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```
function initSelector(element){ $(' .skiptocontent').removeAttr("href"); $( element ).parent().before( "" );
window.location.hash = '#top'; $(window).scrollTop($("#top").offset().top-100);
window.location.hash=""; } $('#skiptocontent').keydown(function (e) { var code; try { code =
(window.event) ? window.event.keyCode : event.which; } catch(err) { code = e.keyCode || e.which; }
//click Enter if(code == 13){ var mainPageId=$("#main-page-content").text(); if(mainPageId){
initSelector('#main-page-content'); }else{ var firstH1=$('#h1:first').text(); if(firstH1){
initSelector('h1:first'); }else{ $('#skiptocontent').css('display','none'); } } } });
```

showDfpAd(0)

\$(document).on("ready", sageQuickSearch.init('chpb'));

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`$(document).on("ready", sageQuickSearch.init('chpb'));`

[Advanced](#)

Sign In

National Science Library

Society

```
addClass('enhancedLoginPanel', 'doNotShow'); function initLoginBox() { if (hasPersonIdentity())  
$$('#profileContainerMobile img.loggedInArrow').show(); else { $$('#profileContainerMobile  
img.loggedInArrow').hide(); //$$('#myprofile-label').text("Sign In"); }; $$('#portalLoginBar .sage-login-  
widget').attr('tabindex', '0'); $$('#sage-login-widget img.user-logo').each(function(){  
//console.log($(this).attr('src')); if($(this).attr('src').indexOf('templates')===-1)
```

```
$(this).addClass('bannerImage'); else $(this).removeClass('bannerImage'); }); initMyProfileInfo();  
initInstitutionInfo(); initSocietyInfo(); if (inPbEditorMode()) $('sage-login-widget').attr('onclick',  
'toggleLoginPopup(true);return false;'); if (isIE()) { $("img.user-logo").each(function () { let imgUrl =  
$(this).prop("src"); if (imgUrl) { $(this).css("backgroundImage", 'url(' + imgUrl + ')').addClass("ie-object-  
fit"); $(this).prop("src", ""); } }); } }
```

Access Options

You can be signed in via any or all of the methods shown below at the same time.

My Profile

Sign in here to access free tools such as favourites and alerts, or to access personal subscriptions

Email (required)
Password (required)
Remember me

[Forgotten your password?](#)

I don't have a profile

[Create Profile](#)

I am signed in as:

[View My Account](#)

[Logout](#)

```
function initMyProfileInfo() { $('<div id=person-activated>img.user-logo').attr('title', 'You are signed in via
your profile'); $('<div id=person-deactivated>img.user-logo').attr('title', 'You are not signed in via your
profile'); $('#frmLogin br').hide(); $('#user-login-form #passwordReminder').insertBefore('#user-login-
form #frmLogin tr:last-child'); $('
Set new password
').appendTo('#user-login-form #passwordReminder'); $('#ru-user').attr('href',
'/action/doLogout?redirectUri='+window.location.href); $('#user-login-form .loginForm
label[for="password"]').append(':'); if (hasPersonIdentity()) { $('#user-info').show(); $('#user-login-
form').hide(); } else { $('#user-info').hide(); $('#user-login-form').show(); } let $user=$('#portalLoginBar
.my-profile-col.id-person-activated'); if ($user && $user.attr('name') && $user.attr('name').length>0) {
$('
'+$user.attr('name')+
').appendTo('#user-name'); } }
```

With my free profile I can:

- Set up [favourite journals](#) and register for [email alerts](#)
- List [saved searches](#)
- [Edit account details](#)
- [Activate personal subscriptions](#) and [access content](#)

Institution

If you have access to journal content via a university, library or employer, sign in here

[Shibboleth](#)

[Open Athens](#)

I am signed in via:

National Science Library

```
function setInstitutionLoginStatus() { let samlExists=($('.access-via-saml').length)>0; let  
appendTag=""; if (samlExists) { appendTag+='
```

Signed in via: **a federated identity**

```
'; } else { appendTag+='
```

Sign in via: [Shibboleth](#)

