

Wissenschaftliche Studien zu MBSR

Es werden jährlich ca. 200-300 neue Studien zu MBSR und achtsamkeitsbasierten Ansätzen veröffentlicht. Die hier aufgelistete Literatur wurde willkürlich ausgewählt und erhebt keinen Anspruch auf Vollständigkeit.

Allgemein

Shigaki, C., Glass, B., & Schopp, L. (2006). Mindfulness-Based Stress Reduction in Medical Settings. *Journal of Clinical Psychology in Medical Settings*, 13(3), 209-216.

Grossmann, P., Niemann, L., Schmidt, S. & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *J Psychosom Res.*

Baer, R. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clin Psychol-Sci Pr* 10, 125 – 143.

Neurobiologie

Cheng, R. W. F., Borrett, D. S., Cheng, W., Kwan, H. C., & Cheng, R. S. S. (2010). Human prefrontal cortical response to the meditative state: A spectroscopy study. *International Journal of Neuroscience*, 120(7), 483-488.

Chiesa, A. & Serretti, A. (2010b). A systematic review of neurobiological and clinical features of Mindfulness meditations. *Psychological Medicine*, 40(8), 1239-1252.

Chiesa, A., Calati, R., & Serretti, A. (2010). Does mindfulness training improve cognitive abilities? A systematic review of neuropsychological findings. *Clinical Psychology Review*, doi: 10.1016/j.cpr.2010.11.003.

Hölzel, B. K., Carmody, J., Evans, K. C., Hoge, E. A., Dusek, J. A., Morgan, L., et al. (2010). Stress reduction correlates with structural changes in the amygdala. *Social Cognitive and Affective Neuroscience*, 5(1), 11-17.

Farb, N. A., Anderson, A. K., Mayberg H., Bean, J., McKeon, D., & Segal, Z. V. (2010). Minding one's emotions: Mindfulness training alters the neural expression of sadness. *Emotion*, 10(1), 25-33.

Cahn, B. R., Delorme, A., & Polich, J. (2010). Occipital gamma activation during vipassana meditation. *Cognitive Processing*, 11(1), 39-56.

Farb, N. A. S., Segal, Z. V., Mayberg, H., Bean, J., McKeon, D., Fatima, Z., et al. (2007). Attending to the present: Mindfulness meditation reveals distinct neural modes of self-reference. *Social Cognitive and Affective Neuroscience*, 2 313-322.

Leistungsfähigkeit am Arbeitsplatz

Sauer, S., Andert, K., Kohls, N., & Müller, F. (2011). Mindful Leadership: Sind achtsame Führungskräfte leistungsfähigere Führungskräfte? *Gruppendynamik und Organisationsberatung*, 42(4), 339-349.

Dane, E. (2010). Paying attention to mindfulness and its effects on task performance in the workplace. *Journal of Management*, doi: 10.1177/0149206310367948.

Stress und psychische Gesundheit

Jung, Y. H., Kang, D. H., Jang, J. H., Park, H. Y., Byun, M. S., Kwon, S. J., et al. (2010). The effects of mind-body training on stress reduction, positive affect, and plasma catecholamines. *Neuroscience Letters*, 479(2), 138-42.

Hede, A. (2010). The dynamics of mindfulness in managing emotions and stress. *Journal Of Management Development*, 29(1), 94-110.

Kang, Y. (2010). Mind-Body approach in the area of preventive medicine: Focusing on relaxation and meditation for stress management. *Journal of Preventive Medicine and Public Health*, 43(5), 445-450.

Jain, S., Shapiro, S., Swanick, S., Rowsch, S., Mills, P., Bell, I. & Schwartz. E. (2007). A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction. *Annals of Behavioral Medicine*, 33(1), 11-21.

Chang, V. (2004). The effects of a mindfulness-based stress reduction program on stress, mindfulness self-efficacy, and positive states of mind. *Stress and Health*, 20, 141-147.

Rosenzweig, S., Reibel, D., Greeson, J., Brainard, G., & Hojat, M. (2003). Mindfulness-based stress reduction lowers psychological distress in medical students. *Teaching and Learning in Medicine*, 15(2), 88-92.

