



A mindfulness-based intervention for mixed anxiety and depression: Treatment leads to symptom reduction, as well as subjective and physiological improvements in the face of acute stress.



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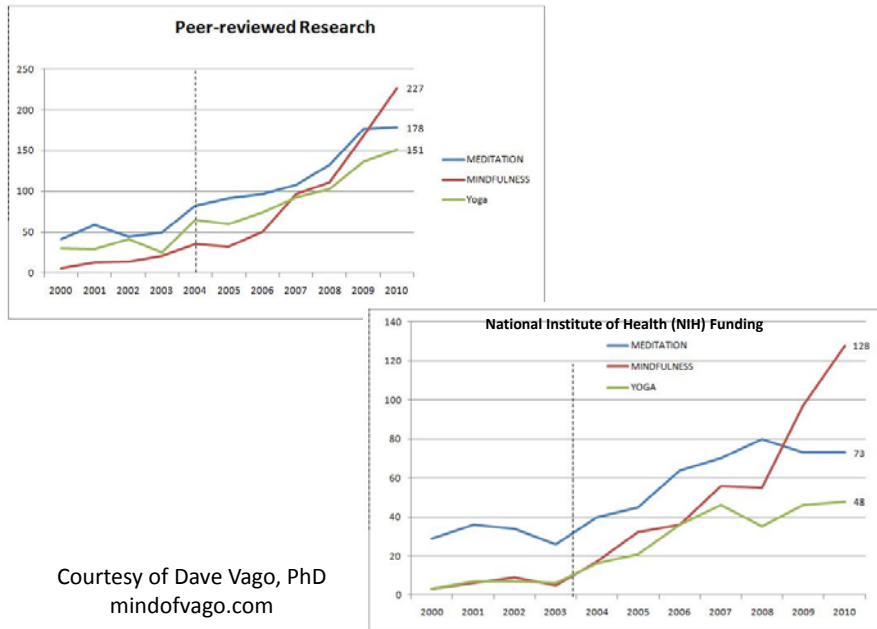


Disclosure

- The data I am going to present was funded by a Varela Award from the Mind & Life Institute
- I have no financial or commercial relationships that might impact or be impacted by this presentation
- As a graduate student, I make next to nothing...



