

MINDFULNESS MEDITATION AND SUBSTANCE USE DISORDERS

References

- Bowen, S., Witkiewitz, K., Dillworth, T., Chawla, N., Simpson, T., Ostafin, B. . . . Marlatt, G. A. (2006). Mindfulness meditation and substance use in an incarcerated population. *Psychology of Addiction Behaviors, 20*(3), 343-347.
- Bowen, S., Chawla, N., Collins, S. E., Witkiewitz, K., Hsu, S., Grow, J. . . . Marlatt, A. (2009). Mindfulness-based relapse prevention for substance use disorders: A pilot efficacy trial. *Substance Abuse, 30*(4), 295-305.
- Bowen, S., Witkiewitz, K., Chawla, N., & Grow, J. (2011). Integrating mindfulness meditation and cognitive-behavioral traditions for the long-term treatment of addictive behaviors. *Journal of Clinical Outcomes Management, 18*(10), 473-479.
- Chen, K. W., Comerford, A., Shinnick, P., & Ziedonis, D. M. (2010). Introducing qigong meditation into residential addiction treatment: A pilot study where gender makes a difference. *The Journal of Alternative and Complementary Medicine, 16*(8), 875-882.
- Brewer, J. A., Sinha, R., Chen, J. A., Michalsen, R. N., Babuscio, T. A., Charla, N. . . . Rounsaville, B. J. (2009). Mindfulness training and stress reactivity in substance abuse: Results from a randomized controlled stage I pilot study. *Substance Abuse, 30*(4), 306-317.
- Garland, E. L., Gaylord, S. A., Boettinger, C. A., & Howard, M. O. (2010). Mindfulness training modifies cognitive, affective, and physiological mechanisms implicated in alcohol dependence: Results of a randomized controlled pilot trial. *Journal of Psychoactive Drugs, 42*(2), 177-192.
- Lee, K., Bowen, S., & An-Fu, B. (2011). Psychosocial outcomes of mindfulness-based relapse prevention in incarcerated substance abusers in Taiwan: A preliminary study. *Journal of Substance Use, 16*(6), 476-483.
- Marcus, M. T., Schmitz, J., Moeller, G., Liehr, P., Cron, S. G., Swank, P. . . . Granmayeh, L. K. (2009). Mindfulness-based stress reduction in a therapeutic community: A stage 1 trial. *The American Journal of Drug and Alcohol Abuse, 35*(2), 103-108.
- Hendershot, C. S., Witkiewitz, K., George, W. H., & Marlatt, G. A. (2011). Relapse prevention for addictive behaviors. *Substance Abuse Treatment, Prevention, and Policy, 6*(17), 1-17.
- Hsu, S. H., & Marlatt, G. A. (2012). Addiction syndrome: Relapse and relapse prevention. In H. Shaffer, D. A. LaPlante, & S. E. Nelson (Eds.), *APA addiction syndrome handbook* (105-132). Washington, DC: American Psychological Association.

- National Institute on Drug Abuse. (2012). *Principles of drug addiction treatment: A research-based guide* (NIH Publication No. 12-4180). Washington, DC: U.S. Government Printing Office.
- Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Volume I. Summary of National Findings* (NSDUH Series H-46, HHS Publication No. SMA 13-4795). Rockville, MD: Substance Abuse and Mental Health Services Administration.
- United Nations Office on Drugs and Crime. (2012). *World drug report* (United Nations Publication, Sales No. E.12.XI.1). New York, NY: United Nations. Retrieved from http://www.unodc.org/documents/data-and-analysis/WDR2012/WDR_2012_web_small.pdf
- Witkiewitz, K., & Bowen, S. (2010). Depression, craving, and substance use following a randomized trial of mindfulness-based relapse prevention. *Journal of Consulting and Clinical Psychology, 78*(3), 362-374.
- Witkiewitz, K., Bowen, S., Douglas, H., & Hsu, S. H. (2013). Mindfulness-based relapse prevention for substance craving. *Addictive Behaviors, 38*(2), 1563-1571.
- Witkiewitz, K., Greenfeld, B. L., and Bowen, S. (2013). Mindfulness-based relapse prevention with ethnic and minority women. *Addictive Behaviors, 38*(12), 2821-2824.
- Witkiewitz, K., Warner, K., Sully, B., Barricks, A., & Stauffer, C. (in press). Randomized trial comparing mindfulness-based relapse prevention with relapse prevention for women offenders at a residential addiction treatment center. *Substance Use & Misuse* (in press).
- Zgierska, A., Rabago, D., Zuelsdorff, M., Coe, C., Miller, M., & Fleming, M. (2008). Mindfulness meditation for alcohol relapse prevention: A feasibility pilot study. *Journal of Addiction Medicine, 2*(3), 165-173.