

There is a large amount of research on mindfulness. Some key papers are presented below:

1. Brown, Christopher A., Jones, Anthony K. P., (2013) 'Psychobiological Correlates of Improved Mental Health in Patients With Musculo-skeletal Pain After a Mindfulness-based Pain Management Program' *Clinical Journal of Pain*, 29(3), pp. 233-44.
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3. Kabat-Zinn, J., et al. (1986), Four-year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance', *Clinical Journal of Pain*, p159.
4. Morone, N. E., Greco, C.M. & Weiner, D. K. (2008), 'Mindfulness meditation for the treatment of chronic low back pain in older adults: A randomized controlled pilot study', *Pain*, 134((3), pp. 310-19.
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7. Sephton, S.E., et al (2007), 'Mindfulness meditation alleviates depressive symptoms in women with fibromyalgia: results of a randomized clinical trial', *Arthritis & Rheumatism*, 57, pp. 77-85.
8. Schmidt, S., et al, (2011), 'Treating fibromyalgia with mindfulness-based stress reduction: results from a 3-armed randomized controlled trial', *Pain* 152, pp. 361-9.
9. Morone, N. E., et al (2008b), 'I felt like a new person' – the effects of mindfulness meditation on older adults with chronic pain: qualitative narrative analysis of diary entries', *Journal of Pain*, 9, pp. 841-8.
10. Gaylord, S. A., et al, (2011), 'Mindfulness training reduces the severity of irritable bowel syndrome in women: results of a randomized controlled trial', *American Journal of Gastroenterology*, 106, pp. 1678-88.
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14. Lykins, Emily L.B. & Baer, Ruth A. (2009), 'Psychological Functioning in a Sample of Long-Term Practitioners of Mindfulness Meditation', *Journal of Cognitive Psychotherapy*, 23(3), pp. 226-41.
15. Ivanowski, B. & Malhi, G. S. (2007), 'The psychological and neurophysiological concomitants of mindfulness forms of meditation', *Acta Neuropsychiatrica*, 19, pp. 76-91.
16. Shapiro, S. L. et al. (2008), 'Cultivating mindfulness: effects on well-being', *Journal of Clinical Psychology*, 64(7), pp. 840-62.
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19. Bowen, S., et al. (2006), 'Mindfulness Mediation and Substance Use in an Incarcerated Population', *Psychology of Addictive Behaviours*, 20, pp. 343-7.
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21. Davidson, R. J. et al. (2003) 'Alterations in brain and immune function produced by mindfulness meditation', *Psychosomatic Medicine*, 65, pp 564-70.
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25. Brown, Christopher A., Jones, Anthony K. P. (2013), 'Psychobiological Correlates of Improved Mental Health in Patients With Musculoskeletal Pain After a Mindfulness-based Pain Management Program', *Clinical Journal of Pain*, 29(3), pp. 233-44.

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