Astin, J.A. (1997). Stress Reduction through Mindfulness Meditation. *Psychotherapy and Psychosomatics*, 66, 97 – 106.

Immunsystem

Jacobs, T. L., Epel, E. S., Lin, J., Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., et al. (2010). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology*, doi: 10.1016/j.psyneuen.2010.09.010.

Fang, C. Y., Reibel, D. K., Longacre, M. L., Rosenzweig, S., Campbell, D. E., & Douglas, S. D. (2010). Enhanced psychosocial well-being following participation in a mindfulness-based stress reduction program is associated with increased natural killer cell activity. *The Journal of Alternative and Complementary Medicine*, 16(5), 531-538.

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Übergewicht / Gewichtsreduktion

Dalen, J., Smith, B. W., Shelley, B. M., Sloan, A. L., Leahigh, L., & Begay, D. (2010). Pilot study: Mindful eating and living (MEAL): Weight, eating behavior, and psychological outcomes associated with a mindfulness-based intervention for people with obesity. *Complementary Therapies in Medicine*, 18(6), 260-64.

Herz-Kreislauf-System

Alexandre, D., Fox, E., Golubic, M., Morledge, T., & Fox, J. E. B. (2010). Mindfulness, yoga, and cardiovascular disease. *Cleveland Clinic Journal of Medicine*, 77(3), S85.

Diabetes

Faude-Lang, V., Hartmann, M., Schmidt, E. M., Humpert, P., Nawroth, P., & Herzog, W. (2010). Acceptance- and mindfulness-based group intervention in advanced type 2 diabetes patients: Therapeutic concept and practical experiences. *Psychotherapie, Psychosomatik, Medizinische Psychologie*, 60(5), 185-9.

Krebs

Carlson, L., Speca, M., Farris, P., & Patel, K. (2007). One year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients. *Brain Behavioral Immunology*, 21(8), 1038-49.

Smith, J., 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.

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Chronische Schmerzen

Kabat-Zinn, J. (1982). An out-patient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4, 33 – 47.

Kabat-Zinn, J., Lipworth, L. & Burney, R. (1985). The Clinical Use of Mindfulness Meditation for the Self-Regulation of Chronic Pain. *Journal of Behavioral Medicine*, 8 (2), 163 – 190.

Kabat-Zinn, J., Lipworth, L., Burney, R. & Sellers, W. (1986). Four-year follow-up of a meditation-based program for the self-regulation of chronic pain: treatment outcomes and compliance. *The Clinical Journal of Pain*, 2, 159 – 173.

Migräne

Schmidt, S., Simshauser, K., Aickin, M., Luking, M., Schultz, C., & Kaube, H. (2010b). Mindfulness Based stress reduction is an effective intervention for patients suffering from migraine- results from a controlled trial. *European Journal of Integrative Medicine*, 2(4), 196.

Fibromyalgie

Grossmann, P., Tiefenthaler-Gilmer, U., Raysz, A. & Kesper, U. (2007). Mindfulness Training as an Intervention for Fibromyalgie: Evidence of Postintervention and 3-Year-Follow-Up Benefits in Well-Being. *Psychotherapy and Psychosomatics* 2007; 76:332-338.

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Rheumatoide Arthritis

Barsky, A. J., Ahern, D. K., Orav, E., Nestoriuc, Y., Liang, M. H., Berman I. T., et al. (2010). A randomized trial of three psychosocial treatments for the symptoms of rheumatoid arthritis. *Seminars in Arthritis and Rheumatism*, 40(3),222-□□32.

Raucherentwöhnung

Altner, N. (2002) Zwischen Sucht und Sehnsucht. Achtsamkeitsmeditation als Weg zur Raucherentwöhnung. In W. Belschner, J. Galuska, H. Walach & E. Zundel, *Transpersonale Forschung im Kontext. Transpersonale Studien 5*. Bibliotheks- und Informationssystem der Universität Oldenburg.