

Index

A

Abhidhamma, 16

Acceptance and Action Questionnaire (AAQ), 102

Acceptance and commitment therapy (ACT), 99, 176, 200, 306

OCD, 121

SAD, 117

Acceptance-based behaviour therapy (ABBT), 100

applied relaxation (AR), 114

ACT *See* Acceptance and commitment therapy (ACT)

ACTH *See* Adrenocorticotrophic hormone (ACTH)

Addiction, 193, 195–201, 203–206

addictive behavior, 192

addictive loop model, 193

associative loops, 192

conventional and mindfulness treatments

ACT, 200

avoiding cues, 198

MBSR, 199

meditation, 199

smoking cessation, 200

training, 199–201

cravings, 192, 202–203

drug, 191

early Buddhists model

associative loops, 195

behavior pattern, 195

cognition, 196

craving and aversion, 197

dependent origination, 197

habit pattern, 195

self-identity, 197

sufferings, 193

innocuous behaviors, 192

neurological systems

dACC, 206

DLPFC, 206

DMN, 203–205

meditation, 204–206

MPFC, 205

PCC, 204, 205

self-referential process, 204

smoking, 196, 200–202, 204, 205

Adrenalin, 166

Adrenocorticotrophic hormone (ACTH), 166

Allostasis, 166

inflammatory and metabolic mediators, 166

mediators of, 167

Allostatic load

cognitive behavior, 168

definition, 166

in functional disorders, 175, 176

gene expression, 170–171

glucocorticoids, 168

in immune system, 169–170

inflammation, 169

long-term stress, 167, 168

reversibility, 171

short-term stress, 168

sleep, 169 *see also* Stress

American Lung Association's Freedom

from Smoking (FFS) program, 200

Amygdala, 166, 168, 169, 171, 175

- Anxiety disorders, 169
 CBT, 98
 clinical course, 97
 cognitive domain, 102, 104, 106
 domain of
 behaviour, 106, 107
 emotion regulation, 108, 109
 self-experience, 110, 111
 GAD, 113–115, 124
 heterogeneous, 111, 112
 hypochondriasis, 121
 MABIs, 98–100, 125–128
 meta-analyses, 121–123
 OCD, 120, 121
 PD, 115, 116
 PTSD, 119, 120
 SAD, 117, 118, 124
 taxonomy, 102
 transdiagnostic features, 102
 ARMS *See* At risk mental state (ARMS)
 Associative learning, 192, 193, 196, 200
 At risk mental state (ARMS), 220
 Attunement, trust, touch, egalitarianism,
 nuance, and death education
 (ATTEND) model, 250
Avijā, 196
 Awareness, 227
- B**
 BDS *See* Bodily distress syndrome (BDS)
 Behavioral modification, 192
 Behavior pattern, 192
Bodhichitta, 76
 Bodily distress syndrome (BDS), 173–175
 cost, 175
 functional symptoms, 173, 174
 prevalence, 174
 subtypes, 174
 Borderline personality disorder (BPD), 305
 Buddhahood, 194
 Buddhist teachings
 cognition, 18–20
 compassion, 21–23
 nonself, 14–18
 Buddhist-derived interventions (BDIs), 3
- C**
 Caregivers, 349–354
 definition, 348
 formal caregivers
 MBIs, 352, 353
 paraprofessional and professionals, 352
 teaching, 353, 354
 informal caregivers
 caregiver burden, 349
 frail elders, 349
 MBIs, 350, 351
 tangible effects, 350
 teaching, 353, 354
 CBT *See* Cognitive behavioural therapy (CBT)
 Clinical training
 clinician-patient relationship, 40–41
 diagnostic practices, 39–40
 Intention of Practice, 41
 Cocaine, 192, 204
 Cognition, 18–20
 Cognitive behavioural group therapy (CBGT),
 118
 Cognitive behavioural therapy (CBT), 98, 117,
 212
 Cognitive neuroscience, 140
 Compassion, 21–23
 Confluence, 31
 Contingency, 51
 Coping with Anxiety through Living
 Mindfully (CALM) Pregnancy
 programme, 375
 Corporeality, 50
 Cortical midline structures (CMS), 150, 151
 Corticotrophin-releasing factor (CRF), 166
 Cortisol, 319
 Cosmopolitanism, 51
 Couple relationships
 acceptance, 396, 397
 dispositional mindfulness, 393
 education, 401, 402
 emotion regulation, 395, 396
 emotion-focussed couple therapy, 402
 empathy and support, 398, 399
 evidence-based couple therapy, 400
 IBCT, 403, 404
 individual adjustment, 394
 interpersonal outcomes, 392
 MBIs, 400
 mood and anxiety disorders, 392
 paying attention, 393
 positive shared activities, 391
 psychological disorders, 392
 self-reflection, 397
 self-regulation, 397
 short-term effects, 400
 substance misuse, 392
 TBCT, 405
 tolerance building, 404
 unified detachment, 404
 C-reactive protein (CRP), 319
 CRF *See* Corticotrophin-releasing factor (CRF)
 Cushing's syndrome, 168

