

VEDECKÉ ŠTÚDIE O MINDFULNESS- JEHO VYUŽITÍ A ÚČINNOSTI

Davis, D. M., & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy*, 48(2), 198.

Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, 11, 230-241.

Grossman, P., Niemann, L., Schmidt, .S, & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57, 35-43.

Astin, J. A. (1997). [Stress reduction through mindfulness meditation](#). *Psychotherapy and Psychosomatics*, 66,97-106.

Carlson, L. E., & Garland, S. N. (2005). Impact of mindfulness-based stress reduction on sleep, mood, stress and fatigue symptoms in cancer outpatients. *International Journal of Behavioral Medicine*, 12, 278-285.

Carlson, L. E., Ursuliak, Z., Goodey, E., Angen, M., & Speca, M. (2001). The effect of mindfulness meditation-based stress reduction program on mood and symptom of stress in cancer outpatients: 6-month follow-up. *Supportive Care in Cancer*, 9, 122-123.

Carmody, J. (Science Daily) 2011 [Mindfulness Meditation Training Changes Brain Structure in Eight Weeks](#).

Goldenberg, D. L., Kaplan, K. H., Nadeau, M. G., Brodeur, C., Smith, S., & Schmid, C. H. (1994). A controlled study of a stress-reduction cognitive-behavioural treatment program in fibromyalgia. *Journal of Musculoskeletal Pain*, 2, 53-66.

Kabat- Zinn, J. (2003). Mindfulness-based interventions in context: past, present, and future. *Clinicalpsychology: Science and practice*,10(2), 144-156.

Kabat-Zinn, J. (1982). [An outpatient 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, 333-352.

Kabat-Zinn, J., Lipworth, L., Burney, R., & Sellers, W. (1987). [Four-year follow-up of a meditation-based program for the self-regulation of a chronic pain: Treatment outcomes and compliance](#). *Clinical Journal of Pain*, 2, 159-173.

Kabat-Zinn, J., Massion, M. D., Kristeller, J., Peterson, L. G., Fletcher, K. E., Pbert, L., Lenderking, W. R., & Santorelli, S. F. (1992). [Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders](#). *American Journal of Psychiatry*, 149, 936-943.

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, Z., Scharf, M. J., Cropley, T. G., Hosmer, D., & Bernhard, J. D. (1998). Influence of a mindfulness meditation-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA). *Psychosomatics Medicine*, 50, 625-632.

Kaplan, K. H., Goldenberg, D., L., & Galvin, N. M. (1993). [The impact of a meditation-based stress reduction program on fibromyalgia](#). *General Hospital Psychiatry*, 15, 284-289.

Massion, A. O., Teas, J., Hebert, J. R., Wertheimer, M. D., & Kabat-Zinn, J. (1995). [Meditation, melatonin, and breast/prostate cancer: Hypothesis and preliminary data](#). *Medical Hypotheses*, 44, 39-46.

Miller, J. J., Fletcher, K., & Kabat-Zinn, J. (1995). [Three-year follow-up and clinical implications of mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders](#). *General Hospital Psychiatry*, 17, 192-200.

Nyklicek, I., & Kuijpers, K. F. (2008). [Effects of mindfulness based stress reduction intervention on psychological well-being and quality of life: is increased mindfulness indeed the mechanism?](#) *Annals of Behavioral Medicine*, 35, 331-340.

Philippot, P., Nef, F., Clauw, L., de Romrée, M., & Segal, Z. (2007). *A randomized controlled trial of mindfulness based cognitive therapy for treating tinnitus*. Manuscript submitted for publication.

Psychiatry Research: Neuroimaging, 2011; 191 (1), p. 36 Britta K. Hölze, James Carmodyc, Mark Vangela, Christina Congletona, Sita M. Yerramsettia, Tim Garda, Sara W. Lazara [Mindfulness practice leads to increases in regional brain gray matter density](#)

Ramel, W., Goldin, P. R., Carmona, P. E., & McQuaid, J. R. (2004). [The effects of mindfulness meditation on cognitive processes and affect in patients with past depression](#). *Cognitive Therapy and Research*, 28, 433-455.

Randolph, P. D., Caldera, Y. M., Tacone, A. M., & Greak, M. L. (1999). The long-term combined effect of medical treatment and mindfulness behavioral program for the multidisciplinary management of chronic pain in west Texas. *Pain Digest*, 9, 103-112.

Sephton, S. E., Salmon, P., Weissbecker, I., Ulmer, C., Floyd, A., Hoover, K., & Studts, J. (2007). Mindfulness meditation alleviates depressive symptoms in women with fibromyalgia: results of a randomized clinical trial. *Arthritis & Rheumatism*, 57, 77-85.

Specia, M., Carlson, L. E., Goodey, E., & Angen, M. (2000). [A randomized, wait-list controlled clinical trial: The effect of a mindfulness meditation-based stress reduction program on mood and symptoms of stress in cancer outpatients](#). *Psychosomatic Medicine*, 62, 613-622.

Williams, K. A., Kolar, M. M., Reger, B. E., & Pearson, J. C. (2001). [Evaluation of a wellness-based mindfulness stress reduction intervention: A controlled trial](#). *American Journal of Health Promotion*, 15, 438-445.