A Vision for Mindfulness and Higher Education

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Senior Meditation Teacher, InsightLA
THE MINDFUL REVOLUTION
The science of finding focus in a stressed-out, multitasking culture
BY KATE PICKERT
Sharpen your Focus

How the science of mindfulness can improve attention and lift your mood

PLUS
Giving Addicts the Power to Quit
Learn to Master Your Brain Waves
Why Placebos Work So Well

© 2013 Scientific American
Neuroscientist
Richie Davidson
How to Train
Your Brain

ABC News Anchor
Dan Harris
“How meditation
made me 10% happier”

10 Yoga Movements to Reduce Stress
3,200

Academic journal articles
An Outpatient Program in Behavioral Medicine for Chronic Pain Patients Based on the Practice of Mindfulness Meditation:
Theoretical Considerations and Preliminary Results

Jon Kabat-Zinn, Ph.D.
Director, Stress Reduction and Relaxation Program
Ambulatory Services
University of Massachusetts Hospital
Instructor in Medicine
Department of Medicine
University of Massachusetts Medical School
Worcester, Massachusetts

Mindfulness

The awareness that emerges through paying attention:

• on purpose
• in the present moment
• nonjudgmentally to the unfolding of experience

Mindfulness can be cultivated through mind-body practices that are founded on a discerning mode of awareness and ethical framework that recognizes wholesome and unwholesome states of being.

David Black, USC
Jeffrey Greeson, University of Pennsylvania
David Vago, Harvard University
Mark Williams, University of Oxford
Richard Davidson, University of Wisconsin-Madison
Eric Garland, University of Utah
Randye Semple, USC
Seth Segall, Yale University

Yi-Yuan Tang, Texas Tech University
Linda Carlson, University of Calgary
Kirk Warren Brown, Virginia Commonwealth University
Tish Jennings, University of Virginia
Allen Weiss, USC
Patricia Broderick, Penn State University
Eric Lopez, Autonomous University of Mexico
Tere Abdala-Romano, InsightLA
Diana Winston, UCLA
60+ NIH grants awarded since 2012 with mindfulness meditation
“...have a role in the future of medical care as they focus on putting day-to-day participation in health back in the hands of patients.”

Black DS, Greeson J (2014) JAMA Internal Medicine, 174(3).
Research

Biological

Clinical Trials

University-based

Community-based

National efforts
Biological Research
• RCT: Audio guided focused meditation vs. relaxing music in older adult dementia caregivers
• Mean age = 61 (SD = 10)
• 12 minutes daily practice for 8 weeks
• Outcome: between group change in gene expression profiling of leukocytes

• RCT: Movement meditation (Tai Chi Chuan) vs. Health Education in lonely older adults
• Mean age = 67 (SD = 7)
• 2 hour weekly classes for 12 weeks
• Outcome: between group change in stress and NF-κB transcription signal in leukocytes

• RCT: Mindfulness practice (MAPS) vs. Sleep hygiene education in older adults PSQI>5
• Mean age = 66 (SD = 7)
• 2 hour weekly classes for 6 weeks
• Outcome: between group change in NF-κB transcription signal in leukocytes

Gray Matter Increase (t2>t1)  N=6

Kurth F, Luders E, Black DS (2014) under review
Clinical Trials Research
Eligibility: Hispanic men/women, CRC dx, undergoing chemotherapy

At Chemotherapy Clinic

- Standard of Care
  - N=25 pairs
- Cancer Education
  - N=25 pairs
- Education + Mindfulness Training
  - N=25 pairs

Black DS, Figueiredo J, PIs
- RCT cross-over: Patients at Keck Hospital Hand Clinic with hand dysfunction
- Audio guided body scan meditation or visual biofeedback
- Outcome: between group differences in anxiety, stress, mindfulness, patient preference
University-based Research
- Cross-sectional: mindfulness and meditation in USC medical students
- Mean age = 24 (SD = 3)
- Outcome: correlation between mindfulness, meditation and health risk behavior

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<th>PANAS-N</th>
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Spearman's rank order correlation coefficients

* p<0.10
** p<0.05

• Field trial: mindfulness and meditation in USC students
• Outcome: within group change in health intentions, stress, anxiety, substance use, sexual risk factors
Community-based Research
• RCT: Mindfulness practice (MAPS) vs. Sleep hygiene education in older adults PSQI>5
• Mean age = 66 (SD = 7)
• 2 hour weekly classes for 6 weeks
• Outcome: between group change in sleep quality and sleep-related daytime impairment

Field trial: Mindfulness based intervention (MAPs)

Mean age = 45 (SD = 14)

2 hour weekly classes for 6 weeks

Outcome: within group change in mindfulness, self compassion, and stress

• Field trial: Mindfulness practice (MAPS) in public elementary schools
• K-6 grades
• 15 minutes daily for 5 weeks in classroom
• Outcome: within group change in teacher-reported child classroom behavior

• To collect information from medical schools with mindfulness programs and to characterize the types of mind-body activities offered.

• To identify descriptive and functional characteristics of those centers to develop a model for center growth and sustainability.

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