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Original Article

- Philippe Goldin,
- Michal Ziv,
- Hooria Jazaieri,
- Kevin Hahn,
- and James J. Gross

MBSR vs aerobic exercise in social anxiety: fMRI of emotion regulation of negative self-beliefs *Soc Cogn Affect Neurosci* (2013) 8 (1): 65-72 first published online May 13, 2012 doi:10.1093/scan/nss054

...Special Issue on Mindfulness Neuroscience MBSR vs aerobic exercise in social anxiety...Mindfulness-based stress reduction (MBSR) is thought to reduce emotional reactivity...randomized controlled trial who were assigned to MBSR or a comparison aerobic exercise (AE...

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2. ☐ Select this article

Original Article

- Norman A. S. Farb,
- Zindel V. Segal,
- and Adam K. Anderson

Mindfulness meditation training alters cortical representations of interoceptive attention *Soc Cogn Affect Neurosci* (2013) 8 (1): 15-26 first published online June 11, 2012 doi:10.1093/scan/nss066

...Mindfulness-Based Stress Reduction (MBSR) (Kabat-Zinn, 1990), in which individuals...Malhi, 2007). While some exercises in MBSR investigate emotional reactivity to external...behavioral patterns in the world, most MBSR practices employ IA, cultivating sustained...

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Original Article

- Britta K. Hölzel,
- James Carmody,



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- Karleyton C. Evans,
- Elizabeth A. Hoge,
- Jeffery A. Dusek,

- Lucas Morgan,
- Roger K. Pitman,
- and Sara W. Lazar

Stress reduction correlates with structural changes in the amygdala *Soc Cogn Affect Neurosci* (2010) 5 (1): 11-17 first published online September 23, 2009 doi:10.1093/scan/nsp034

...Mindfulness-based stress reduction (MBSR; Kabat-Zinn, 1990) is a popular 8-week...All participants completed the 8-week MBSR program, consisting of weekly group meetings...studies that both assess the effect of MBSR on brain structure. Sixteen participants...

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Original Paper

- Lori Haase,
- Nathaniel J. Thom,
- Akanksha Shukla,
- Paul W. Davenport,
- Alan N. Simmons,
- Martin P. Paulus,
- and Douglas C. Johnson

Mindfulness-based training attenuates insula response to an aversive interoceptive challenge *Soc Cogn Affect Neurosci* first published online April 8, 2014 doi:10.1093/scan/nsu042

...Mindfulness-based stress reduction (MBSR) developed by Jon Kabat-Zinn (1982...prolonged exposure (McLean and Foa, 2011), MBSR is an evidence-based therapy that can...officer with many years of training in MBSR and trauma resilience and contains many...

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6. ☐ Select this article

Editorial

- Yi-Yuan Tang and
- Michael I. Posner

Special issue on mindfulness neuroscience *Soc Cogn Affect Neurosci* (2013) 8 (1): 1-3 first published online September 5, 2012 doi:10.1093/scan/nss104



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...mindfulness-based stress reduction (MBSR) course to a wait-listed control group...automatic emotional responding via the insula. MBSR is thought to reduce emotional reactivity...of attentional emotion regulation using MBSR vs aerobic exercise (AE) in SAD. In...

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7. ☐ Select this article

Original Article

- Norman A. S. Farb,
- Zindel V. Segal,
- Helen Mayberg,
- Jim Bean,
- Deborah McKeon,
- Zainab Fatima,
- and Adam K. Anderson

Attending to the present: mindfulness meditation reveals distinct neural modes of self-reference *Soc Cogn Affect Neurosci* (2007) 2 (4): 313-322 first published online August 13, 2007 doi:10.1093/scan/nsm030

...4Mindfulness-Based Stress Reduction (MBSR) Clinic, St. Joseph's Health Centre...mindfulness-based stress reduction (MBSR) program at St Joseph's Hospital in...in Kabat-Zinn et al. (1992). The MBSR program featured weekly in-class sessions...

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Original Article

- Véronique A. Taylor,
- Jérôme Courtemanche,
- Véronique Daneault,
- Anaïs S. Lavarenne,
- Joshua Grant,
- Guillaume Marrelec,
- Geneviève Scavone,
- Habib Benali,
- Estelle Breton,
- and Mario Beauregard
- Sébastien Roffe-Vidal,

Impact of meditation training on the default mode network during a restful state *Soc Cogn Affect Neurosci* (2013) 8 (1): 4-14 first published online March 24, 2012 doi:10.1093/scan/nsr087

...received an 8-week mindfulness-based stress-reduction (MBSR) program, relative to a wait-listed control group. There...between a group of participants having completed an 8-week MBSR training program and a wait-listed control group. Though Kilpatrick...

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9. ☐ Select this article

Original Paper

- Stephanie Boehme,
- Wolfgang H.R. Miltner,
- and Thomas Straube

Neural correlates of self-focused attention in social anxiety *Soc Cogn Affect Neurosci* first published online October 17, 2014 doi:10.1093/scan/nsu128

...analysis. Human Brain Mapping (2006) 27:392-401. Goldin PR , Gross JJ. Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion* (2010) 10:83-91. Goldin PR , Manber T, Hakimi S, Canli...

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Original Article

- Mei-Kei Leung,
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- Jing Yin,
- Chack-Fan Lee,
- Kwok-Fai So,
- and Tatia M. C. Lee

Increased gray matter volume in the right angular and posterior parahippocampal gyri in loving-kindness meditators *Soc Cogn Affect Neurosci* (2013) 8 (1): 34-39 first published online July 18, 2012 doi:10.1093/scan/nss076

...disease. *Psychiatry Research* (2010) 181:9-14. Goldin PR , Gross JJ. Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion* (2010) 10:83-91. Gradin VB , Kumar P, Waiter G, et al...

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- Natalie A. Paul,
- Steven J. Stanton,
- Jeffrey M. Greeson,
- Moria J. Smoski,
- and Lihong Wang

Psychological and neural mechanisms of trait mindfulness in reducing depression vulnerability *Soc Cogn Affect Neurosci* (2013) 8 (1): 56-64 first published online June 19, 2012 doi:10.1093/scan/nss070

...Psychological Medicine (2010) 40(5):815-26. Goldin PR , Gross JJ. Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion* (2010) 10(1):83-91. Gopin CB , Burdick KE, Derosse P...

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