

Psychological Literature Related to Mindfulness  
 Herbert H. Blumberg (h.blumberg@gold.ac.uk)  
 Goldsmiths College, University of London

The present bibliography on the psychology of mindfulness is ancillary to Blumberg (in press). Listed below are works that appeared to be especially relevant, selected largely from searches for "mindfulness" in title or subject - or for works by known key authors - in PsycINFO, WorldCat and *Social Sciences Citation Index* bibliographic databases.

References

- Amel, Elise L.; Manning, Christie M.; & Scott, Britain A. (2009). Mindfulness and sustainable behavior: Pondering attention and awareness as means for increasing green behavior. *Ecopsychology*, 1(1), 14-25.
- Anderson, Carl M. (2000). From molecules to mindfulness: How vertically convergent fractal time fluctuations unify cognition and emotion. *Consciousness and Emotion*, 1, 193-226.
- Baer, Ruth A.; Smith, Gregory T.; Hopkins, Jaclyn; Krietemeyer, Jennifer; & Toney, Leslie. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27-45.
- Batten, Sonja V.; & Santanello, Andrew P. (2007). [Review of S. C Hayes, V. M. Follete, & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*]. *Clinical Psychology Review*, 27, 406-407.
- Benassi, Victor A.; Mahler, Heike I.; & Asdigian, Nancy L. (1993). The mindfulness of ostensibly thoughtless action. *Journal of Social Behavior and Personality*, 8(6), 67-82.
- Benoit, Pamela J.; & Benoit, William L. (1986). Consciousness: The mindlessness/mindfulness and verbal report controversies. *Western Journal of Speech Communication*, 50, 41-63.
- Block-Lerner, Jennifer; Adair, Carrie; Plumb, Jennifer C.; Orsillo, Susan M.; & Rhatigan, Deborah L. (2007). The case for mindfulness-based approaches in the cultivation of empathy: Does nonjudgmental, present-moment awareness increase capacity for perspective-taking and empathic concern? *Journal of Marital and Family Therapy*, 33, 501-516.
- Blumberg, Herbert H. (1997). On taking too much: A point-accumulation procedure for comparing mutual agreement with controlled individual initiatives. *Small Group Research*, 28, 171-193.
- Blumberg, Herbert H. (In press). Mindfulness. In D. J. Christie & C. Montiel (Eds.), *Encyclopedia of peace psychology* (2 vols.). Malden, MA and Chichester, England: Wiley-Blackwell.
- Blumberg, Herbert H.; Hare, A. Paul; & Costin, Anna. (2006). *Peace Psychology: A comprehensive introduction*. Cambridge University Press.
- Bowling, Daniel; & Hoffman, David A. (2003). *Bringing peace into the room: How the personal qualities of the mediator impact the process of conflict resolution*. San Francisco: Jossey-Bass.
- Brown, Daniel P.; & Engler, Jack. (1980). The stages of mindfulness meditation: A validation study. *Journal of Transpersonal Psychology*, 12(2), 143-192.
- Brown, Justin; & Langer, Ellen. (1990). Mindfulness and intelligence: A comparison. *Educational Psychologist*, 25, 305-335.
- Brown, Kirk Warren; & Kasser, Tim. (2005). Are psychological and ecological well-being