```
'; appendTag+='
```

Sign in via: [Open Athens](#)

```
'; } $('#inst-login-status').append(appendTag); } function setRedirectUrl() { let currentUrl =  
window.location.pathname; $('.Shibboleth').attr("href", $('.Shibboleth').attr('href') + currentUrl);  
$('.OpenAthens').attr("href", $('.OpenAthens').attr('href') + currentUrl); } function initInstitutionInfo() {  
setInstitutionLoginStatus(); setRedirectUrl(); if ($('#id-institution-activated>img.user-  
logo').attr('title')===undefined) $('#id-institution-activated>img.user-logo').attr('title', 'You are signed in
```

via your institution'); \$('#id-institution-deactivated>img.user-logo').attr('title', 'You are not signed in via an institution'); \$('#institution-info .portalInstitutionalButton').after('

my institutional subscription

```
'); //if ($('#institution-info .portalInstitutionalButton a').length) $('#institution-info .portalInstitutionalButton a').text(); if (hasInstitutionIdentity()) { $('#institution-info').show(); $('#institution-login-form').hide(); } else { $('#institution-info').hide(); $('#institution-login-form').show(); } }
```

With institutional access I can:

- View or download all content the institution has subscribed to.

Society

If you have access to journal via a society or associations, read the instructions below

Members of _ can log in with their society credentials below

Username (required)

Password (required)

Society (required)

Access to society journal content varies across our titles.

If you have access to a journal via a society or association membership, please browse to your society journal, select an article to view, and follow the instructions in this box.

Contact us if you experience any difficulty logging in.

Some society journals require you to create a personal profile, then activate your society account

[Activate my Society Account](#)

I am signed in via:

```
function getYmCount() { let rv=0; try{ rv=Number("0"); if (isNaN(rv)) rv=0; } catch (e) {} return rv; }  
function getSocietyJournals(index) { let rv=""; try { switch (index) { case 1:rv=""; break; case 2:rv="";  
break; case 3:rv=""; break; case 4:rv=""; break; case 5:rv=""; break; default:break; } } catch (e) {}  
return rv; }
```

```
$('#ru-society').attr('href', '/action/doLogout?redirectUri='+window.location.href); function  
restyleJournalAd(){ if ($('#society-login-form .literatumAd').length!==0) { $('#society-login-form  
#society-info-text, #society-login-form .topSeparator').hide(); } } function initSocietyInfo() { if ($('#.id-  
society-activated>img.user-logo').attr('title')===undefined) $('#.id-society-activated>img.user-  
logo').attr('alt', 'You are signed in via your society'); $('#.id-society-deactivated>img.user-  
logo').attr('title', 'You are not signed in via a society'); $('#society-info .portallnsitutionalButton').after('
```

my society or association

```
'); if (hasSocietyIdentity()){ $('#society-info').show(); $('#society-login-form').hide(); } else {  
restyleJournalAd(); $('#society-info').hide(); $('#society-login-form').show(); } } function  
getYmSocietyIndex(){ let count = getYmCount() || 0; let currentJournal = "chp"; if  
(currentJournal.length!==0 && count>0) { console.log("Looking through "+count+" societies for journal  
code: "+currentJournal); for (i=0; i
```

—

—

