in Rehabilitation</u>, E. Leskowitz (Ed.) Churchill Livingstone, 2002, xi-xiv.
- Kabat-Zinn, J. Foreword to: Segal, ZV, Williams, JMG, and Teasdale, JD. <u>Mindfulness-Based</u> Cognitive Therapy: A New Approach to Preventing Relapse, Guilford, NY, 2002.
- Kabat-Zinn, J. Mindful Yoga. Yoga International, Honesdale, PA, Vol. 70, March, 2003, pp.86-93.
- Kabat-Zinn, J. Foreword to: <u>Group Wellness Programs for Chronic Pain and Disease</u>
 Management, C. McManus, Butterworth-Heineman, Philadelphia, 2003, in press.
- Kabat-Zinn, J. Foreword to: Calming Your Anxious Mind, J. Brantley, New Harbinger, 2003, in press.
- Salmon, P.G., Santorelli, S. F., Sephton, S. E., and Kabat-Zinn, J. (2009) <u>Intervention elements promoting adherence to mindfulness-based stress reduction (MBSR) programs in a clinical behavioral medicine setting</u>. In S. A. Shumaker, J. K. Ockene, and K. A. Reikert (Eds.) The handbook of health behavior change, Third Edition. New York: Springer, p.271-286.

Kabat-Zinn, J. <u>Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness</u>, Delacorte, NY 1990

Editions in German (1991), Japanese (1993), Italian (1993), Korean (1998) Dutch (2000) Spanish (2004).

Kabat-Zinn, J. Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, Hyperion, New York, Jan. 1994

Editions in England (1994), Germany (1995), France (1996), Spain (1996), Italy (1996), Poland (1996), Viet Nam (1996), Holland (1996), Sweden (1997), Czech Republic (1998), Russia (1998), Israel (1998), Denmark (2000), Portugal (2000), Brazil (2001), Croatia (2002), Korea (2002), China (2003).

- Santorelli, S.F. <u>Heal Thy Self: Lessons on Mindfulness in Medicine</u> Random House/Bell Tower, 1999 Editions in Germany (2000) and Holland (2000)
- Kabat-Zinn, J. <u>Coming to Our Senses: Healing Ourselves and the World Through Mindfulness</u>, Hyperion, New York, 2005
- Rosenbaum, E. <u>Here for Now: Living Well with Cancer through Mindfulness</u> Satya House Publications, 2005

(D) Published Abstracts of Presentations at Scientific Meetings (1981-1994)

- Kabat-Zinn, J. and Burney, R. (1981) The clinical use of awareness meditation in the self-regulation of chronic pain. <u>Pain Supplement 1</u>, p.S273 (abs). Poster presented at III World Congress on Pain, Edinburgh, August, 1981.
- Kabat-Zinn, J., Lipworth, L., Sellers, W., Brew, M., and Burney, R. Reproducibility and four year follow-up of a training program in mindfulness mediation for the self-regulation of chronic pain. <u>Pain Supplement 2</u> pg.S303 (1984) (abs).Poster presented at IV World Congress on Pain, Seattle, Sept, 1984.
- Kabat-Zinn, J., Beall, B. and Rippe, J. A systematic mental training program based on mindfulness meditation to optimize performance in collegiate and olympic rowers. Poster presented at <u>VI World</u> Congress in Sport Psychology, Copenhagen, Denmark, June, 1985.
- Bath, J., Alfred, H. Powell, P., Cohen, A., Baker., S. and Kabat-Zinn, J. Patient Education: Relaxation training via videotape reduces cramping in patients undergoing chronic hemodialysis. Paper presented at APHA, Washington, D.C., Nov.18, 1985.
- Kabat-Zinn, J., Goleman, D., and Chapman-Waldrop, A. Relationship of cognitive and somatic components of anxiety and depression to patient preference for alternative relaxation techniques. Poster presented at SBM, San Francisco, March 1986.
- Kabat-Zinn, J. Sellers, W. and Santorelli, S. Symptom reduction in medical patients following stress management training. Poster presented at AABT Meetings, Chicago, Nov. 15, 1986.