- compatible? The role of values, mindfulness, and lifestyle. *Social Indicators Research*, 74, 349-368.
- Brown, Kirk Warren; & Ryan, Richard M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.
- Burgoon, Judee K.; Berger, Charles R.; & Waldron, Vincent R. (2000). Mindfulness and interpersonal communication. *Journal of Social Issues*, 56, 105-127.
- Cernetic, Miha. (2005). Being here and now: Mindfulness, its applicability, and mechanisms of action. Biti tukaj in zdaj: Cujecnost, njena uporabnost in mehanizmi delovanja. *Psiholoska Obzorja/Horizons of Psychology*, 14(2), 73-92.
- Christopher, Michael S. (2007). Message from the editors: Integrating mindfulness into psychotherapy practice. *Journal of Psychological Practice*, 14(1), 1-2.
- Coffey, Kimberly A.; & Hartman, Marilyn. (2008). Mechanisms of action in the inverse relationship between mindfulness and psychological distress. *Complementary Health Practice Review*, 13, 79-91.
- Collard, Patrizia; & Walsh, James. (2008). Sensory awareness mindfulness training in coaching: Accepting life's challenges. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 26, 30-37.
- Dekeyser, Mathias; Raes, Filip; Leijssen, Mia; Dewulf, David; & Leysen, Sara. (2008). Mindfulness skills and interpersonal behaviour. *Personality and Individual Differences*, 44, 1235-1245.
- Dennett, Daniel; & McKay, Ryan. (2006). A continuum of mindfulness. *Behavioral and Brain Sciences*, 29, 353-354. [Comment/Reply]
- Djikić, Maja; Langer, Ellen J.; & Stapleton, Sarah Fulton. (2008). Reducing stereotyping through mindfulness: Effects on automatic stereotype-activated behaviors. *Journal of Adult Development*, 15, 106-111.
- Fernros, Lotta; Furhoff, Anna-Karin; & Wändell, Per E. (2008). Improving quality of life using compound mind-body therapies: Evaluation of a course intervention with body movement and breath therapy, guided imagery, chakra experiencing and mindfulness meditation. *Quality of Life Research: An International Journal of Quality of Life Aspects of Treatment, Care and Rehabilitation*, 17, 367-376.
- Fiol, C. Marlene; & O'Connor, Edward J. (2003). Waking up! Mindfulness in the face of bandwagons. *Academy of Management Review*, 28, 54-70.
- Fodor, Iris E.; & Hooker, Karen E. (2008). Teaching mindfulness to children. *Gestalt Review*, 12, 75-91.
- Folkes, Valerie S. (1985). Mindlessness or mindfulness: A partial replication and extension of Langer, Blank, and Chanowitz. *Journal of Personality and Social Psychology*, 48, 600-604. [Comment/Reply]
- Follette, Victoria M.; & Vijay, Aditi. (2009). Mindfulness for trauma and posttraumatic stress disorder. In F. Didonna (Ed.), *Clinical handbook of mindfulness* (pp. 299-317). New York: Springer Science & Business Media.
- Frewen, Paul A.; Evans, Elspeth M.; Maraj, Nicholas; Partridge, Kate; & Dozois, David J. A. (2008). Letting go: Mindfulness and negative automatic thinking. *Cognitive Therapy and Research*, 32, 758-774.
- Gardner, Frank L.; & Moore, Zella E. (2007). *The psychology of enhancing human performance:*

- The Mindfulness-Acceptance-Commitment (MAC) approach*. New York: Springer Publishing Co.
- Gilbert, Paul; & Tirsch, Dennis. (2009). Emotional memory, mindfulness and compassion. In F. Didonna (Ed.), *Clinical handbook of mindfulness* (pp. 99-110). New York: Springer Science & Business Media.
- Hansen, Erling; Lundh, Lars-Gunnar; Homman, Anders; & Wångby-Lundh, Margit. (2009). Measuring mindfulness: Pilot studies with the Swedish versions of the Mindful Attention Awareness Scale and the Kentucky Inventory of Mindfulness Skills. *Cognitive Behaviour Therapy*, 38, 2-15.
- Holland, Daniel. (2006). Contemplative education in unexpected places: Teaching mindfulness in Arkansas and Austria. *Teachers College Record*, 108, 1842-1861.
- Horton-Deutsch, Sara L.; & Horton, Janell M. (2003). Mindfulness: Overcoming intractable conflict. *Archives of Psychiatric Nursing*, 17, 186-193.
- Jacob, Jeffrey C.; & Brinkerhoff, Merlin B.;(1999). Mindfulness and subjective well-being in the sustainability movement: A further elaboration of multiple discrepancies theory. *Social Indicators Research*, 46, 341-368.
- Janis, Irving L. (1982). *Groupthink: Psychological studies of policy decisions and fiascoes*. Boston: Houghton Mifflin.
- Janis, Irving L.; & Mann, Leon. (1992). Cognitive complexity in international decision making. In P. Suedfeld & P. E. Tetlock (Eds.), *Psychology and social policy* (pp. 33-49). New York: Hemisphere Publishing Corp.
- Kaplan, Edith. (1998). Mindfulness matters. *PsycCRITIQUES*, 43, 841-842. [Review of book by Ellen J. Langer, see *PsycINFO* record 1997-97457-000].
- Kingston, Jessica; Chadwick, Paul; Meron, Daniel; & Skinner, T. Chas. (2007). A pilot randomized control trial investigating the effect of mindfulness practice on pain tolerance, psychological well-being, and physiological activity. *Journal of Psychosomatic Research*, 62, 297-300.
- Kohls, Niko; Sauer, Sebastian; & Walach, Harald. (2009). Facets of mindfulness: Results of an online study investigating the Freiburg mindfulness inventory. *Personality and Individual Differences*, 46, 224-230.
- Lakey, Chad E.; Kernis, Michael H.; Heppner, Whitney L.; & Lance, Charles E. (2008). Individual differences in authenticity and mindfulness as predictors of verbal defensiveness. *Journal of Research in Personality*, 42, 230-238.
- Langer, Ellen J. (1989a). *Mindfulness*. Reading, MA: Addison-Wesley/Addison Wesley Longman.
- Langer, Ellen J. (1989b). Minding matters: The consequences of mindlessness-mindfulness. *Advances in Experimental Social Psychology*, 22, 137-173.
- Langer, Ellen J. (1992). Matters of mind: Mindfulness/mindlessness in perspective. *Consciousness and Cognition: An International Journal*, 1, 289-305.
- Langer, Ellen. (2002). Well-being: Mindfulness versus positive evaluation. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 214-230). New York: Oxford University Press.
- Langer, Ellen J.; Bashner, Richard S.; & Chanowitz, Benzion. (1985). Decreasing prejudice by increasing discrimination. *Journal of Personality and Social Psychology*, 49, 113-120.
- Langer, Ellen J.; Blank, Arthur; & Chanowitz, Benzion. (1978). The mindlessness of ostensibly thoughtful action: The role of "placebic" information in interpersonal interaction. *Journal of*