```
if ('0.4822.7201.098CiteScoreSCImago Journal Rank (SJR)151563'.trim().length>0)
$('.impactFactorContainer').removeClass('not-show-important'); if ($("#impact-factor-container") &&
$("#impact-factor-container").size(>0) $("#showAllSocietiesBtn").addClass("ifBorder"); switch
($('#showNoFoldedSocietyLogos .societyImageLink').size()) { case 2:
$('#showNoFoldedSocietyLogos').addClass('two-logos'); break; case 1:
$('#showNoFoldedSocietyLogos').addClass('one-logo'); break; case 0: default: break; } function
resizeHeaderFont() { var headerTitleElement = document.getElementById('headerTitle'); if
(headerTitleElement) { var fontsize = 32; if (" && "FALSE"=="TRUE") fontsize=28;
$('#headerTitle').css('font-size', fontsize+"px"); /*Max font size, then reduce from there*/
$('#headerTitle h1').css('font-size', fontsize+"px"); /*Max font size, then reduce from there - journal
home only*/ var headerTitleSize = headerTitleElement.getBoundingClientRect(); var textHeight =
headerTitleSize.height; var textWidth = headerTitleSize.width; var containerElement =
document.getElementById('headerTitleContainer'); var containerSize =
containerElement.getBoundingClientRect(); var containerHeight = containerSize.height; var
containerWidth = containerSize.width; var fontstring = ""; while (textHeight > containerHeight) {
fontsize--; fontstring = fontsize.toString(); fontstring = fontstring + "px"; $('#headerTitle').css('font-size',
fontstring); $('#headerTitle h1').css('font-size', fontstring); headerTitleSize =
headerTitleElement.getBoundingClientRect(); textHeight = headerTitleSize.height; textWidth =
headerTitleSize.width; } } }; resizeHeaderFont(); $(window).resize(function() { resizeHeaderFont(); });
```

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 - [Feedback](#)
 - [Recommend to Library](#)
 - [Advertise](#)
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Search in:

```
function offset(el) { let rect = el.getBoundingClientRect(), scrollLeft = window.pageXOffset ||
document.documentElement.scrollLeft, scrollTop = window.pageYOffset ||
document.documentElement.scrollTop; return { top: rect.top + scrollTop, left: rect.left + scrollLeft,
bottom: rect.bottom + scrollTop, right: rect.right + scrollLeft } } window.addEventListener("scroll",
function() { let y = window.pageYOffset; let $quickSearchId = $("#journalQuickSearch").parent(); if (y
>= offset(document.getElementById("portalQuickSearch")).bottom) {
$quickSearchId.removeClass("doNotShow"); } else { $quickSearchId.addClass("doNotShow"); } });
```

```
$(document).on("ready", sageQuickSearch.init('chpb'));
```

Cookies Notification

This site uses cookies. By continuing to browse the site you are agreeing to our use of cookies. [Find out more.](#)

```
$("#accept-cookie-policy").click(function() { $.get('/action/cookiePolicy?response=accept',  
function(data) { $(".cookiePolicy").remove(); }); });
```

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You are adding the following journals to your email alerts

Journal	New Content	Announcements
Journal of Evidence-Based Integrative Medicine		

—

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```
_ $(document).ready(function() { if( $('#openAccessSideMenu .showFullText').size() == 0) ||  
(isDesktop() && $('#openAccessSideMenu').find('.noAccess').size() !=0) ) {  
$('#mobileContents').closest('.general-html-asset').addClass('hide');  
$('.mobileToolLink').addClass('double-button'); } });
```

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Laura A. Young, MD, PhD and Michael J. Baime, MD
Complementary health practice review 2010 15:2, 59-64

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—

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Share

Via Social Media

```
var script = document.createElement('script'); script.type='text/javascript';  
script.src='//s7.addthis.com/js/250/addthis_widget.js#pubid=xa-4faab26f2cff13a7'; script.async = true;  
$('head').append(script)
```

Via Email

All fields are required

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Your Email:

Your Name:

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```
$(document).ready(function () { if ($(".articleTools .rightsLink").length) {  
$(".permissionsToolContainer").css("display", "inherit"); } });
```

```
$('#div.articleToolsLinks').insertBefore('li.RelatedArticles'); $('#div.pdf-no-access a').removeAttr('href');  
$('#copyToClipboard').attr('data-item-name', 'copy-citation'); $('#articleCitationDownloadContainer,  
#articleShareContainer, #articlePermissionsContainer').click(function () { articleToolsToggle(); });  
$(".popup-dialog").on("click", function(event){ event.stopPropagation(); }); $('#  

```

—

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```
function addFlashMovie(id, flv) { var flashvars = {file: flv ,type: 'flv'}; var params = {allowfullscreen :true}; var attributes = {}; swfobject.embedSWF('/flvplayer.swf', id, "352", "288", "7.0.0", false, flashvars, params, attributes); } function addFlashMovie(id, flv, image) { var flashvars = {file: flv ,type: 'flv', image: image}; var params = {allowfullscreen :true}; var attributes = {}; swfobject.embedSWF('/flvplayer.swf', id, "352", "288", "7.0.0", false, flashvars, params, attributes); }
```