D

- Deep listening, 178
- Default mode network (DMN), 150, 203–206
- Delusions, 212, 216
- Dependent co-origination, 194
- Depression, 152, 153, 342
 - attention, 145
 - attitude, 145
 - buddhist perspective, 142
 - buddhist traditions, 142
 - dysphoria, 148
 - effectiveness, 154
 - human tendency, 144
 - intention, 145
 - MBCT, 149
 - meditation, 140, 141
 - mindful awareness, 148
 - neural mechanisms, 149–151
 - physical and emotional pain, 143, 144
 - reperceiving, 146
 - self-referential thinking, 146, 147
 - spiritual awakening, 144
- Dhammasangani*, 18
- Dhātukathā*, 18
- Diagnostic and Statistical Manual of Mental Disorders (DSM), 10–11
- Dialectical behaviour therapy (DBT), 125, 264, 303
- DMN *See* Default mode network (DMN)
- Dukkha*, 16

E

- Effective teachers, 63–64
- Empathic action, 251

F

- Five Facet Mindfulness Questionnaire (FFMQ), 87–89, 230
- Focused attention (FA), 141
- Forensic mental health
 - mindfulness methods, 303
 - negative emotion, 302–303
 - outcome evaluation, 304–305
 - programme diversity, 305–306
 - programme integrity, 307
 - violence, 300–302
- Frail elders
 - age-associated diseases, 339
 - communication, 347
 - heart disease, cancer, and stroke, 339
 - MBSR and MBCT, 346
 - meta-analysis, 339

- physical ailments, 348
- teaching, 346, 347

- Friendship, 52
- Functional disorders, 173, 175–177
- Functional somatic syndromes, 173, 175

G

- Gautama, Siddhartha, 193, 194, 199
- Generalised anxiety disorder (GAD), 113–115
- Glucocorticoids, 168
- Good practice principles and standards, 68–71
- Guidance, 72

H

- Hallucinations, 212, 213, 216, 217, 220
- Hamilton Anxiety Rating Scale (HAMA), 114
- Hatha yoga, 178
- Heterogeneous anxiety disorders, 111–113
- High between-subject variability, 86
- Homeostasis, 166
- Homiletics, 72
- HPA axis *See* Hypothalamus-pituitary-adrenal axis (HPA axis)
- Human desire, 251, 252, 254
 - Annie, 253
 - ATTEND model, 250–251
 - death anxiety, 248
 - deny death, 248
 - Glenn, 252
 - grief, 248
 - MBCT, 249
 - MBSR, 249
 - mindful care
 - Beverly, 254
 - caregiving, type of, 252
 - deep self-awareness and attunement foster, 251
 - empathy, 251
 - flexibility, 251
 - humility, 251
 - meditation, 252
 - patience, 251
 - Western psychotherapy, 252
 - mindfulness-based interventions, 249
 - model's utility and success, 249
 - spiritual bypassing, 248
 - suffering and mourning, 248
- Hypochondriasis, 121
- Hypothalamus-pituitary-adrenal axis (HPA axis), 166, 167, 169
- Hysteria, 173