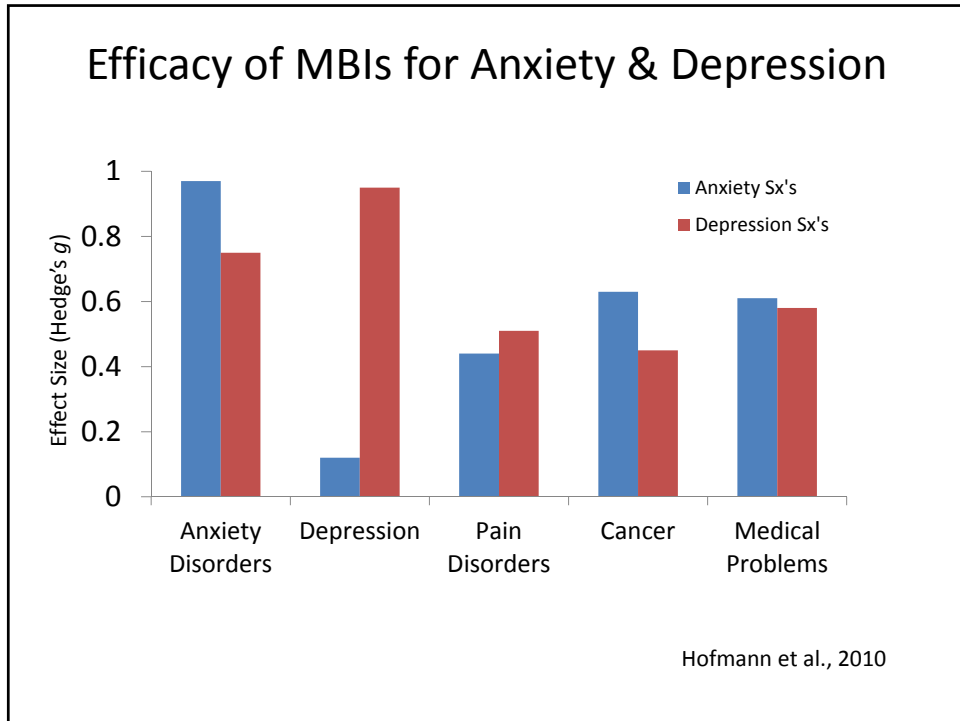
Explosion of Mindfulness Research



Mindfulness-based Interventions

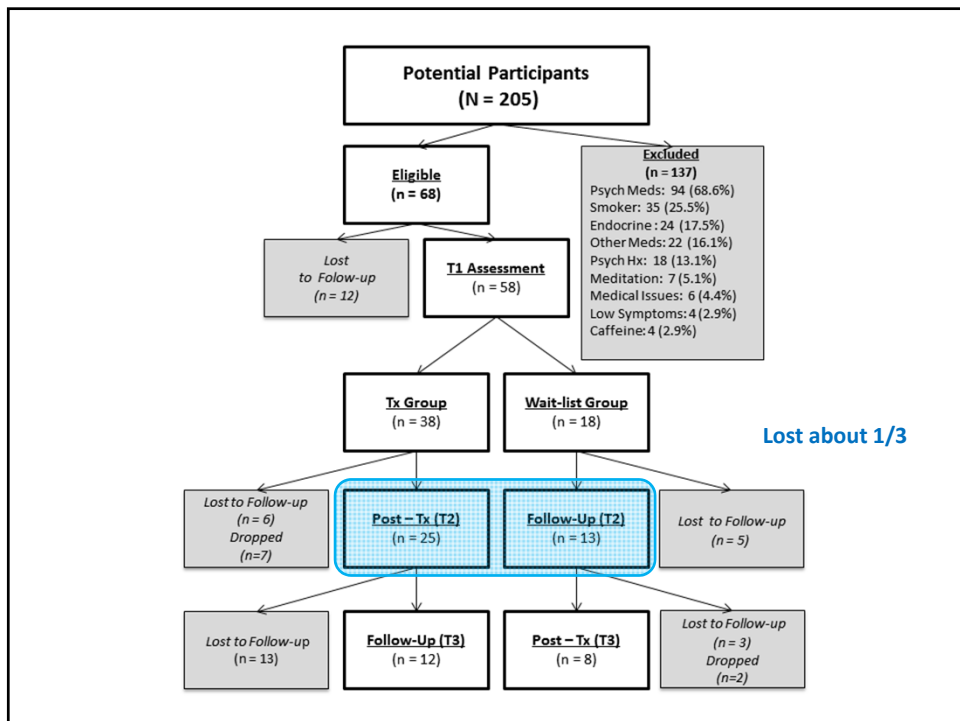
- Mindfulness-based stress reduction
(**MBSR**; Kabat-Zinn, 1990)
- Mindfulness-based cognitive therapy
(**MBCT**; Segal et al., 2002)
- Mindfulness-based relapse prevention
(**MBRP**; Witkiewitz et al., 2005)
- Mindfulness-based relationship enhancement
(**MB-RE**; Carson et al., 2004)
- Mindfulness-based eating awareness training
(**MB-EAT**; Kirstellar et al., 2005)
- Mindfulness-based Childbirth and Parenting
(**MB-CP**; Vieten & Astin, 2008)