- Kabat-Zinn, J. and Chapman-Waldrop, A. Compliance with physician referral for stress management training. Poster presented at AABT Meetings, Chicago, Nov. 15, 1986.
- Kabat-Zinn, J. Six-month hospital visit cost reductions in medical patients following self-regulatory training. Poster presented at SBM, Washington D.C. March 22, 1987.
- Chapman-Waldrop, A. and Kabat-Zinn, J. SCL-90-R symptom profiles for seven diagnostic categories of medical patients. Poster presented at SBM, Washington, D.C., March 21, 1987.
- Chapman-Waldrop, A. and Kabat-Zinn, J. Patient evaluation of multiple relaxation techniques: relationship to compliance and treatment outcome. Poster presented at SBM, Washington, D.C., March 22, 1987.
- Kabat-Zinn, J. and Chapman-Waldrop, A. Compliance with physician referral for cognitive/behavioral intervention in chronic pain patients. Pain Suppl 4, pg. S170 1987.
- Kabat-Zinn, J., Tarbell, S., French, C., Santorelli, S., Dubois, J., Curley, F., Pratter, M., and Irwin, R. Functional status of patients with COPD following a behavioral pulmonary rehabilitation program. Poster presented at SBM Meetings, Boston, April 29 (1988).
- Frid, D., Ockene, J., Kabat-Zinn, J., Tarbell, S., and Doefler, L. Training primary care physicians in behavioral medicine: graduate medical education. Paper presented at SBM Meetings, Boston, April 30 (1988).
- Kabat-Zinn, J. The clinical uses of mindfulness in behavioral medicine. Paper presented at AABT Meetings, Washington D.C., November 5, 1989
- Curley, F.J., French, C.L., Tarbell, S., Kabat-Zinn, J., and Irwin, R.S. Do patients perceive and cope with dyspnea similarly to pain? Paper presented at the American Thoracic Society Meetings, Boston, May 21, 1990.
- Weinberger, J., McLeod, C., McClelland, D., Santorelli, S.F., and Kabat-Zinn, J. Motivational change following a meditation-based stress reduction program for medical outpatients. Poster presented at the lst International Congress of Behavioral Medicine, Uppsala, Sweden, June 28, 1990.
- Kristeller, J., Peterson, L., Massion, A., Pbert, L., Miller, J., and Kabat-Zinn, J. Mindfulness-based stress reduction in the treatment of anxiety disorders: effectiveness and limitations. Poster presented at the 1st International Congress of Behavioral Medicine, Uppsala, Sweden, June 28, 1990.
- Kabat-Zinn, J., Mumford, G., Levi-Alvares, D., Santorelli, S., and Skillings, A. A mindfulness-meditation based stress reduction clinic for low-income inner city residents: outcomes and receptivity. Poster presented at the 14th annual meeting of the Society of Behavioral Medicine, San Francisco, March 11, 1993.
- Miller, J., Fletcher, K., and Kabat-Zinn, J. Effectiveness of a meditation-based stress reduction intervention in the treatment of anxiety disorders: Three-year follow-up. Poster presented at Society of Behavioral Medicine, San Francisco, March 11, 1993.
- Kabat-Zinn, J. Some clinical and social applications of Buddhist mindfulness meditation in mainstream medicine and health care. Paper presented, First International Congress on Health Psychology, Tokyo, Japan, July 28, 1993.

Kabat-Zinn, J. Mindfulness: What it is and what it isn't, and its value in mainstream medicine, health care, and daily living. Paper presented at International Symposium on the Comparative and Psychological Study of Meditation, Makuhari, Japan, August 2, 1993.

Kabat-Zinn, J. A fifteen-year experience using mindfulness meditation and yoga in the mainstream of medicine and health care. Paper presented at the Society of Behavioral Medicine Annual Meeting, Boston, April 14, 1994, and at the American Psychosomatic Society Annual Meeting, Boston, April 14, 1994.

Revised May 2011