

Mindfulness en la prevenció de recaigudes



Antònia Raich

Psicòloga Clínica

Divisió de Salut Mental

ALTHAIA Xarxa Assistencial Universitària
de Manresa

- La dependència de la nicotina és una addicció
- No queda clar que tots els fumadors siguin realment dependents o tinguin una addicció
- Tots els fumadors que tenen dificultats per deixar de fumar i que han presentat vàries recaigudes, han desenvolupat una addicció
- Les addiccions són malalties psiquiàtriques en que l'abordatge és fonamentalment psicològic
- Un fumador amb un alt nivell d'addicció hauria de ser tractat per un expert en addiccions

Pràctica de mindfulness: canvis neuroanatòmics i funcionals

AGEING

NEUROREPORT

Meditation experience is associated with increased cortical thickness

Sara W. Lazar^a, Catherine E. Kerr^b, Rachel H. Wasserman^{a,b}, Jeremy R. Gray^c, Douglas N. Greve^d, Michael T. Treadway^a, Metta McGarvey^e, Brian T. Quinn^d, Jeffery A. Dusek^{f,g}, Herbert Benson^{f,g}, Scott L. Rauch^a, Christopher I. Moore^{h,i} and Bruce Fischl^{d,j}



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Mindfulness practice leads to increases in regional brain gray matter density

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Mindfulness Meditation for Substance Use Disorders: A Systematic Review

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David Rabago, MD
Neharika Chawla, MS
Kenneth Kushner, PhD
Robert Koehler, MLS
Alan Marlatt, PhD

ABSTRACT. Relapse is common in substance use disorders (SUDs). The goal of this article was to systematically review the existing evidence-based interventions (MM) for SUDs. The comprehensive search for 2000 abstracts and resulted in 25 eligible manuscripts (22 published controlled trials, 7 controlled nonrandomized, 6 noncontrolled published and 1 case report). When appropriate, methodological quality, absolute risk to treat, and effect size were assessed. Overall, although preliminary and safety, conclusive data for MM as a treatment of SUDs are limited. Limitations exist in most studies. Further, it is unclear which populations benefit from MM. Future trials must be of sufficient sample size to answer the question. Should target both assessment of effect size and mechanisms of action.

KEYWORDS. Addiction, meditation, mindfulness, relapse prevention

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A Meta-Analysis of the Relationship between Trait Mindfulness and Substance Use Behaviors

Kenny A. Karyadi, J. Davis VanderVeen, and Melissa A. Cyders

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1. Regulació Atencional
2. Consciència Corporal
3. Regulació Emocional
4. Canvis de Perspectiva en el Self

<http://pps.sagepub.com>

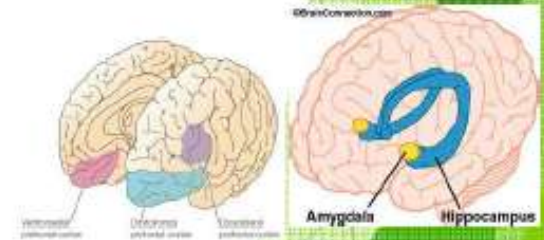
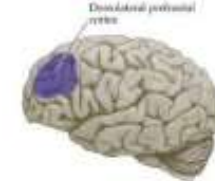
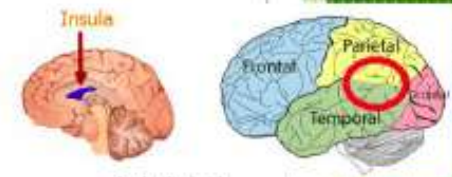

How Does Mindfulness Meditation Work? Proposing Mechanisms of Action From a Conceptual and Neural Perspective

Table 2. Components Proposed to Describe the Mechanisms Through Which Mindfulness Works