I

- IL-6, 319
- Immune system, 169–170
- Integrative behavioural couple therapy (IBCT), 403
- International Classification of Diseases (ICD), 10–11
- Interpersonal mindfulness, 365, 366
- Interpretative phenomenological analysis (IPA), 217
- Irritable bowel syndrome, 173, 175, 176

K

- Kamma*, 21
- Kathavatthu*, 18
- Kentucky Inventory of Mindfulness Skills (KIMS), 230, 232, 238, 317

L

- Leucocyte telomeres, 170
- Life practice, 73–74
- Linear analog self-assessment (LASA) scores, 320
- Loneliness, 170
- Long-term stress, 167, 168
- Loving-kindness meditation (LKM), 3, 85
 - alternating-treatment experiment, 87
 - contemplative practices, 86
 - effects, 85, 90
 - FFMQ, 87–89
 - Mood States scale, 90
 - POMS, 88
 - probability, 88
 - single-subject designs, 87

M

- MAAS *See* Mindful Attention Awareness Scale (MAAS)
- Mantram, 235
- MBCT *See* Mindfulness-based cognitive therapy (MBCT)
- MBIs *See* Mindfulness-based interventions (MBIs)
- MBPP *See* Mindfulness-based psychoeducational programme (MBPP)
- MBRP *See* Mindfulness-Based Relapse Prevention (MBRP)
- MBT *See* Mindfulness-based therapies (MBT)
- MBX *See* Mindfulness-based stretching and deep breathing (MBX)
- Medial prefrontal cortex (MPFC), 204

- Medically unexplained symptoms, 173
- Meditation, 85–90, 252
 - alternating-treatment experiment, 87
 - contemplative practices, 86
 - effects, 85, 90
 - FFMQ, 87–89
 - Mood States scale, 90
 - POMS, 88
 - probability, 88
 - single-subject designs, 87
- Mental health problems, 346, 348
 - alcoholism and substance abuse, 343
 - caregivers *see* Caregivers
 - cognitive function, 340, 341
 - conventional medical approach, 338
 - death, 345, 346
 - depression, 342
 - frail elders *see* Frail elders
 - insomnia, 345
 - pain, 344, 345
 - psychosocial factors, 337
 - stereotyping and discrimination, 340
- Mindful Attention Awareness Scale (MAAS), 229
- Mindful Self-compassion programme, 288
- Mindfulness, 34–53, 368–370, 378–380
 - ACT, 377
 - aesthetic work, 53–56
 - attachment style, 371, 372
 - autism spectrum disorders, 372
 - body, emotions and cognitions, 374
 - child mental health centres, 377
 - child outcomes, 373
 - components, 364
 - confluence, 31
 - continuous development, 56–57
 - definition, 227
 - descriptions of pedagogy, 33–35
 - joint action, 34–35
 - Omelette in a Kitchen, 35–36
 - potentials, 36
 - ethical work, 50
 - character of confluence, 52
 - doing dimension, 50–51
 - ethical space, 52–53
 - non-doing dimension, 51–52
 - experiential acceptance, 372
 - features, 364
 - flexibility
 - cognitive fusion, 369, 370
 - definition, 368
 - experiential avoidance, 370
 - incorporating mindfulness
 - multiple-baseline design study, 378
 - PUP programme, 379

