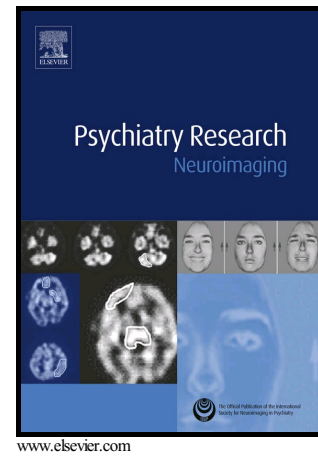


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PII: S0925-4927(16)30023-3
DOI: <http://dx.doi.org/10.1016/j.psychresns.2017.03.016>
Reference: PSYN10670

To appear in: *Psychiatry Research: Neuroimaging*

Received date: 13 January 2016
Revised date: 12 March 2017
Accepted date: 20 March 2017

Cite this article as: Athene K.W. Lee, David A. Gansler, Nanyin Zhang, Matthew W. Jerram, Jean A. King and Carl Fulwiler, Relationship of mindful awareness to neural processing of angry faces and impact of mindfulness training: A pilot investigation, *Psychiatry Research: Neuroimaging* <http://dx.doi.org/10.1016/j.psychresns.2017.03.016>

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Relationship of mindful awareness to neural processing of angry faces and impact of mindfulness training: A pilot investigation

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Abstract

Mindfulness is paying attention, non-judgmentally, to experience in the moment. Mindfulness training reduces depression and anxiety and influences neural processes in midline self-referential and lateralized somatosensory and executive networks. Although mindfulness benefits emotion regulation, less is known about its relationship to anger and the corresponding neural correlates. This study examined the relationship of mindful awareness and brain hemodynamics of angry face processing, and the impact of mindfulness training. Eighteen healthy volunteers completed an angry face processing fMRI paradigm and measurement of mindfulness and anger traits. Ten of these participants were recruited from a Mindfulness-Based Stress Reduction

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