- Personality and Social Psychology*, 36, 635-642.
- Langer, Ellen J.; Chanowitz, Benzion. (1988). Mindfulness/mindlessness: A new perspective for the study of disability. In H. E. Yuker (Ed.), *Attitudes toward persons with disabilities* (pp. 68-81). New York: Springer Publishing Co.
- Langer, Ellen J.; & Moldoveanu, Mihnea. (2000a). The construct of mindfulness. *Journal of Social Issues*, 56, 1-9.
- Langer, Ellen J.; & Moldoveanu, Mihnea. (2000b). Mindfulness research and the future. *Journal of Social Issues*, 56, 129-139.
- Langer, Ellen J.; & Weinman, Cynthia. (1981). When thinking disrupts intellectual performance: Mindfulness on an overlearned task. *Personality and Social Psychology Bulletin*, 7, 240-243.
- Lau, Mark A.; Bishop, Scott R.; Segal, Zindel V.; Anderson, Nicole D.; Shapiro, Shauna; Abbey, Susan; Devins, Gerald; Carmody, James; Carlson, Linda; & Buis, Tom. (2006). The Toronto Mindfulness Scale: Development and validation. *Journal of Clinical Psychology*, 62, 1445-1467.
- Leary, Mark R.; & Tate, Eleanor B. (2007). The multi-faceted nature of mindfulness. *Psychological Inquiry*, 18, 251-255. [Comment/Reply]
- Lillis, Jason; & Hayes, Steven C. (2007). Applying acceptance, mindfulness, and values to the reduction of prejudice: A pilot study. *Behavior Modification*, 31, 389-411.
- Macy, Joanna. (1992). Planetary perils and psychological responses: despair and empowerment work. In S. Staub & P. Green (Eds.), *Psychology and social responsibility: Facing global challenges* (pp. 30-58). New York and London: New York University Press.
- McKay, Susan; & Mazurana, Dyan. (2001). Gendering peacebuilding. In D. J. Christie, R. V. Wagner, & D. D. Winter (Eds.), *Peace, conflict, and violence: Peace psychology for the 21st century* (pp. 341-349). Upper Saddle River, NJ: Prentice Hall.
- Moore, Adam; & Malinowski, Peter. (2009). Meditation, mindfulness and cognitive flexibility. *Consciousness and Cognition: An International Journal*, 18, 176-186.
- Motley, Michael T. (1992). Mindfulness in solving communicators' dilemmas. *Communication Monographs*, 59, 306-314.
- Neisser, Ulric; & Jopling, David A. (1997). *The conceptual self in context: Culture, experience, self-understanding*. Cambridge, UK: Cambridge University Press.
- Nhat Hanh, Thich. (1995). *Peace is every step: The path of mindfulness in everyday life*. London: Rider. [Also published in a 1991 edition; New York: Bantam Books.]
- Nhat Hanh, Thich. (2003). Peace is every step: The path of mindfulness in everyday life. In S. Plous (Ed.), *Understanding prejudice and discrimination* (pp. 431-443). New York: McGraw-Hill.
- Nhat Hanh, Thich. (2007). *The art of power*. New York: HarperOne.
- Nhat Hanh, Thich; & Mai Vo-Dinh. (1987). *The miracle of mindfulness: A manual on meditation* (rev. ed.). Boston: Beacon Press.
- Orr, Deborah. (2002). The uses of mindfulness in anti-oppressive pedagogies: Philosophy and praxis. *Canadian Journal of Education*, 27, 477-497.
- Ostafin, Brian D.; Chawla, Neharika; Bowen, Sarah; Witkiewitz, Katie; Marlatt, G. Alan; & Dillworth, Tiara M. (2006). Intensive mindfulness training and the reduction of psychological distress: A preliminary study. *Cognitive and Behavioral Practice*, 13, 191-197.
- Pollock, Carrie L.; Smith, Shane D.; Knowles, Eric S.; & Bruce, Heather J. (1998). Mindfulness