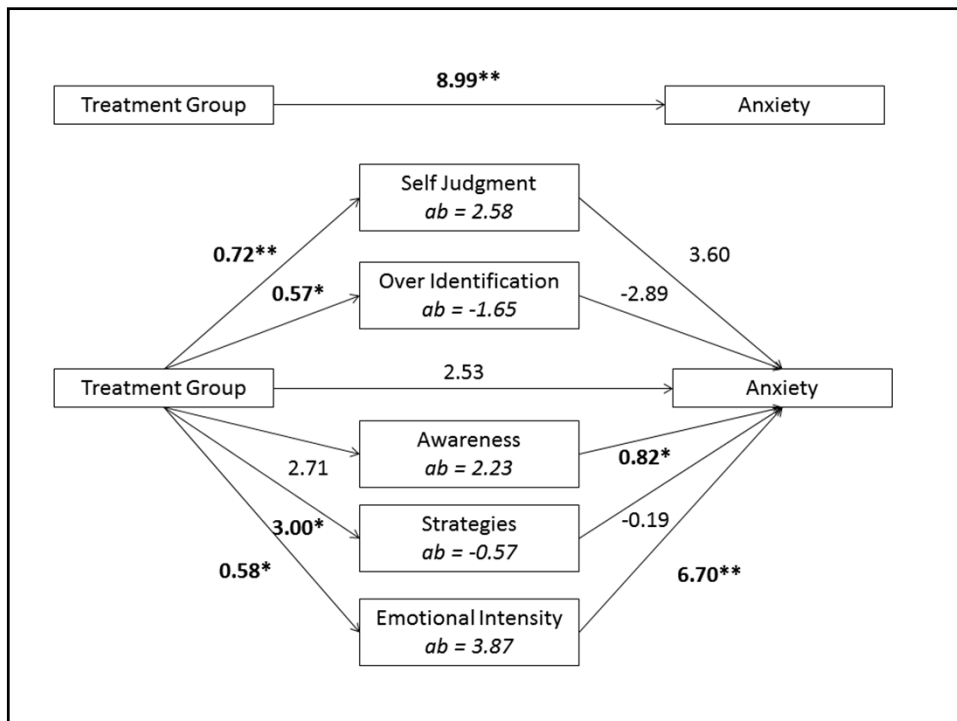
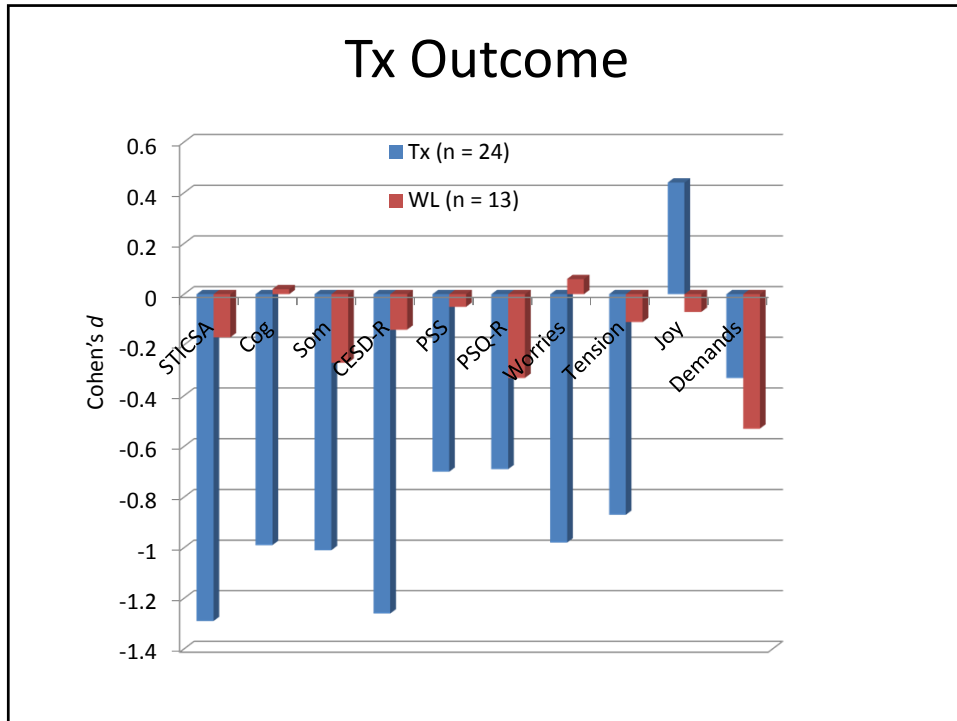
N.B. I am purposely excluding interventions that do not utilize meditation (e.g., ACT, DBT)

