

**Developed by Meredith Martin, PhD for PSY 400 Developmental
Psychopathology**

MINDFULNESS BLOG

This assignment is designed to illustrate your ability to read and understand psychological research (in the form of an empirical research article on mindfulness) and to practice communicating that understanding to a “lay audience” – in other words, to people who aren’t psychologists. Researchers are often faced with the need to communicate their research findings to their broader community. One popular avenue for this is blogging.

Blogs (short for “web logs”) refer to online journals or informational webpages that give writers a platform to share their views on a subject. You won’t actually be creating a blog (although you’re welcome to post it if you have one!) – but you will be translating research knowledge to a broad audience as if you were writing one. This activity will help you practice synthesizing information from a scientific research article and translating it into a format that anyone can understand without watering down the important points. While you may never write a blog, you may be called upon to communicate complex information to parents, teachers, and children with whom you work.

STEP #1: Read the review article

Read the article assigned for class on 3/11:

Creswell, J. D. (2017). Mindfulness interventions. *Annual Review of Psychology*, 68, 491-516.

This article is written as a relatively brief, but comprehensive overview of current research and understanding of mindfulness interventions in psychology. Reviews are often PACKED with information. Part of the author’s role in a review article is to synthesize and integrate these details into an organized bigger picture. I challenge you to pay attention to the broad take-away messages Creswell makes and don’t get too bogged down in trying to capture all of the little details.

STEP #2: Choose & read an EMPIRICAL research article about mindfulness

Before moving on to writing your blog, you will start by choosing one of the articles listed below (located in Blackboard). Read the article.

- Duncan LG, Bardacke N (2010). Mindfulness-based childbirth and parenting education: promoting family mindfulness during the perinatal period. *Journal of Child and Family Studies*, 19, 190–202.
- Napoli, M., Krech, P. R., & Holley, L. C. (2005). Mindfulness training for elementary school students: The attention academy. *Journal of Applied School Psychology*, 21, 99-125.
- May, L. M., Reinka, M. A., Tipsord, J. M., Felver, J. C., & Berkman, E. T. (2016). Parenting an early adolescent: A pilot study examining neural and relationship quality changes of a mindfulness intervention. *Mindfulness*, 7, 1203-1213.
- Felver, J. C., Morton, M. L., & Clawson, A. J. (2018). Mindfulness-Based Stress Reduction Reduces Psychological Distress in College Students. *College Student Journal*, 52, 291-298.



- Haydicky, J., Wiener, J., & Shecter, C. (2017). Mechanisms of action in concurrent parent-child mindfulness training: A qualitative exploration. *Mindfulness*, 8, 1018-1035.
- Bannirchelvam, B., Bell, K. L., & Costello, S. (2017). A qualitative exploration of primary school students' experience and utilisation of mindfulness. *Contemporary School Psychology*, 21, 304-316.

STEP #3: Write your “blog”

The purpose of your blog is to cover research in developmental psychopathology. Your readership is primarily parents interested in promoting healthy child development. You have recently read a research article about mindfulness and want to share it with your readers. Discuss what the researchers did, what they found, and how this information is of interest and/or would be useful for the readers of your blog to know. See below for the specific questions you are to address in your post.

Your blog post should:

- Be typed, between 1-2 pages in length, double-spaced, and in 12-pt Times New Roman font.
- Be written in a manner appropriate for a layperson (i.e., typical internet browser, parent, teachers, etc.), NOT someone who is necessarily knowledgeable about psychological research. For example, the lay public does not know necessarily know what “statistical significance” means, so don’t use those words.
 - If you are not sure if you are using too many “technical” terms, just submit your paper to the “mom test” – can your parent or sibling read your column and completely understand the study and its implications?
- Be an engaging post rather than a straightforward summary of the article. You get to use some creative license!
- Be written as a narrative, not in a question/answer format. Blogs are written in the first-person – as if you are speaking to your audience.
- Have an interesting or engaging headline (one that will make people browsing the internet read your post)
- NOT include any quotations from the article

Note: APA style is NOT required. You do not need to do a title page, or formal reference page. Please include the citation of the article you read at the end (not part of the page limits), just so I know which one you chose.

In your blog post, you should address the following questions:

1. Why do you want to bring this article to the attention of your readers? That is, why would it be of interest to them? Why should they learn about the findings?
2. What was the researchers' question? What was the rationale for asking this question?
3. How did the researchers answer the question? Briefly describe in layperson terms the methodology used by the researchers to test their hypotheses.
4. What were the results from the study? You should describe the results of the study in a manner that ANYONE can understand, not only those who have taken a



statistics course. Consequently, you should NOT be reporting any numbers in your article. Remember that if no one reads your blog, you won't get sponsorship to support it!

5. What conclusions did the researchers reach based on their results?
6. What can we learn from this research study? Here is where you discuss the implications that the results may have for your readers. How is it relevant to their everyday lives? How can they use what was learned from these findings?

The following are two examples from a popular Child Psychology blog:

<http://www.child-psych.org/2012/05/race-and-spanking-in-the-us-a-spank-is-a-spank-is-a-spank.html>

<http://www.child-psych.org/2012/07/moms-kids-anxiety.html>



Description	Unacceptable (Below standards)	Acceptable (Meets minimum standards)	Good (Exceeds minimum standards)	Points
Interpretation of Empirical Article	Does not provide a clear answer to all of the six questions. There is incomplete and/or inaccurate information. It is not clear that the student read and understood the basic points in the article.	Provides a clear and accurate answer to each of the six questions. It is clear that the student read and has at least a basic understanding of the article.	Provides a clear and accurate answer to each of the six questions. The student is able to elaborate on and reframe the main points of the article in their own words. The student clearly has a firm understanding of the article.	10
Blog/Attention to Audience	The student's message to their perceived audience (e.g., parents) is overly confusing and/or not accurate given the article. The student fails to back up their comments with a clear rationale. The student clearly struggles to apply concepts from the article to "real life."	The student provides an insightful message to their perceived audience (e.g., parents) by explaining at least some concepts from the article. The student's rationale is mostly clear. It appears that the student is at least generally able to apply the concepts from the article to "real life."	The student provides an insightful message to their perceived audience (e.g., parents) by explaining the concepts from the article. The student backs up all of their arguments and suggestions with a clear rationale. It is evident that the student is able to apply the concepts from the article to "real life."	10
Format & Mechanics	Paper does not follow all formatting guidelines outlined in the instructions (e.g., too long; font size). Grammatical, punctuation, and spelling errors significantly detract from reading the paper. Basic sentence structure often includes poor structure (e.g., run-on sentences).	Assignment follows all formatting guidelines outlined in the instructions. There may be a few grammatical, punctuation, and/or spelling errors, but overall they do not detract too much from reading the paper. Basic sentence structure is good (e.g., avoids run-on sentences, sentence structure is solid).	Assignment follows all formatting guidelines outlined in the instructions. Grammatical, punctuation, and spelling errors are RARE and do not detract from reading the paper. Basic sentence structure is good (e.g., avoids run-on sentences, sentence structure is solid).	5
Total Possible Points				25