Mindfulness-Based Stress Reduction: Effect on Emotional Distress in Older Adults

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/* * Check the number of Author's * if less than '3' we not display expandable-author * */ var numItems = \$(''.contribDegrees').length; if(numItems

Keywords [geriatric](#), [mindfulness meditation](#), [MBSR](#), [anxiety](#), [depression](#), [stress](#)

Alexander, C.N. , Langer, E.J. , Newman, R.I. , Chandler, H.M. , & Davies, J.L. (1989). Transcendental meditation, mindfulness, and longevity: An experimental study with the elderly. Journal of Personality and Social Psychology, 57, 950-964.

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Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57, 35-43. doi:10.1016/S0022-3999 (03)00573-7.

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Heeren, A. , Van Broeck, N. , & Philippot, P. (2009). The effects of mindfulness on executive processes and autobiographical memory specificity. *Behaviour Research and Therapy*, 47, 403-409. doi:10.1016/ j.brat.2009.01.017.

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Hybels, C.F. , Pieper, C.F. , & Blazer, D.G. (2009). The complex relationship between depressive symptoms and functional limitations in community-dwelling older adults: The impact of subthreshold depression. *Psychological Medicine*, 39, 1677-1688. doi:10.1017/S0033291709005650.

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[Google Scholar](#) | [Medline](#)

Kabat-Zinn, J. (2005). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness: Fifteenth anniversary edition . New York, NY: Delta Trade Paperback /Bantam Dell.

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Lorr M. , McNair D.M. , Heuchert J.W.P. , & Droppleman L.F. (2003). Profile of Mood States - Brief. Multi-Health Systems Inc, Toronto, Ontario.

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[Google Scholar](#) | [Medline](#)

Morone, N.E. , Greco, C.M. , & Weiner, D.K. (2008). Mindfulness meditation for the treatment of chronic low back pain in older adults: A randomized controlled pilot study. *Pain*, 134, 310-319. doi:10.1016/ j.pain.2007.04.038.

[Google Scholar](#) | [Medline](#)

Reibel, D.K. , Greeson, J.M. , Brainard, G.C. , & Rosenzweig, S. (2001). Mindfulness-based stress reduction and health-related quality of life in a heterogeneous patient population . *General Hospital Psychiatry*, 23, 183-192. doi:10.1016/S0163-8343(01)00149-9.

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Rejeski, W.J. (2008). Mindfulness: Reconnecting the body and mind in geriatric medicine and gerontology. *The Gerontologist*, 48, 135-141.

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[Google Scholar](#) | [Medline](#)

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[Google Scholar](#) | [Medline](#)

My Account

Welcome
You do not have access to this content.

[Sign Out](#)
var href = window.location; if (window.location.href.indexOf('verifyEmail')!=-1)
href=window.location.origin;
//document.getElementById('returnLink').href="/action/doLogout?redirectUri="+href;
\$('.logOut').attr("href", "/action/doLogout?redirectUri="+href);

let \$user=\$('#portalLoginBar .my-profile-col.id-person-activated'); if (\$user && \$user.attr('name') &&
\$user.attr('name').length>0) \$('<u>+\$user.attr('name')</u>+').appendTo('#denial-welcome
span.individualUser');

Email (required)
Password (required)
Remember me

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```
document.getElementById("denial-2-cn").style.display = "block";
document.getElementById("denial-2").style.display = "none";
```

Institutional Access

does not have access to this content.

