

Does Mindfulness Work?

If you'd like to find out more about the studies we mentioned in the video, you can get the full story with the citations below.

- Britton, W. B., Shahar, B., Szepsenwol, O., Jacobs, W. J. (2012). Mindfulness-Based Cognitive Therapy improves emotional reactivity to social stress: Results from a randomized controlled trial. *Behavior Therapy*, 43, 365-380.
- Creswell, J. D., Irwin, M. R., Burklund, L. J., Lieberman, M. D., Arevalo, J. M. G., Ma, J., Breen, E. C., Cole, S. W. (2012). Mindfulness-Based Stress Reduction training reduces loneliness and pro-inflammatory gene expression in older adults: A small randomized controlled trial. *Brain, Behavior, and Immunity*, 26, 1095-1101.
- Van der Lee, M. L., Garssen, B. (2012). Mindfulness-Based Cognitive Therapy reduces chronic cancer-related fatigue: A treatment study. *Psycho-Oncology*, 21, 264-272.

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