- limits compliance with the that's-not-all technique. *Personality and Social Psychology Bulletin*, 24, 1153-1157.
- Praissman, Sharon. (2008). Mindfulness-based stress reduction: A literature review and clinician's guide. *Journal of the American Academy of Nurse Practitioners*, 20, 212-216.
- [Review of *Freeing the angry mind: How men can use mindfulness and reason to save their lives and relationships*]. (2007). *Family Therapy*, 34, 45.
- [Review of Robyn D. Walser and Darrah Westrup (2006), *Acceptance and commitment therapy for the treatment of post-traumatic stress disorder and trauma-related problems: A practitioner's guide to using mindfulness and acceptance strategies*']. (2007). *Family Therapy*, 34, 218.
- Ritchhart, Ron; & Perkins, David N. (2000). Life in the mindful classroom: Nurturing the disposition of mindfulness. *Journal of Social Issues*, 56, 27-47.
- Ryback, David. (2006). Self-Determination and the neurology of Mindfulness. *Journal of Humanistic Psychology*, 46, 474-493.
- Schneider, Andrea Kupfer; & Honeyman, Christopher. (2006). *The negotiator's fieldbook*. Washington, DC: American Bar Association, Section of Dispute Resolution,
- Sell, Bill. (2008). Cultivating mindfulness in the large group. *Group*, 32, 261-272.
- Shapiro, Shauna L.; & Carlson, Linda E. (2009a). How is mindfulness helpful? Mechanisms of action. In S. L. Shapiro & L. E. Carlson (Eds.), *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions* (pp. 93-104). Washington, DC: American Psychological Association.
- Shapiro, Shauna L.; & Carlson, Linda E. (2009b). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Washington, DC: American Psychological Association.
- Shapiro, Shauna L.; & Carlson, Linda E. (2009c) What is mindfulness? In S. L. Shapiro & L. E. Carlson (Eds.), *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions* (pp. 3-14). Washington, DC: American Psychological Association,
- Shapiro, Shauna L.; Oman, Doug; Thoresen, Carl E.; Flinders, Tim; & Plante, Thomas G. (2008). Cultivating mindfulness: Effects on well-being. *Journal of Clinical Psychology*, 64, 840-862.
- Sherman, Karen H. (2008). *Mindfulness and the art of choice: Transform your life*. Ann Arbor, MI: Loving Healing Press.
- Stein, Dan J.; Ives-Deliperi, Victoria; & Thomas, Kevin G. F. (2008). Psychobiology of mindfulness. *CNS Spectrums*, 13, 752-756.
- Sternberg, Robert J. (2000). Images of mindfulness. *Journal of Social Issues*, 56, 11-26.
- Tart, Charles T. (1990). Extending mindfulness to everyday life. *Journal of Humanistic Psychology*, 30(1), 81-106.
- Tetlock, Philip E. (1997). Psychological perspectives on international conflict and cooperation. In D. F. Halpern & A. E. Voiskounsky (Eds.), *States of mind: American and post-Soviet perspectives on contemporary issues in psychology* (pp. 49-76). New York: Oxford University Press.
- Thompson, Brian L.; & Waltz, Jennifer A. (2008). Mindfulness, self-esteem, and unconditional self-acceptance. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 26, 119-126.
- Treadway, Michael T.; & Lazar, Sara W. (2009). The neurobiology of mindfulness. In F. Didonna

- (Ed.), *Clinical handbook of mindfulness* (pp. 45-57). New York: Springer Science & Business Media.
- Vujanovic, Anka A.; Youngwirth, Nicole E.; Johnson, Kirsten A.; & Zvolensky, Michael J. (2009). Mindfulness-based acceptance and posttraumatic stress symptoms among trauma-exposed adults without Axis I psychopathology. *Journal of Anxiety Disorders, 23*, 297-303.
- Walach, Harald; Buchheld, Nina; Buttenmüller, Valentin; Schmidt, Stefan; & Kleinknecht, Norman. (2006). Measuring mindfulness--The Freiburg Mindfulness Inventory (FMI). *Personality and Individual Differences, 40*, 1543-1555.
- Weick, Karl E.; Sutcliffe, Kathleen M.; & Obstfeld, David. (1999). Organizing for high reliability: Processes of collective mindfulness. In R. I. Sutton & B. M. Staw (Eds.), *Research in organizational behavior* (Vol. 21, pp. 81-123). US: Elsevier Science/JAI Press.