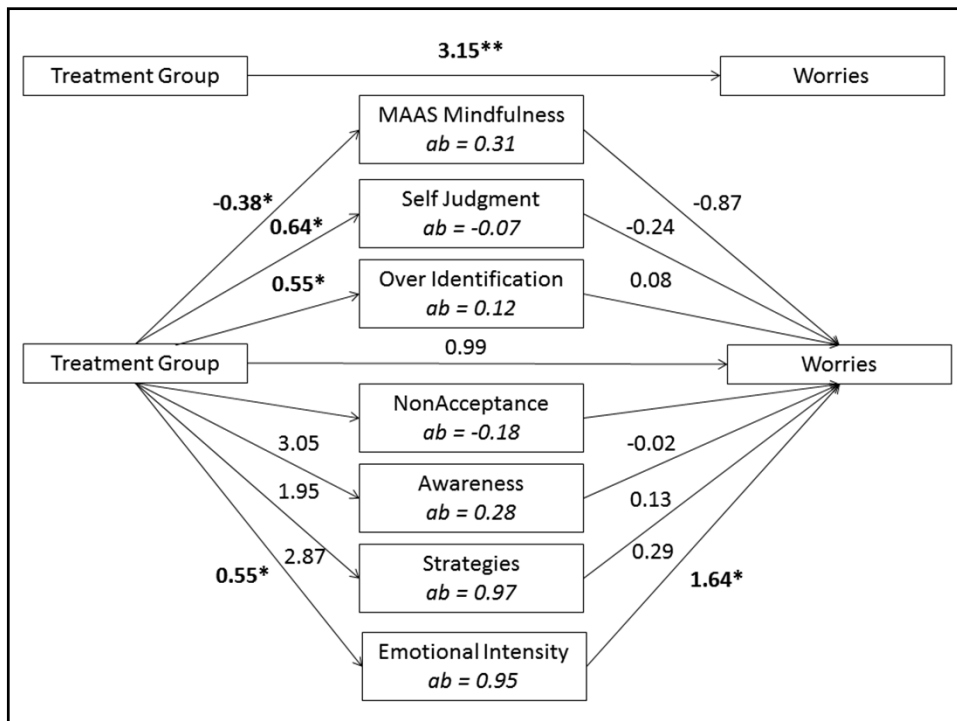
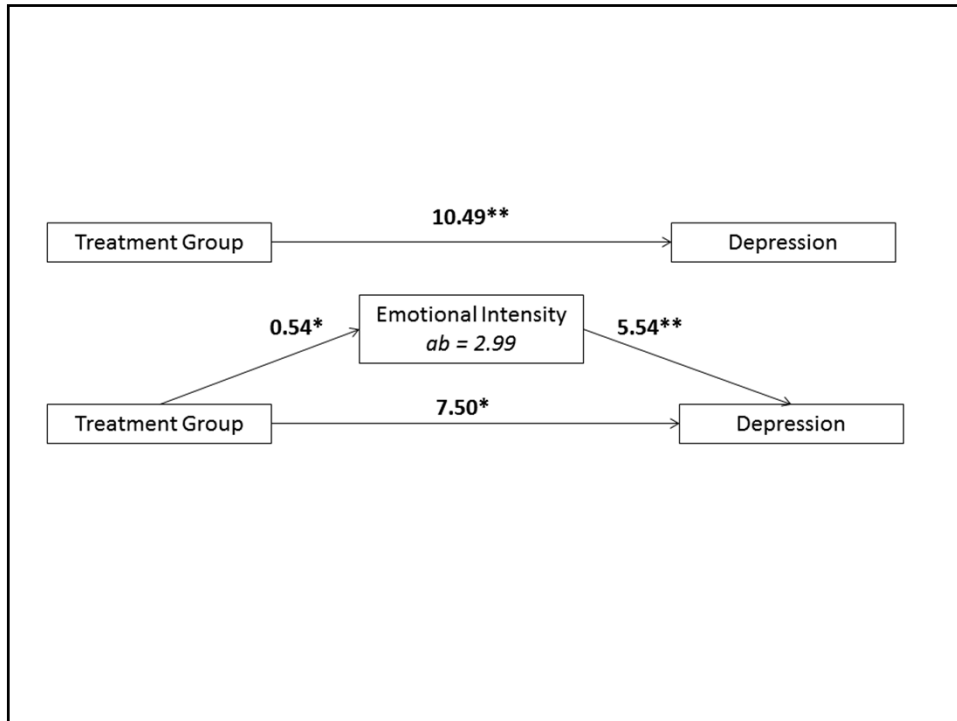


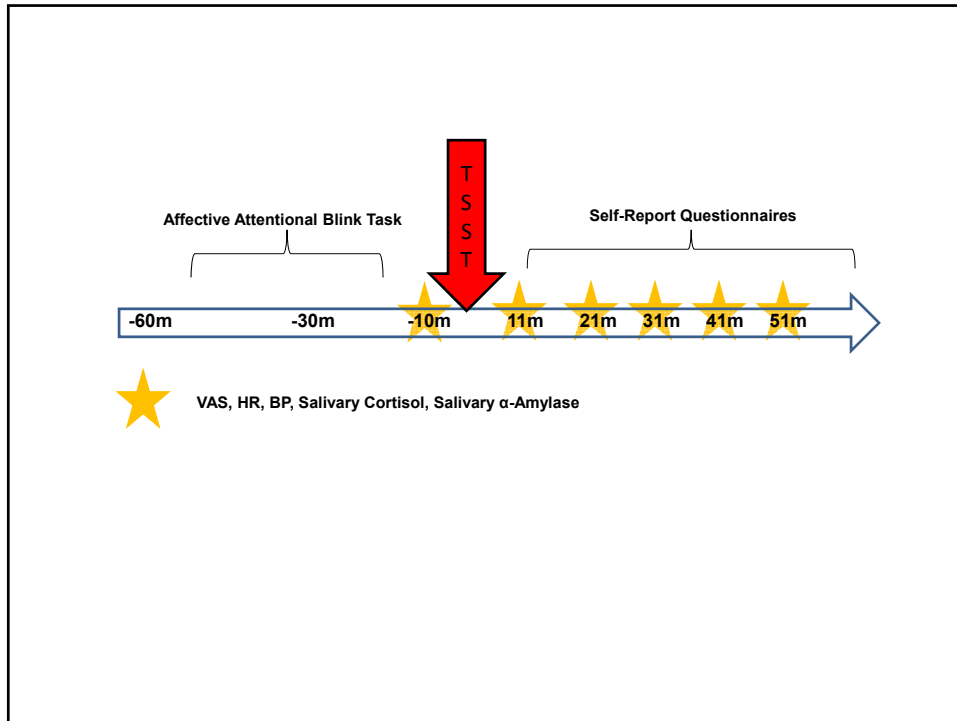
Some Definitions of Mindfulness		
Bishop et al. 2002 (Clinical Definition)	Olendzki 2011 (Contemporary Buddhist)	Analayo 2003 (Canonical Buddhist)
(1) <u>Self-regulation of attention</u> so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment. (2) Adopting an orientation of <u>curiosity, openness, and acceptance</u> towards the present moment	“Mindfulness is not just heightened attention, but is <u>attention that has become confident, benevolent, balanced, and fundamentally wholesome...</u> ...Mindfulness practice ripens into insight meditation when one sees directly such things as impermanence, suffering, and selflessness in the arising and passing away of the objects of awareness.”	“...the practice of <i>sattipatthana</i> requires the establishment of four particular mental qualities, which can be taken to represent the mental faculties of... (1) Energy – <i>atapi</i> – diligence (2) Wisdom – <i>sampajana</i> – clearly knowing (3) Mindfulness – <i>sati</i> – ‘minding’ (4) Concentration – <i>vineyya abhijhadomanassa</i> – free from desires and discontent