```
if ($('#span.institutionBannerText').length===0) { if ($('#img#accessLogo').length===0) { $('#denial-
institution').hide(); } else { var altText = $('#.welcome span.institutionBannerLogo img').attr("alt"); var
hrefText = $('#.welcome span.institutionBannerLogo a').attr("href"); console.log(altText+'-'+hrefText); if
(!altText || altText.length===0) $('#.welcome span.institutionBannerLogo').clone().prependTo('#denial-
institution div.error:first'); else { if (!hrefText || hrefText.length===0) $('#denial-institution
div.error:first').prepend("+altText+"); else $('#denial-institution div.error:first').prepend("+altText+"); } }
}
```

[Shibboleth](#)

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Members of _ can log in with their society credentials below

Username (required)

Password (required)

Society (required)

Purchase Content

24 hours online access to download content

```
$( '.addOffer input[name="backUri"]').val(window.location.pathname); $(document).ready(function() {
var ppvOffers=0; var articleTitle="Mindfulness-Based Stress Reduction: Effect on Emotional Distress
in Older Adults"; $( '.ecommDenial #ecommerceForm>div').each(function(){ try{ let
offerText=$( $(this).find('b')[0]).text().trim().toLowerCase(); let
offerId=$( $(this).find('input[name="offerId"]')[0]).val(); let offerValue=" for "; if (offerText.length // Here
we keep the JS functions that use context sensitive parameters, since these are not working outside
of HTML assets (e.g. in js files) function removeTlaFromTaxonomyFacet() { //SAGE-2005
$("li.ConceptID.parentFacets").each(function(){ let $link = $(this).find(".facet-link-container a"); if
($link.length) { if ($link[0].innerHTML.toLowerCase().trim() === "chp".toLowerCase()) {
$(this).css("display", "none"); // hide this //console.log("Removed TLA code from taxonomy filter"); if
$(this).parents(".hiddenChildrenFacets").length) { // If TLA code found in hidden facets, change the
More(n) text to More(n-1) $(this).parents("div.facetContainer").find("div.toggleMoreFacets a.facet-
link").each(function(){ if (this.innerHTML.toLowerCase().indexOf("more (") !== -1) { let moreNumber =
this.innerHTML.match(/d+/)[0]; if (moreNumber > 1) $(this).text($(this).text().replace(moreNumber,
moreNumber - 1)); else // if only one was hidden, no need to expand $(this).parent().css("display",
"none"); } } } } } } } } function cpTitlesDates() { if ('cpv'==='cp' || 'cpv'==='cpv') { $(' .pubDate-
left').addClass('not-show-important'); } } function deniedPdfAccess() { if
($(' #accessOptionsTop').length > 0) { // clicked on page with access denial bar toggleDenialBar();
$(' #accessOptionsTop input#login').focus(); } else { // no access denial bar window.location =
'/doi/pdf/10.1177/1533210110387687'; } } function accessibilityImageAltText() {
$(' .moreFromThisJournalModules img').each(function(){ if ($(this).attr('alt')===undefined)
$(this).attr('alt', ""); }); $(' .portalResourcesContainer img, .tellUsImage img').attr('alt', "");
$(' .relatedJournalsTextContainer').each(function(){ let $journalText = $(this);
$journalText.closest(' .relatedJournalsColumn>a').append($journalText.text()); $journalText.remove();
}); $(' .relatedJournalsImageContainer img').each(function(){ let $coverImage = $(this); let $parent =
$(this).parent(); $coverImage.addClass('relatedJournalsImageContainer');
$coverImage.prependTo($coverImage.closest(' .relatedJournalsColumn>a')); $parent.remove(); });
$('td.savedSearch.savedResult:nth-child(4) img').attr('alt', function() { return
$(this).attr('alt').replace('alert type', 'saved date'); }) $('td.savedSearch.savedResult:nth-child(5)
img').attr('alt', function() { return $(this).attr('alt').replace('alert type', 'last run date'); }) } //run these
before document finished loading //SAGE-1878 //if ($(' .more-than').offset().left 0) $(' .pb-ui
.accessOptionsBar').css('display', 'block'); else $(' .pb-ui .accessOptionsBar').hide(); if ($('span.related-
Article-wrapper span').length===0) $('span.related-Article-wrapper').hide(); cpTitlesDates(); // Add
data module attributes in related journals HTML widget $(".otherSociety").attr("data-module-name",
"related-journals"); $(".otherSocietyButton #viewMoreText").attr("data-item-name", "view-more");
$(".otherSocietyButton #viewLessText").attr("data-item-name", "view-fewer"); $(".otherSocietyButton
#viewFewerText").attr("data-item-name", "view-fewer"); // Add a separator before issue
//$(' .mostReadCited .contentItemIssue').text(function () { // if ($(this).text().trim().length > 0 &&
$(this).text().trim().indexOf('-')!=0) // return '- '+$(this).text(); //}); //Move related articles indication into
proper place: $('span.related-Article-wrapper').insertAfter('div.articleInformation'); $(' .related-article-
title').text(function() { return $(this).text().replace(/s*/, ' '); }); $(' .online-pub-date').text(function() {
return $(this).text().replace(/-g, ' '); }); $(' .contentItemVol').text(function() { return
$(this).text().replace('Vol 0,', '').replace('Vol.', 'Vol ').replace(/s*/, ', '); });
$(' .issueFormat').text(function() { return $(this).text().replace('issue', 'Issue').replace('vol.',
```