Mechanism	Exemplary instructions	Self-reported and experimental behavioral findings	Associated brain areas
1. Attention regulation	<u>Sustaining attention on the chosen object; whenever distracted, returning attention to the object</u>	Enhanced performance: executive attention (Attention Network Test and Stroop interference), orienting, alerting, diminished attentional blink effect	Anterior cingulate cortex
2. Body awareness	Focus is usually an object of internal experience: <u>sensory experiences of breathing, emotions, or other body sensations</u>	Increased scores on the Observe subscale of the Five Facet Mindfulness Questionnaire; narrative self-reports of enhanced body awareness	Insula, temporo-parietal junction
3.1 Emotion regulation: reappraisal	Approaching ongoing emotional reactions in a different way (<u>nonjudgmentally, with acceptance</u>)	Increases in positive reappraisal (Cognitive Emotion Regulation Questionnaire)	(Dorsal) prefrontal cortex (PFC)
3.2 Emotion regulation: exposure, extinction, and reconsolidation	<u>Exposing oneself to whatever is present</u> in the field of awareness; letting oneself be affected by it; refraining from internal reactivity	Increases in nonreactivity to inner experiences (Five Facet Mindfulness Questionnaire)	Ventro-medial PFC, hippocampus, amygdala
4. Change in perspective on the self	<u>Detachment from identification</u> with a static sense of self	Self-reported changes in self-concept (Tennessee Self-Concept Scale, Temperament and Character Inventory)	Medial PFC, posterior cingulate cortex, insula, temporo-parietal junction

Modelo de Holzel et al., (2011)

Mecanismo	Área cerebral
Regulación de la atención	Cortex cingulado anterior
Conciencia corporal	Insula, Junta temporo parietal
Regulación de las emociones: revaloración	Cortex prefrontal
Regulación de las emociones: exposición, extinción y reconsolidación	Cortex prefrontal ventromedial, amígdala
Cambios en las perspectivas del self	Cortex cingulado posterior, Junta temporo parietal



• Mecanismos de Mindfulness (Hölzel et al., 2011)

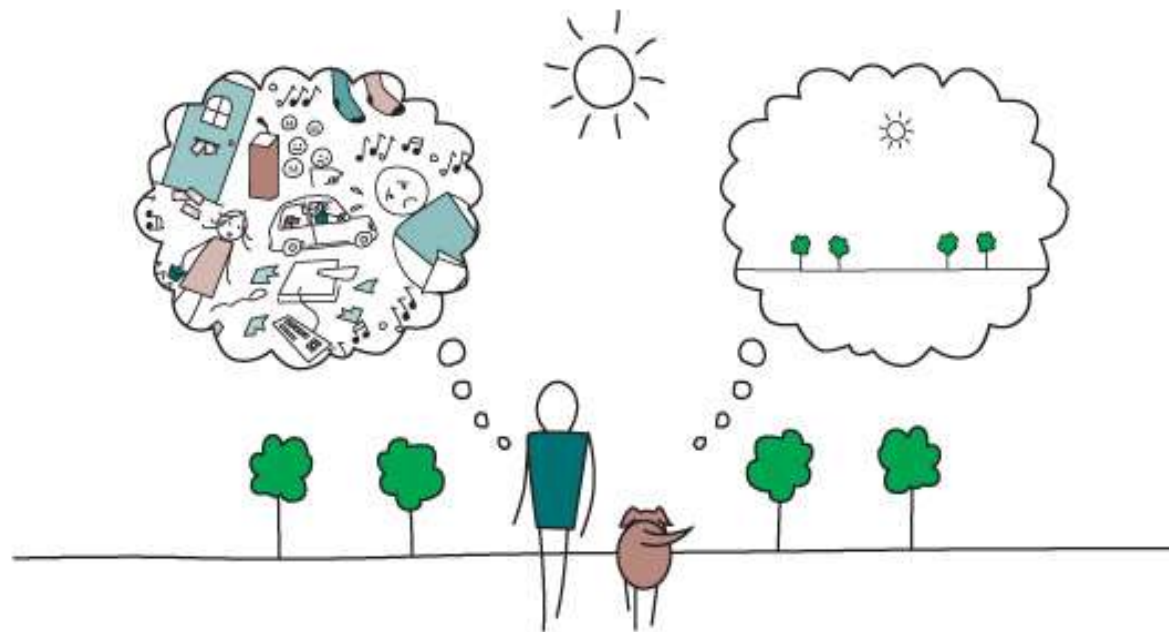
Mecanismos	Instrucción
Regulación de la atención	Instrucción básica
Conciencia corporal	Focalización en experiencias internas y sensaciones
Regulación de las emociones: revaloración	No juzgar
Regulación de las emociones: exposición, extinción y reconsolidación	Exposición a lo que ocurre en el presente
Cambios en las perspectivas del self	Desapego de la identificación de un estado estático del self.

MECANISMES SUBJACENTS ALS EFECTES D'UN ENTRENAMENT EN MINDFULNESS

- Major control de l'atenció.
- Major consciència de les experiències internes i externes
- Menor reactivitat a aquestes experiències.
- Millor regulació emocional.
- Major flexibilitat psicològica.

