

# Meditation and Mindfulness in Clinical Practice



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## KEYWORDS

- Meditation • Mindfulness • Transcendental meditation • Anxiety • Depression
- Children • Adolescents

## KEY POINTS

- Meditation and mindfulness techniques derive from traditional contemplative practices, but are applied in modern clinical settings without the original religious and spiritual overtones.
- Five types of meditation have been systematically examined in children and adolescents: focused attention, open monitoring, automatic self-transcending (transcendental meditation), mind-body techniques, and body-mind techniques.
- Only a few randomized controlled trials have been conducted in children and adolescents, and more rigorous research is needed.
- Meditative and movement techniques have been shown to produce benefits for anxiety, depressive, and other negative affects, behavioral and emotional symptoms, and somatic functioning.
- Meditation and mindfulness techniques produce neurobiological changes in the brain and physiologic improvements in body function that have been shown to be enduring for patients who continue to practice these techniques.
- No significant adverse effects have been identified.
- Providers who offer these techniques should be well trained to ensure the best results.
- Research outcome measures demonstrate that there is a direct correlation between the amounts of time spent practicing, or participating in formal guided practice, with increased effectiveness of the techniques.

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### Abbreviations

AAP	Attention Academy Program
ABC	Aberrant Behavioral Checklist
ACT	Acceptance and commitment therapy
ACTeRS	ADD-H Comprehensive Teacher Rating Scale
ADHD	Attention-deficit/hyperactivity disorder
ADIS-C	Anxiety Disorder Interview Schedule for Children
AN	Anorexia nervosa
ANT	Attention Network Test
AR	Biofeedback
ASD	Autistic spectrum disorder
AST	Automatic self-transcending
BASC-2	Behavioral Assessment System for Children, second edition
BDI	Beck Depression Inventory
BMI	Body mass index
BN	Bulimia nervosa
BRIEF	Behavior Rating Inventory of Executive Function
CAM	Complementary and alternative medicine
CAS	Cognitive Assessment System
CBCL	Child Behavior Checklist
CBT	Cognitive-behavioral therapy
CD	Conduct disorder
CDRS-R	Child Depression Rating Scale—Revised
CFIT	Culture Fair Intelligence Test
CHIP-AE	Child Health and Illness Profile Adolescent Edition
CM	Contemplation meditation
CPRS	Child-Parent Relationship Scale
CPT II	Connor's Continuous Performance Test II
CTI	Constructive Thinking Inventory
D-KEFS	Delis-Kaplan Executive Function System
DBM	Deep-breathing meditation
DBT	Dialectical behavior therapy
DMN	Default mode network
DMT	Dance/movement therapy
EDE	Eating Disorder Examination
EDNOS	Eating disorder not otherwise specified
eLORETA or LORETA	Low-resolution brain electromagnetic tomography
EMG	Electromyographic
ES	Effect size
FA	Focused attention
fMRI	Functional magnetic resonance imaging
GABA	$\gamma$ -Aminobutyric acid
GEFT	Group Embedded Figures Test
IT	Inspection time
KIDNET	Narrative Exposure Therapy for children
M-B	Mind-body
MANOVA	Multivariate analysis of variance
MAP	Mindfulness awareness practices
MASC	Multidimensional Anxiety Scale for Children
MBCT	Mindfulness-based cognitive therapy
MBI	Primary basis of mindfulness-based interventions
MBRP	Mindfulness-based relapse prevention
MBSR	Mindfulness-based stress reduction
MBST	Mindfulness-based stress reduction
MED-RELAX	Meditation-relaxation
MET	Motivational enhancement therapy
MFQ	Mood and Feelings Questionnaire
MM	Mindfulness meditation

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