- Stepping Stones Triple P and ACT, 380
 - Strengthening Families Programme, 378
 - interpersonal process, 365, 366
 - MBCP, 373
 - MBSR intervention, 373, 376
 - mindful parenting, 365
 - motherhood intervention, 374
 - parent–child interactions, 377, 381, 382
 - perinatal and postnatal anxiety, 375
 - postnatal depression and anxiety, 374
 - postpartum, 375
 - randomised controlled trial, 29, 376
 - relational dimensions, 30
 - relational process, 380, 381
 - responsiveness, 366–368
 - scientific description, 32–33
 - teacher, 36–37
 - clinical training, 39–41
 - guidance, 46–48
 - homiletics, 45–46
 - inquiry, 48–49
 - inside skills, 43–45
 - outside skills, 42–43
 - stewardship, 42
 - training, 37–38
 - transition to parenthood, 373
 - treatment
 - body observation, 177
 - Buddhist view, 177
 - deep listening, 178
 - meditation practices, 178
 - mindfulness therapy, 178
 - stress reduction in treatment of BDS, 178
 - yoga practices, 178
 - Western Buddhist framings, 30
 - Mindfulness- and acceptance-based group therapy (MAGT), 118
 - Mindfulness- and acceptance-based interventions (MABIs), 98–100
 - ACT and CBT, 112
 - for anxiety disorders, 121, 122
 - CBTs, 126, 127
 - GAD, 114
 - PD, 115, 116
 - for PTSD, 125
 - SAD, 124
 - transdiagnostic features, 102, 103, 123
 - Mindfulness-Based Childbirth and Parenting Programme (MBCP), 373
 - Mindfulness-based cognitive therapy (MBCT), 2, 99, 139, 199, 249, 284
 - CBT, 118
 - hypochondriasis, 121
 - PTSD, 120
 - Mindfulness-based interventions (MBIs), 2, 212
 - Mindfulness-based psychoeducational programme (MBPP), 213
 - Mindfulness-Based Relapse Prevention (MBRP), 199
 - Mindfulness-Based Strengths Practice, 288
 - Mindfulness-based stress reduction (MBSR), 2, 29, 98, 99, 139, 171, 172, 178, 199, 205, 211, 233, 249, 315–316
 - CBT, 113
 - chickpea to cook, 77–78
 - dialogue and inquiry, 79–81
 - effective teachers, 63–64
 - ethical foundation, 74–75
 - good practice principles and standards, 68–71
 - life practice, 73–74
 - noble truths, 78–79
 - professional training and education, 65–68
 - PTSD, 119
 - quality and integrity model, 64–65
 - SAD, 118
 - teaching skills and competencies, 71–73
 - tradition, lineage and modern society, 75–77
 - Mindfulness-based stretching and deep breathing (MBX), 235
 - Mindfulness-based therapies (MBT), 171, 178
 - Mindfulness meditation (MM), 3, 85
 - Mood disorder, 169
 - MPFC *See* Medial prefrontal cortex (MPFC)
- N**
- National Institute for Health and Care Excellence (NICE), 212
 - Neural mechanisms
 - depression, 149, 150
 - mindfulness and meditation, 152, 153
- O**
- Obsessive-compulsive disorder (OCD), 120, 121
 - Open monitoring (OM) meditation, 141
 - Operant conditioning, 192, 194
- P**
- Pain perception, 176
 - Panic disorder (PD), 115, 116
 - Parental responsiveness, 367
 - Parents under Pressure (PUP) programme, 379
 - Parkinson's disease (PD), 169, 170
 - Patthāna*, 19
 - PBCT *See* Person-based cognitive therapy (PBCT)