	MBSR	MBCT	MBI-MAD
Psycho-Ed:	Stress and Health	Depression, ABCs, triggers, relapse	Anxiety, depression, & stress, Mindfulness, ABCs, the context
Handouts:	Mindfulness and related ideas	Mindfulness and depression-related concepts	Mindfulness, Anx/Depr/Stress, values of mindfulness, <i>brahmavihara</i>
Exercises:	Perceptions are not reality; Mindfulness	Thoughts are not reality; accepting your experience	Barriers & supports to practice, mindfulness of thoughts/emotions, contextual factors
Guided Practice:	Body scan, Mindful yoga, sitting	Body scan, sitting meditation, imagery, breathing space, walking	Body scan, sitting meditation, mindful yoga, imagery, breathing space, walking, <i>brahmavihara</i>
Homework:	primarily meditation	Meditation, pleasant and unpleasant events calendars, automatic thoughts	Meditation, MBCT exercises, ABCs, pleasant events, breathing space







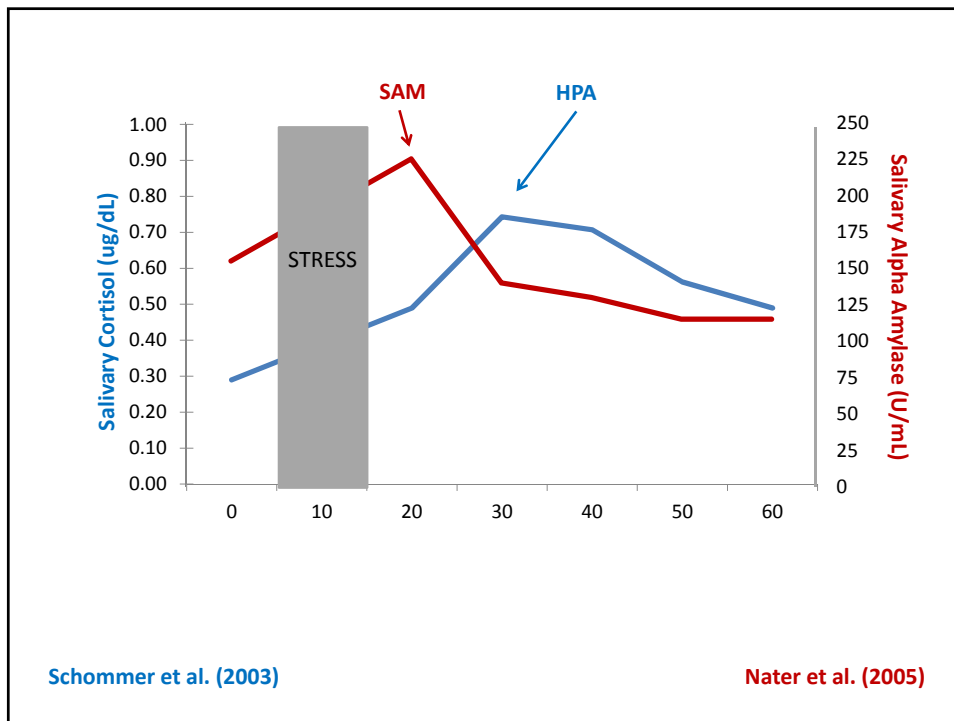
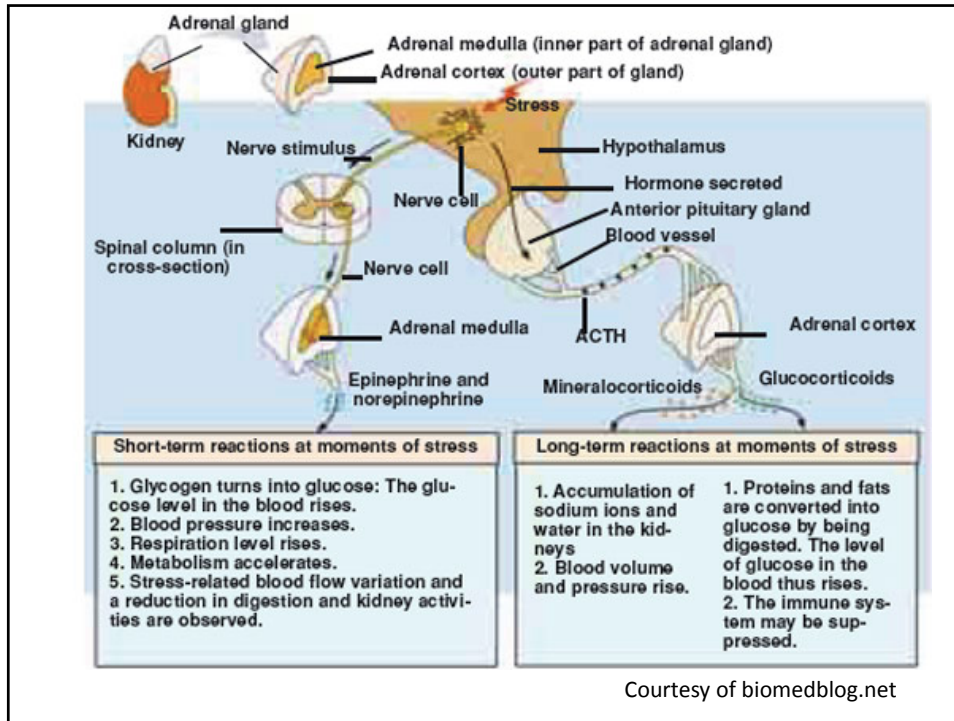