```
'Vol').replace(/s*/,/, ','); }); //Remove trailing dot from a.deleteAccountLink
$('a.deleteAccountLink').text('Delete your account'); //Remove trailing dot from a.deleteAccountLink
$('a#copyToClipboard').text('Copy to Clipboard'); // Rename "Views" to "Views and downloads"
$('.view-count').text(function() { if (inJournalScope()) return $(this).text().replace('Views:', 'Views &
downloads:'); else return $(this).text(); }); // Keep only anchor element if already in citedBy page if
($('.view-all-citedBy a').attr('href') === window.location.pathname) $('.view-all-citedBy a').attr('href', '');
// Add #top-content-scroll on 'View All' citedBy link $('.view-all-citedBy a').attr('href', $('.view-all-
citedBy a').attr('href') + '#top-content-scroll'); // Change MR/MC panel text $('#mostReadCitedPage
.online-pub-date').text(function() { return $(this).text().replace("Online publication date", "First
published"); }); //Wait for images to load, before deciding whether to move the related journals
$('.journalHomeFourRight').imagesLoaded().always(function(){ moveRelatedJournals();
//console.log('Ad(right) image is loaded'); }); // Fix for 'more...' label falling into 2nd line if ($('.authors
.more-than').length && $('.authors .more-than').offset().left 1)
$('input[name=AllField]').autocomplete('close'); } catch(e) {} }); //console.log('Journal: Journal of
Evidence-Based Integrative Medicine, Issue: , Article: Mindfulness-Based Stress Reduction: Effect on
Emotional Distress in Older Adults');
```

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[Top](#) var dataLayer = dataLayer || []; dataLayer.push({"site":{"environment":"live","platform":"responsive-web"},"page":{"title":"Mindfulness-Based Stress Reduction: Effect on Emotional Distress in Older Adults: Complementary health practice review: Vol 15, No 2","type":"article/chapter-view"},"user":{"action":"showAbstract","id":596909781,"type":[],"loginStatus":false,"authentication":false,"subscriptions":[]},"institution":["National Science Library"]},"product":{"type":"article","format":"electronic","journal":{"name":"Journal of Evidence-Based Integrative Medicine","tla":"CHP","category":["health-sciences"],"subCategory":["health-sciences-allied-health","health-sciences-public-health","health-sciences-nursing"],"open_access":"false","e_issn":"2515-690X","p_issn":"2515-690X","issue":{"volume":"15","number":"2","article":{"doi":"10.1177/1533210110387687"},"title":"Mindfulness-Based Stress Reduction: Effect on Emotional Distress in Older Adults"}}}}}); (function(w,d,s,l,i){w[l]=w[l]||[];w[l].push({'gtm.start':new Date().getTime(),event:'gtm.js'});var f=d.getElementsByTagName(s)[0],j=d.createElement(s),dl=!!'dataLayer'?'&l='+l:'';j.async=true;j.src='https://www.googletagmanager.com/gtm.js?id='+i+dl;f.parentNode.insertBefore(j,f)})(window,document,'script','dataLayer','GTM-5M58KS');