

Ruth Baer's publications on mindfulness

- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, 10, 125-143.
- Baer, R. A. (2003). Mindfulness and behavior analysis. In K. S. Budd & T. F. Stokes (Eds.), *A small matter of proof: The legacy of Donald M. Baer*. Reno, NV: Context Press.
- Baer, R. A., Smith G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment*, 11, 191-206.
- Baer, R. A., Fischer, S., & Huss, D. B. (2005). Mindfulness-based cognitive therapy applied to binge eating disorder: A case study. *Cognitive and Behavioral Practice*, 12, 351-358.
- Baer, R. A., Fischer, S. & Huss, D. B. (2005). Mindfulness and acceptance in the treatment of disordered eating. *Journal of Rational Emotive and Cognitive Behavioral Therapy*, 23, 281-300.
- Baer, R. A. (2005, December 28). The third wave: New directions in cognitive-behavioral intervention. [Review of the book *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*.] *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*, 50 (no. 52), Article 8.
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27-45.
- Baer, R. A. & Krietemeyer, J. (2006). Overview of mindfulness and acceptance-based treatment approaches. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 3-27). San Diego, CA: Elsevier.
- Coffman, S., Dimidjian, S., & Baer, R. A. (2006). Mindfulness-based cognitive therapy for the prevention of depressive relapse. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 31-50). Elsevier.
- Kristeller, J., Quillian-Wolever, R., & Baer, R. A. (2006). Mindfulness-based treatments for eating disorders. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 75-91). San Diego, CA: Elsevier.
- Baer, R. A. (2007). Mindfulness, assessment, and transdiagnostic processes. *Psychological Inquiry*, 18, 238-242.
- Huss, D. B. & Baer, R. A. (2007). Acceptance and change: Integration of mindfulness-based cognitive therapy into ongoing dialectical behavior therapy in a case of borderline personality disorder with depression. *Clinical Case Studies*, 6, 17-33.
- Baer, R. A. (2007). Mindfulness and preparation for flight: A possible intervention. *Ergonomics in Design*, 15 , 21-22.
- Baer, R. A. & Lykins, E. L. B. (2007). Mindfulness in Individual Psychotherapy. [Review of the DVD *Mindful Therapy*.] *PsycCRITIQUES-Contemporary Psychology: APA Review of Books*, 52, 36.

- Baer, R. A., Smith, G.T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., Walsh, E., Duggan, D., & Williams, J. M. G. (2008). Construct validity of the Five Facet Mindfulness Questionnaire in meditating and nonmeditating samples. *Assessment*, 15, 329-342.
- Baer, R. A. & Huss, D. B. (2008). Mindfulness- and acceptance-based therapy approaches. In J. Lebow (Ed.), *Twenty-first century psychotherapies* (pp. 123-166). Hoboken NJ: Wiley.
- Carmody, J. & Baer, R. A. (2008). Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms, and well-being in a mindfulness-based stress reduction program. *Journal of Behavioral Medicine*, 31, 23-33.
- Greco, L. A., Lambert, W., & Baer, R. A. (2008). Psychological inflexibility in childhood and adolescence: Development and evaluation of the Avoidance and Fusion Questionnaire for Youth. *Psychological Assessment*, 20, 93-102.
- Baer, R. A. & Sauer, S. (2009). Mindfulness and cognitive behavioral therapy: A commentary on Harrington and Pickles. *Journal of Cognitive Psychotherapy*, 23, 324-332.
- Baer, R. A. (2009). Self-focused attention and mechanisms of change in mindfulness-based treatment. *Cognitive Behaviour Therapy*, 38, 15-20.
- Sauer, S. & Baer, R. A. (2009). Responding to negative internal experiences: Relationships between acceptance and change-based approaches and psychological adjustment. *Journal of Psychopathology and Behavioral Assessment*, 31, 378-386.
- Lykins, E. L. B. & Baer, R. A. (2009). Psychological functioning in a sample of long-term practitioners of mindfulness meditation. *Journal of Cognitive Psychotherapy*, 23, 226-241.
- Carmody, J. & Baer, R. A. (2009). How long does a mindfulness-based stress reduction program need to be? A brief review of class contact hours and effect sizes for psychological distress. *Journal of Clinical Psychology*, 65, 627-638.
- Carmody, J., Baer, R. A., Lykins, E. L. B., & Olendzki, N. (2009). An empirical study of the mechanisms of mindfulness in a mindfulness-based stress reduction program. *Journal of Clinical Psychology*, 65, 613-626.
- Evans, D. R., Baer, R. A. & Segerstrom, S. C. (2009). The effects of mindfulness and self-consciousness on persistence. *Personality and Individual Differences*, 47, 379-382.
- Baer, R. A., Walsh, E., & Lykins, E. L. B. (2009). Assessment of mindfulness. In F. Didonna (Ed.), *Clinical Handbook of Mindfulness*, (pp. 153-168). NY: Springer.
- Baer, R. A. (2010). Mindfulness- and acceptance-based interventions and processes of change. In Baer, R. A. (Ed.) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 1-21). New Harbinger.