- PCC *See* Posterior cingulate cortex (PCC)
- Pedagogy, 33–35
 joint action, 34–35
 Omelette in a Kitchen, 35–36
 potentials, 36
- Person-based cognitive therapy (PBCT), 213, 217
- Polysomnography (PSG), 321
- Positive psychology (PP), 279–284
 anxiety/depression, 287
 attention components, 288
 attitude components, 288
brahmaviharas (divine abidings), 286
 clinical and academic engagement
 human functioning, deficit model, 283
 MBCT, 284
 MBSR, efficacy, 283
 psychological and physical issues, 284
 Scientific Buddhism, 282
 complementing fields, 287
 conceptual space, 286
 deficit-based therapeutic fields, 287
 dysfunction and disorder, 285
 hedonic and eudaimonic wellbeing, 289
 intention components, 288
 outcomes, 288
 PPIs, 286, 288
 transmission of mindfulness
 decontextualisation, 280, 281
 enlightenment, 279
 existential crisis, 279
 Hinduism features, 279
 New Religious Movements, 281
 Noble Eightfold Path, 279
 Orientalist, 281
 psychological development and liberation, 279
 ritualized forms and traditional religious affiliations, 281
sati, 280
 Scientific/Therapised Buddhism, 281
 variables, 288, 289
- Positive psychology interventions (PPIs), 286, 288
- Possums Sleep Intervention, 375
- Posterior cingulate cortex (PCC), 204, 205
- Post-traumatic stress disorder (PTSD), 119, 120, 228–235
 in adolescents, 239
 in children, 239
 comorbidity, 227
 cross-sectional studies
 accepting without judgment, 230
 acting with awareness, 230
 adult community, 231
 undergraduate students, 230
 definition, 227
 future research, 239–241
 interventions
 clinical trials, 232
 cognitive therapy, 234
 mantram repetition, 235
 MBSR, 233, 234
 stress reduction, 233
 stretching and deep breathing, 235
 transcendental meditation, 232
 yoga, 235
 limitations, 239–241
 marijuana, 238
 mindfulness/meditation
 empathy and compassion, 229
 mindful distraction, 229
 present-centered awareness, 228
 reduce physiological arousal, 228
 prevalence, 227
 residential treatment, 231
 substance use, 237, 238
 symptoms, 227
- Prīti*, 219
- Professional Quality of Life Scale (ProQOL), 320
- Professional training and education, 65–68
- Profile of Mood States (POMS), 87
- Psychiatric classification systems, 14–23
 Buddhist teachings
 cognition, 18–20
 compassion, 21–23
 nonself, 14–18
 criticisms and controversy, 11–13
 DSM and ICD, 10–11
 expansion and redefinition of diagnostic categories, 13–14
 humility, 24
- Psychological flexibility, 229
- Psychological inflexibility, 306
- Psychosis treatment, 212, 213, 216–219
 clinician competencies, 219–220
 condition, 212
 empirical findings, 220
 future research, 220
 iatrogenic effects
 intensive meditation, 218
 meditation instructor, 219
 psychotic episodes, 218
- MBIs, 212
- qualitative studies
 distressing psychosis, 217
 early psychosis, 216
 grounded theory analysis, 216
 IPA, 217

- PBCT, 217
- schizophrenia, 216
- thematic analysis approach, 217
- quantitative studies
 - limitations, 213
 - MBPP, 213
 - mindfulness techniques, 212
 - PBCT, 213
 - RCT, 213
 - schizophrenia, 213
- Psychosomatic link, 173
- PTSD *See* post-traumatic stress disorder (PTSD)
- Puggalapamatti*, 18

- Q**
- Quality and integrity model, 64–65
- Quality of Life Scale (QOLS), 320

- R**
- Randomized controlled trials (RCTs), 213, 220, 235, 236, 319
- Relapse prevention (RP), 200
- Romantic relationships *See* Couple relationships
- Rosenberg self-esteem scale, 263
- RP *See* Relapse prevention (RP)