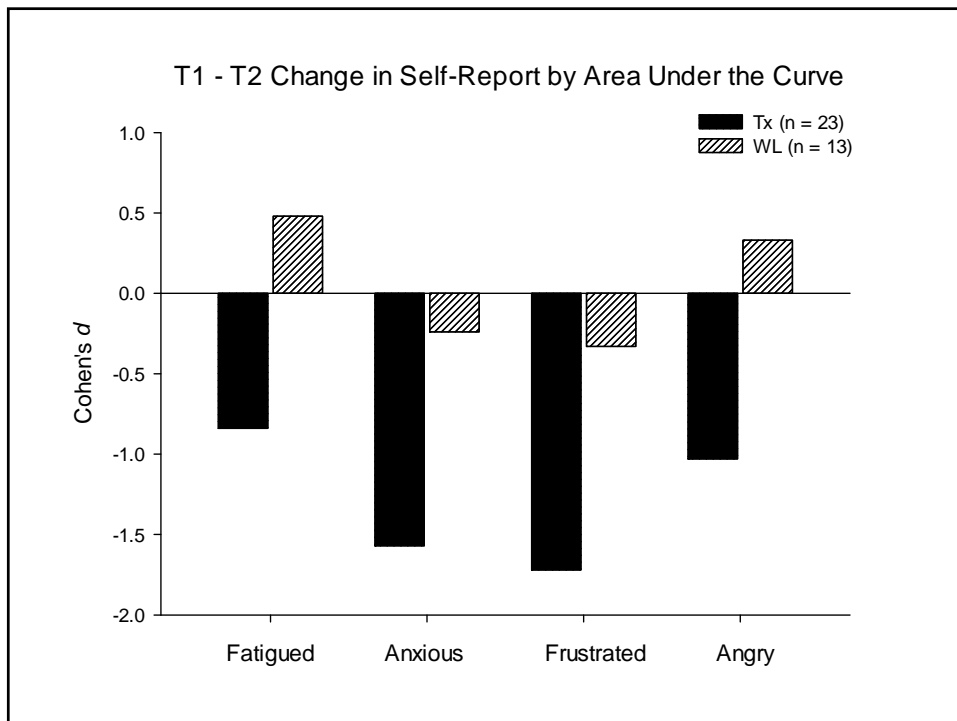
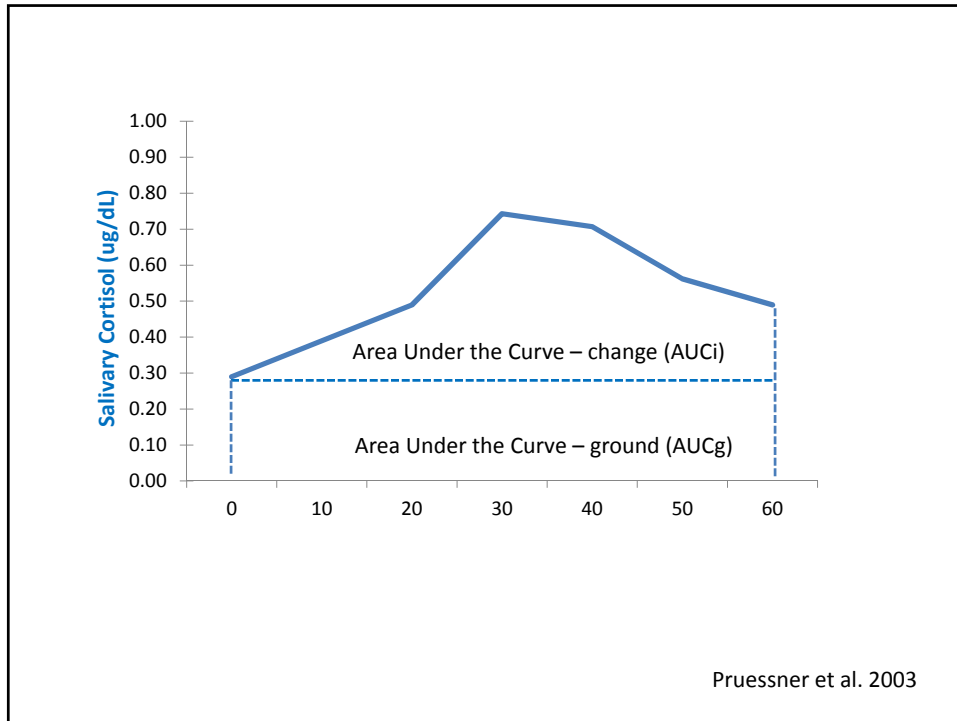
Modified TSST