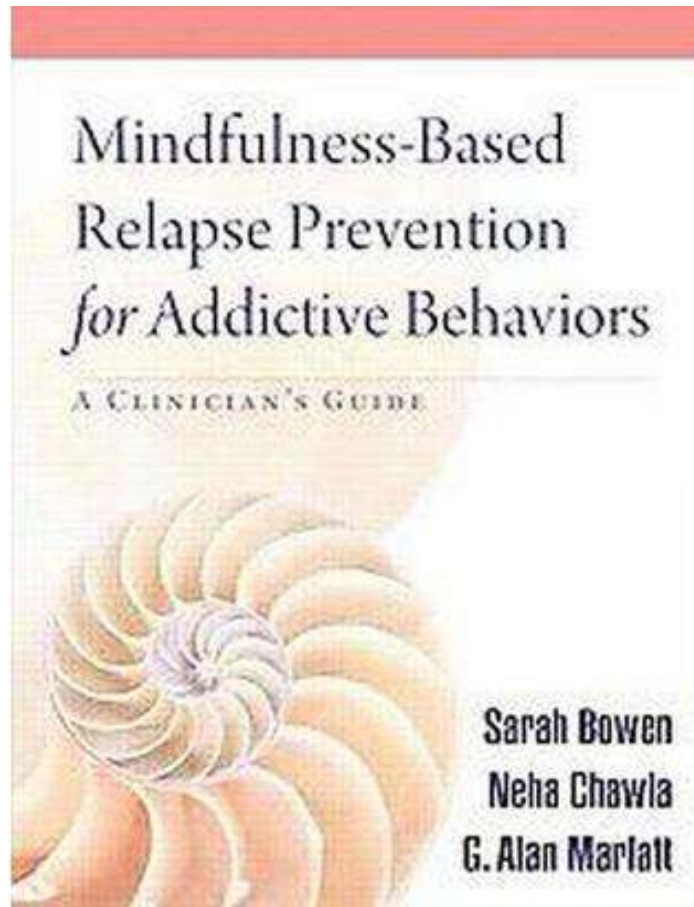


Què és el Mindfulness?



Mind Full, or Mindful?

- Intervencions basades en Mindfulness:
 - **MBSR** (Kabat-Zinn, 1990)
 - **MBCT** (Segal, Williams, Teasdale, 2002)
 - **MBPR** (Bowen, Chawla, Marlatt, 2011)
- Teràpia d'Acceptació i Compromís (ACT)
(Hayes, Strosahl, Wilson, 1999)
- Teràpia Dialectica-Conductual;(TDC)
(Linehan, 1993)



G. Alan Marlatt



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Mindfulness-Based Relapse Prevention for Substance Use Disorders: A Pilot Efficacy Trial

Sarah Bowen, PhD, et al.

Addictive Behaviors Research Center, Department of Psychology, University of Washington, Seattle, Washington, USA.

Abstract

The current study is the first randomized-controlled trial evaluating the feasibility and initial efficacy of an 8-week outpatient Mindfulness-Based Relapse Prevention (MBRP) program as compared to treatment as usual (TAU). Participants were 168 adults with substance use disorders who had recently completed intensive inpatient or outpatient treatment. Assessments were administered pre-intervention, post-intervention, and 2 and 4 months post-intervention. Feasibility of MBRP was demonstrated by consistent homework compliance, attendance, and participant satisfaction. Initial efficacy was supported by significantly lower rates of substance use in those who received MBRP as compared to those in TAU over the 4-month post-intervention period. Additionally, MBRP participants demonstrated greater decreases in craving, and increases in acceptance and acting with awareness as compared to TAU. Results from this initial trial support the feasibility and initial efficacy of MBRP as an aftercare approach for individuals who have recently completed an intensive treatment for substance use disorders.