- Sauer, S. & Baer, R. A. (2010). Mindfulness and decentering as mechanisms of change in mindfulness- and acceptance-based interventions. In Baer, R. A. (Ed.) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 25-50). New Harbinger.
- Baer, R. A. (2010). Self-compassion as a mechanism of change in mindfulness- and acceptance-based treatments. In Baer, R. A. (Ed.) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 135-153). New Harbinger.
- Baer, R. A. & Peters, J. R. (2011). Assessment of mindfulness and acceptance in behavioral medicine. In McCracken, L. M. (Ed.), *Acceptance and commitment therapy and mindfulness-based approaches in behavioral medicine: An integrative clinical and research guide*. New Harbinger.
- Luberto, C. M., McLeish, A., Zvolensky, M. J., & Baer, R. A. (2011). Mindfulness skills and anxiety-related cognitive processes among young adult daily smokers: A pilot test. *Mindfulness*, 2, 129-136.
- Baer, R. A., Samuel, D. B., & Lykins, E. L. B. (2011). Differential item functioning on the Five Facet Mindfulness Questionnaire is minimal in demographically matched meditators and nonmeditators. *Assessment*, 18, 3-10.
- Baer, R. A. & Lykins, E. L. B. (2011). Mindfulness and positive psychological functioning. In K. Sheldon, T. Kashdan, & M. Steger (Eds.), *Designing the future of positive psychology: Taking stock and moving forward* (pp. 335-348). Oxford University Press.
- Bohlmeier, E., ten Klooster, P. M., Fledderus, M., Veehof, M., & Baer, R. A. (2011). Psychometric properties of the Five Facet Mindfulness Questionnaire in depressed adults and development of a short form. *Assessment*, 18, 308-320.
- Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism: An Interdisciplinary Journal*, 12, 241-261.
- Bond, F. W., Hayes, S. C., Baer, R. A., et al. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*, 42, 676-688.
- Greco, L., Baer, R. A., & Smith, G. T. (2011). Assessing mindfulness in children and adolescents: Development and validation of the child and adolescent mindfulness measure (CAMM). *Psychological Assessment*, 23, 606-614.
- Peters, J. R., Erisman, S. M., Upton, B. T., Baer, R. A. & Roemer, L. (2011). A preliminary investigation of the relationships between dispositional mindfulness and impulsivity. *Mindfulness*, 2, 228-235.
- Baer, R. A., Lykins, E. L. B., & Peters, J. R. (2012). Mindfulness and self-compassion as predictors of psychological wellbeing in long-term meditators and demographically matched nonmeditators. *Journal of Positive Psychology*, 7, 230-238.
- Bowlin, S. & Baer, R. A. (2012). Relationships between mindfulness, self-control, and psychological functioning. *Personality and Individual Differences*, 52, 411-415.

Lykins, E. L. B., Baer, R. A., & Gottlob, L. R. (2012). Performance-based tests of attention and memory in long-term mindfulness meditators and demographically matched nonmeditators. *Cognitive Therapy and Research*, 36, 103-114.

Eisenlohr-Moul, T., Walsh, E., Charnigo, R., Lynam, D., & Baer, R. A. (2012). The "what" and the "how" of dispositional mindfulness: Using interactions among subscales of the Five-Facet Mindfulness Questionnaire to understand its relation to substance use. *Assessment*, 19, 276-286.

Baer, R. A., Carmody, J., & Hunsinger, M. (2012). Weekly change in mindfulness and perceived stress in a mindfulness-based stress reduction program. *Journal of Clinical Psychology*, 68, 755-765.

Sauer, S. E. & Baer, R. A. (2012). Ruminative and mindful self-focused attention in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, 3, 433-441.

Evans, D. R., Eisenlohr-Moul, T., Button, D. F., Baer, R. A., & Segerstrom, S. C. (2013). Self-regulatory deficits associated with unpracticed mindfulness strategies for coping with acute pain. *Journal of Applied Social Psychology*.

Peters, J. R., Eisenlohr-Moul, T. A., Upton, B. T., & Baer, R. A. (2013). Nonjudgment as a moderator of the relationship between present-centered awareness and borderline features: Synergistic interactions in mindfulness assessment. *Personality and Individual Differences*, 55, 24-28.

Baer, R. A. & Geiger, P. J. (2013). Connecting with Your Life. [Review of the DVD *Mindfulness for life: An interview with Jon Kabat-Zinn.*] *PsycCritiques-Contemporary Psychology: APA Review of Books*, 58 (no. 50), article 9.

Eisenlohr-Moul, T. A., Peters, J. R., & Baer, R. A. (2014). Using mindfulness effectively in clinical practice: Two case studies (pp. 173-192). In Wedding, D. (Ed.), *Case Studies in Psychotherapy*. Stamford, CT: Cengage Learning.

Eisehlohr-Moul, T., Peters, J. R., & Baer, R. A. (in press). How do mindfulness-based interventions work? Strategies for studying mechanisms of change in clinical research. In Ostafin, B., Robinson, M., & Meier, B. (Eds.), *Mindfulness and Self-Regulation*. Springer.

Baer, R. A. & Smart, L. M. (in press). Clinical applications of mindfulness. Il Pendolo.