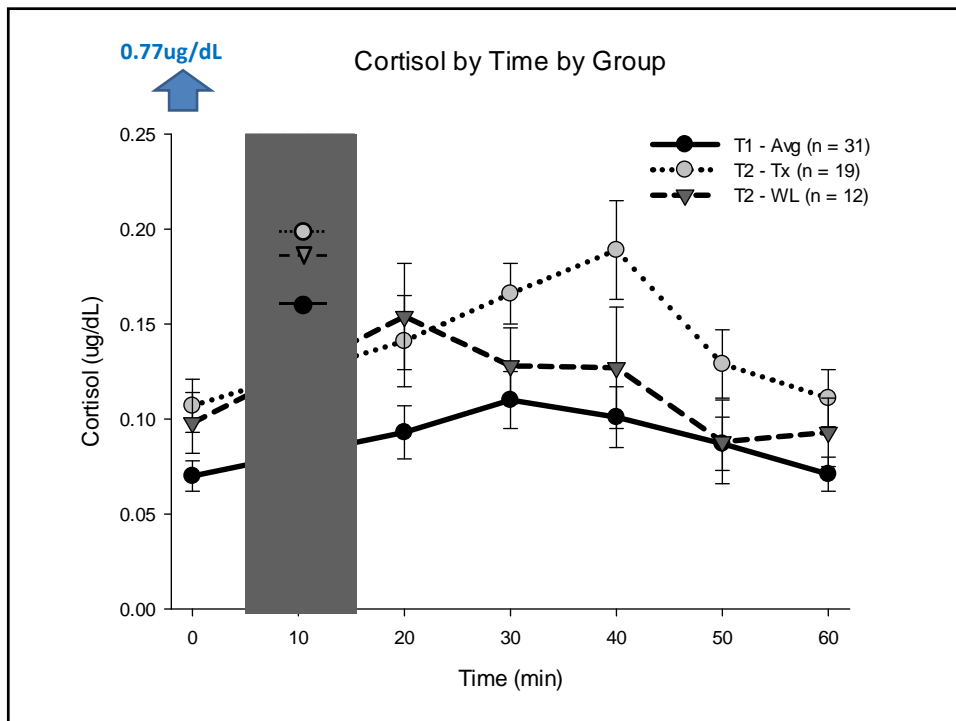
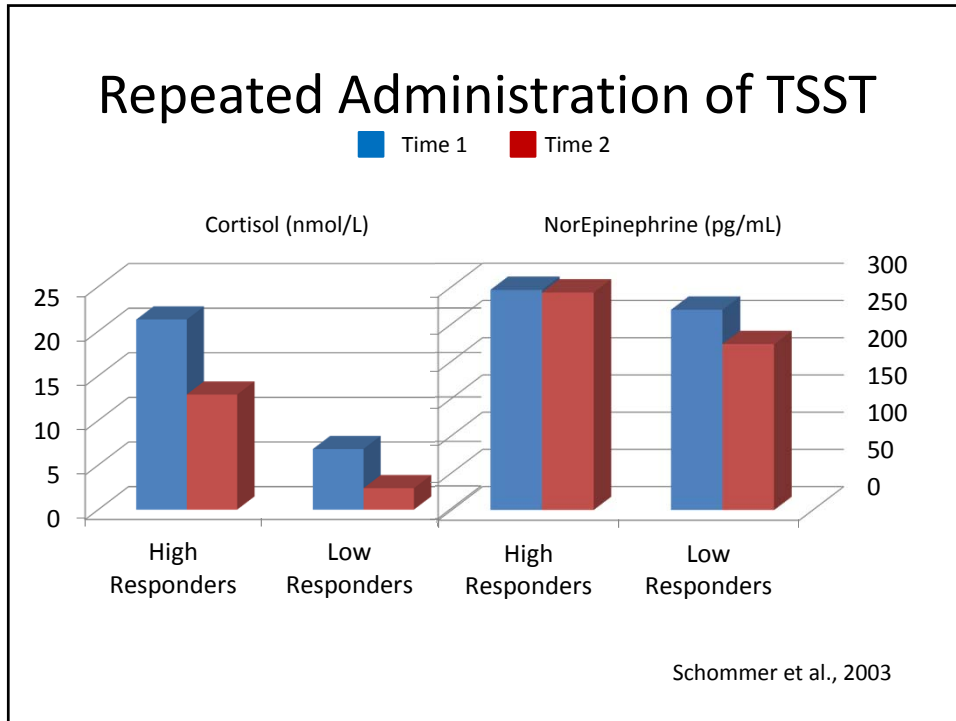
Mental Arithmetic
 $1,397 - 7 = 1,390$;
 $1,390 - 7 = 1,383$;
 $1,383 - 7 = 1,376$;
 $1,376 - 7 = ?$