- S**
- Saṃsāra*, 196
- sati*, 280
- Schizophrenia, 212, 213, 215–218
- Second-generation mindfulness approaches, 2
- Self-compassion, 172
- Self-esteem, 261–264, 267, 268
 - definition, 259
 - experimental inductions, 266–267
 - fragile high self-esteem, 261
 - meta-analysis, 260
 - mindfulness
 - acceptance facet, 263
 - acting with awareness, 262, 264
 - cognitive biases and maladaptive schemas, 263
 - cognitive reappraisal, 268
 - contingent high self-esteem, 268
 - cultivate secure, 267
 - definition, 261
 - describing factors, 262
 - examination, 263
 - induction, 268
 - labeling subscale, 264
 - mindful acceptance and awareness, 268
 - non-judging of inner experiences, 262, 263
 - non-reactivity facet, 262, 264
 - observe facet, 264
 - observing factors, 262
 - orientation to experiences, 262
 - self-regulation of attention, 262
 - temporarily bolster views, 268
 - thoughts and emotions, 262
 - mindfulness-based clinical interventions, 265–266
 - positive and negative outcomes, 261
 - positive psychological and social outcomes, 260
 - secure high self-esteem, 261
 - sociometer theory, 260
 - TMT, 260
- Self-identity, 197
- Serotonin, 168
- Short-term stress, 166, 168, 169
- Single-subject designs, 87
- Sleep, 169, 176
- Smoking, 203
- SNS *See* Sympathetic nervous system (SNS)
- Social anxiety disorder (SAD), 117, 118
- Sociometer theory, 260
- Somatization, 173
- Somatoform disorders, 176
- Steroid dementia, 168
- Stewardship, 72
- Stimulus-independent thought (SIT), 140
- Stress
 - acquired immunity, 170 *see also* Allostatic load
 - anxiety, 169
 - bodily distress syndrome, 173–175
 - and diseases, 169
 - and evolution, 165
 - and gene expression, 170–171
 - humoral immunity, 170
 - infection, 170
 - loneliness, 170
 - long-term stress, 168
 - mood disorders, 168
 - prolonged, 169, 170
 - psychosis, 218
 - psychosomatic link, 173
 - reasons for, 165
 - short-term stress *see* specific disorders and vaccination, 170
- Stress response, 165–167
 - and brain, 166
 - long-term stress, 168
- Stress sensitive, 167

Stretching and deep breathing, 235
 Sudarshan Kriya yoga, 236
 Supporting Healthy Marriage (SHM) study, 401
 Sympathetic nervous system (SNS), 166

T

Tanḥā, 193, 196
 TAU *See* Treatment as Usual (TAU)
 Teacher, 36–37
 clinical training, 39–41
 and competencies, 71–73
 guidance, 46–48
 homiletics, 45–46
 inquiry, 48–49
 inside skills, 43–45
 outside skills, 42–43
 stewardship, 42
 training, 37–38
 Terror management theory (TMT), 260
 TNF- α , 319
 Traditional behavioural couple therapy (TBCT), 403
 Transcendental Meditation and Qigong, 219, 232
 Transformative parenting
 fertile soil, 383–385
 personal transformation, 382, 383
 Trauma-related disorder *See* Post-traumatic stress disorder (PTSD)
 Treatment as usual (TAU), 200, 234

V

Vibhanga, 18

W

Western Buddhism, 281
 Workplace stress and wellness, 315–316, 318–329
 current programs and coverage, 329–331
 health-related outcomes
 biomarkers, 318–319
 cardiovascular health, 318
 quality of life, 319–320
 sleep quality, 321
 stress, 320–321
 mind-body approaches
 groundbreaking study, 316
 MBSR, 315–316
 pragmatic applicability, 316
 workplace programming, 316
 work environments
 Firefighters, 326
 lawyers, 327
 nurses, 323–325
 physicians, 325
 police officers, 325–326
 teachers, 326–327
 value added, 327–329
 work-specific outcomes
 absenteeism and mental health, 322
 presenteeism, 322–323
 World Health Organization Quality of Life (WHOQOL)-BREF, 320

Y

Yamaka, 19
 Yoga, 235, 236
 Yoga nidra, 178