Keywords

Mindfulness; meditation; relapse prevention; substance use disorders; treatment

PR

MBPR

FUGIDA/EVITACIÓ → ACCEPTACIÓ

ESCAPAR → OBSERVACIÓ

DISTRACCIÓ → INDAGACIÓ

Evidència mindfulness en tabaquisme



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PMCID: PMC3191281
NIHMSID: NIHMS305148

Mindfulness Training for smoking cessation: results from a randomized controlled trial

Judson A. Brewer,^{*} Sarah Mallick, Theresa A. Bakusio, Charles Nich, Hayley E. Johnson, Cameron M. DeLeon, Candace A. Minix-Cotton, Shannon A. Byrne, Hedy Kober, Andrea J. Weinstein, Kathleen M. Carroll, and Bruce J. Rounsaville

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BMC Complement Altern Med. 2013; 13: 215.
Published online 2013 Sep 3. doi: [10.1186/1472-6882-13-215](https://doi.org/10.1186/1472-6882-13-215)

PMCID: PMC3847085

Pilot randomized trial on mindfulness training for smokers in young adult binge drinkers

James M Davis,^{1,2} David M Mills,¹ Kristin A Stankevitz,¹ Alison R Manley,¹ Matthew R Majeskie,¹ and Stevens S Smith^{1,2}

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Drug Alcohol Depend. 2014 Oct 1;143:87-94. doi: [10.1016/j.drugalcdep.2014.07.006](https://doi.org/10.1016/j.drugalcdep.2014.07.006). Epub 2014 Jul 17.

Randomized, controlled pilot trial of a smartphone app for smoking cessation using acceptance and commitment therapy.

Bricker JB¹, Mull KE², Kientz JA³, Vilardaga R⁴, Mercer LD², Akioka KJ², Heffner JL².

[Author information](#)



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doi: [10.3109/10826084.2013.770025](https://doi.org/10.3109/10826084.2013.770025)

Randomized Trial on Mindfulness Training for Smokers Targeted to a Disadvantaged Population

James M Davis,¹ Simon Goldberg,² Maggie C. Anderson,¹ Alison Manley,¹ Stevens Smith,¹ and Tim Baker¹

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J Subst Abuse Treat. 2014 Sep;47(3):213-21. doi: [10.1016/j.jsat.2014.04.005](https://doi.org/10.1016/j.jsat.2014.04.005). Epub 2014 May 2.

Randomized trial comparing mindfulness training for smokers to a matched control.

Davis JM¹, Manley AR², Goldberg SB³, Smith SS⁴, Jorenby DE².

[Author information](#)

Articles de revisió

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Published online 2013 May 8. doi: [10.1016/j.drugalcdep.2013.04.014](#)

Mind-body practices: an alternative, drug-free treatment

A systematic review of the literature

[Laura Carim-Todd](#)^{1,2,*}, [Suzanne H. Mitchell](#)^{3,4} and [Barry S. Oken](#)^{1,2,3}

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A Meta-Analysis of the Relationship between Trait Mindfulness and Substance Use Behaviors

[Kenny A. Karyadi](#), [J. Davis VanderVeen](#), and [Melissa A. Cyders](#)

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[Subst Abuse. 2009 Oct-Dec;30\(4\):318–27.](#) doi: [10.1080/08897070903252973.](#)

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Estudis sobre els efectes del mindfulness

See 1 citation found by title matching your search:

[Addict Behav. 2015 Jan;40:39–44.](#) doi: [10.1016/j.addbeh.2014.08.004.](#) Epub 2014 Aug 23.

Differential associations between components of anxiety sensitivity and smoking-related characteristics.

[Guillot CR](#)¹, [Zvolensky MJ](#)², [Leventhal AM](#)³.

[Am J Addict. 2014 Mar-Apr;23\(2\):184–8.](#) doi: [10.1111/j.1521-0391.2013.12096.x.](#) Epub 2013 Aug 31.

The role of mindfulness skills in terms of distress tolerance: a pilot test among adult daily smokers.