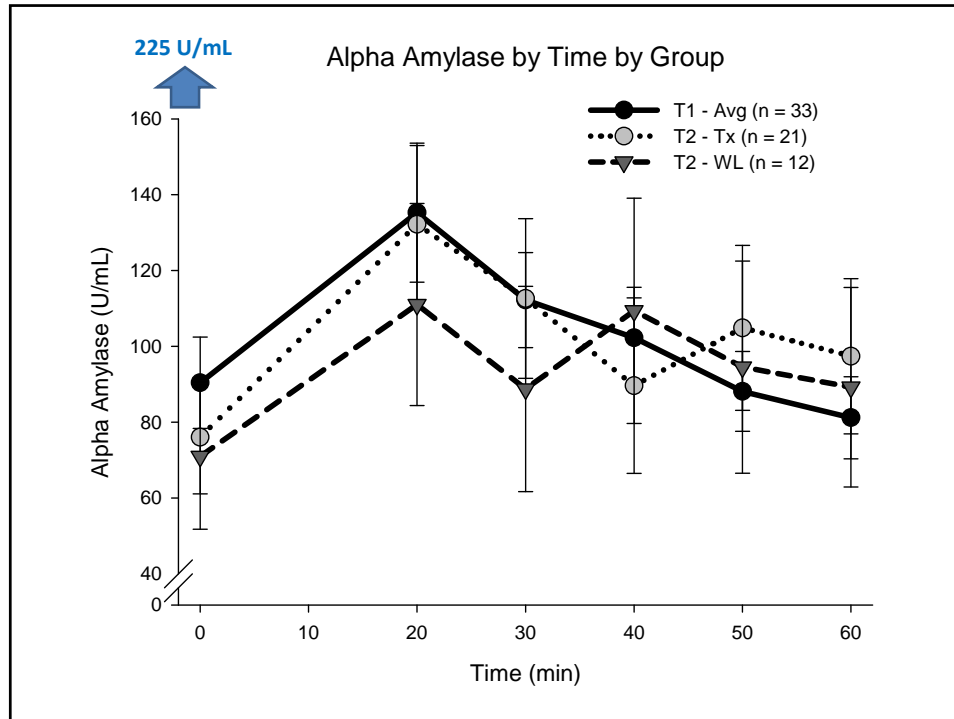
Alleged Transgression Defense
 "I was unjustly arrested for the accusation of being involved in a protest turned violent..."

Kirschbaum et al., 1993; Marsland et al., 2002









Summary of Results

- Compared to wait-list, participants in MBI-MAD showed reductions in anxiety, depression, and perceived stress, as well as stress-related worries and tension.
- Decreases in anxiety, depression, and worries were primarily mediated by changes in emotional strength.
- Compared to wait-list, participants showed decreased subjective response to stress and normalized hormonal responses to stress.

Discussion

- An MBI with more Buddhist context is still effective for reducing anxiety and depression
- How much is too much? Is there a right group for this? How long should MBIs last?
- If emotional strength is main mediator, what does this say about measures of mindfulness?
- What does it say about the Mind-Body relationship that 8 weeks of meditation training can alter neuroendocrine responses to stress?

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