

Mindfulness Journal Articles

Here is a sample of articles related to Mindfulness research;

Abbott RA, Whear R, Rodgers LR, Bethel A, Thompson-Coon J, Kuyken W, Stein K, Dickens C. (2014). **Effectiveness of mindfulness-based stress reduction and mindfulness based cognitive therapy in vascular disease: A systematic review and meta-analysis of randomised controlled trials.** *Journal of Psychosomatic Research*.

Bennett, J., Dymond, M., Karl, A. & Wilson, H., (2011) **Investigating Potential Mechanisms for Change in Mindfulness Based Cognitive Behaviour Therapy (MBCT): How does it work?** *Mindfulness: how it works and where it works*, Southampton.

Crane, C., Crane, R., Eames, K., Fennell, M., Silverton, S., Williams, J. M. G., & Barnhofer, T. (2014). **The effects of amount of home meditation practice in Mindfulness Based Cognitive Therapy on hazard of relapse to depression in the Staying Well after Depression Trial.** *Behaviour Research and Therapy* 63 17-24.

Krusche, A., Cyhlarova, E., & Williams, J. M. G. (2013). **Mindfulness online: an evaluation of the feasibility of a web-based mindfulness course for stress, anxiety and depression.** *BMJ Open*, 3(11), e003498

Kuyken, W. Crane, R. & Dalgleish, T.(2012). **Does mindfulness-based cognitive therapy prevent depressive relapse?***British Medical Journal*, 345:e7194. doi: 10.1136/bmj.e7194

Xu, W., Wang, Y., Williams, J. M. G., Geng, Y., Zhang, Q. & Liu, X. (2013) **Can inner peace be improved by mindfulness training: A randomized controlled trial.** *Stress and Health*.2013 doi: 10.1002/smi.2551

McManus F., Muse K., and Surawy C. (2011) **Mindfulness-based cognitive therapy (MBCT) for severe health anxiety** *HCPJ 2011 (Jan) 19-23*

Raes, F., Griffith, J. W., Van der Gucht, K., & Williams, J. M. G. (2014). **School-based prevention and reduction of depression in adolescents: A cluster-**

randomized controlled trial of a mindfulness group program. *Mindfulness*, 5, 477-486

Rycroft-Malone, J., Anderson, R., Crane, R., Gibson, A., Gradinger, F., Owen-Griffiths, H., Mercer, S., & Kuyken, W. (2014). **Accessibility and implementation in UK services of an effective depression relapse prevention programme – Mindfulness-based cognitive therapy (MBCT): ASPIRE study protocol.** *Implementation Science*, 9, 62

Ruths, F.A., de Zoysa, N., Frearson, S. J., Hutton, J., Williams, J. M. G., & Walsh, J. (2012) **Mindfulness-Based Cognitive Therapy for Mental Health Professionals—a Pilot Study.** *Mindfulness*. Advance online publication. doi: 10.1007/s12671-012-0127-0

Surawy, C., McManus, F., Muse, K., & Williams, J. M. G. (2014). **Mindfulness-Based Cognitive Therapy (MBCT) for Health Anxiety (Hypochondriasis): Rationale, Implementation and Case Illustration.** *Mindfulness*, 1-11

van der Velden, A.M., Kuyken, W., Wattar, U., Crane, C., Pallesen, K.J., Dahlgaard, J., Fjorback, L.O. & Piet, J., (2015) **A Systematic Review of Mechanisms of Change in Mindfulness-Based Cognitive Therapy in the Treatment of Recurrent Major Depressive Disorder**, *Clinical Psychology Review* , doi: 10.1016/j.cpr.2015.02.001

Williams, M. J., Dalgleish, T., Karl, A., & Kuyken, W. (2014) **Examining the factor structures of the Five Facet Mindfulness Questionnaire and the Self-Compassion Scale.** *Psychological Assessment*

Williams, J. M. G., Crane, C., Barnhofer, T., Brennan, K., Duggan, D. et al (2013). **Mindfulness-Based Cognitive Therapy for Preventing Relapse in Recurrent Depression: A Randomized Dismantling Trial** *Journal of Consulting and Clinical Psychology* doi: 10.1037/a0035036

Williams JMG. and Kuyken W. (2012) **Mindfulness-based cognitive therapy: a promising new approach to preventing depressive relapse** *Br. J. Psychiatry*doi:10.1192/bjp.bp.111.104745

Williams, J.Mark G. and Kabat-Zinn, Jon (2011) **Mindfulness: diverse perspectives on its meaning, origins, and multiple applications at the intersection of science and dharma**, *Contemporary Buddhism*, 12: 1, 1 — 18