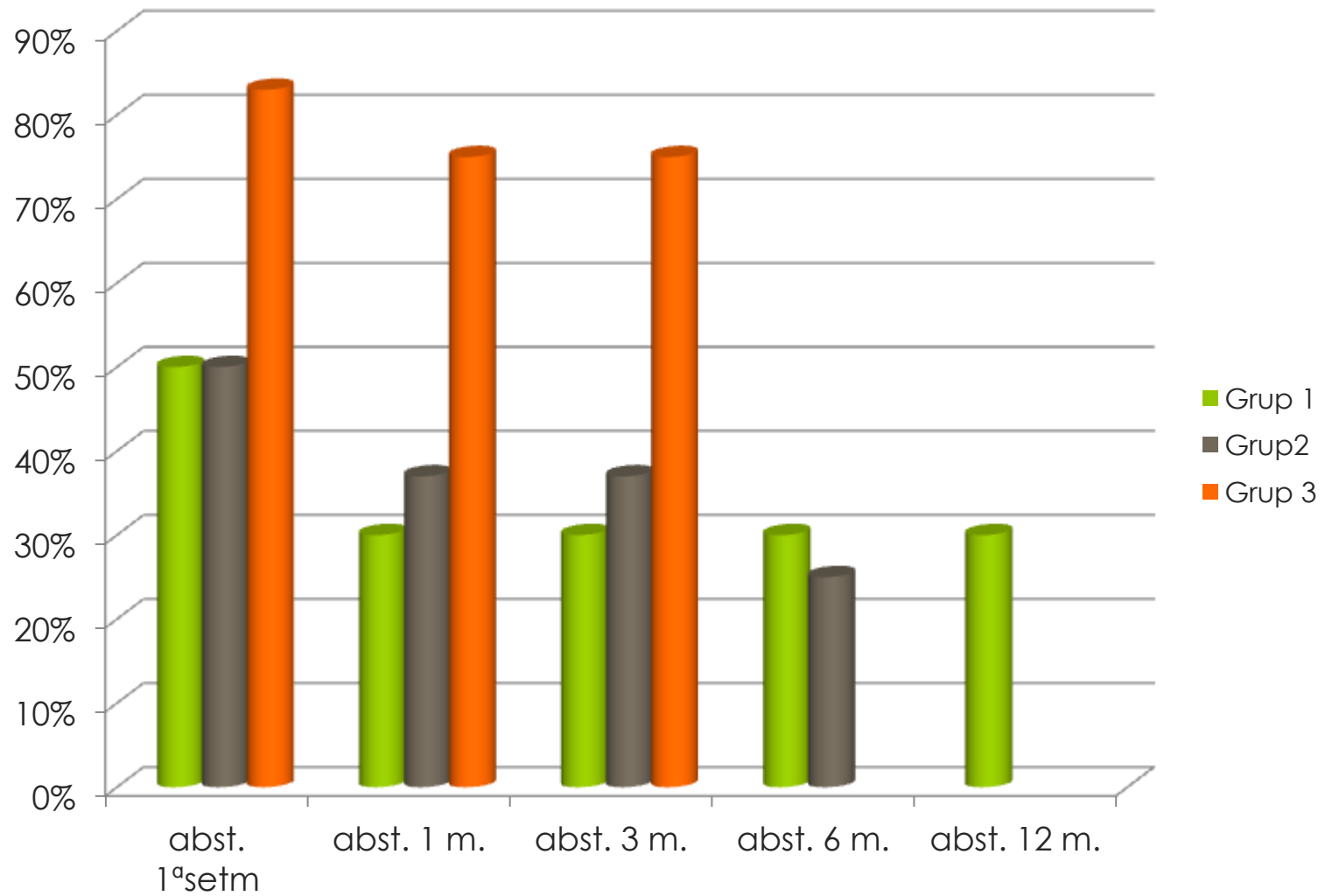
[Luberto CM](#)¹, [McLeish AC](#), [Robertson SA](#), [Avallone KM](#), [Kraemer KM](#), [Jeffries ER](#).

- Diferències respecte a les altres addiccions per introduir-ho en tabaquisme
- Canvis en la perspectiva de treball
 - Acceptació del malestar
 - Més consciència del contingut de la ment i millor gestió del *craving* i de les recaigudes
- (ACT) Teràpia d'acceptació i compromís, útil pel manteniment de la motivació
- Intervencions eficaces per treballar la disregulació emocional

Característiques de la mostra

		n-30
Homes	63%	
Edat mitja	50	
T.Fagerström	7,7	
Nºcig/d	24,7	
P. Orgànica relacionada	36%	
Patologia Psiquiàtrica	70%	T.bipolar-3 T.D. Major -7 T.Distímic -2 T.Psicòtics- 4 T. Addiccions- 5
No tractaments previs	33%	
Adherència + 2 sessions	76%	
Abstinència 3 mesos	50%	

Resultats d'abstinència



- El MDF pot ser útil per persones poc motivades i per grups de població amb especials dificultats
- Pot aportar estratègies diferents a persones amb múltiples recaigudes
- Pot millorar els resultats en prevenció de recaigudes, i ajudar an aquells pacients més resistents als efectes terapèutics dels fàrmacs disponibles
- Aporta un enfocament diferent i complementari als programes ja establerts

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