Alan Stewart, Ed.S.

Georgia State University

30 Pryor St., Room 950

Atlanta, GA, USA 30303

678-313-5434

rstewart20@student.gsu.edu

Joffrey Suprina, Ph.D.

Editor, The Practitioner Scholar

Argosy University, Sarasota

5250 17th Street

Sarasota, FL 34235

August 3, 2015

Dear Dr. Suprina:

Please consider the attached original research article “Effects of Mindfulness Meditation and Distraction on Mood and Attention in Veterans with PTSD” for publication in The Practitioner Scholar.

In this article, we hypothesized that, although distraction may be an effective short-term coping strategy for those with PTSD, even a brief mindfulness meditation intervention would more positively affect mood and attention, two hallmark symptoms of PTSD. Additionally, we conducted sub-analyses to evaluate the differential effects of mindfulness and distraction on those suffering from common PTSD symptoms such as physical pain, sleep disturbance and depression. The results associate mindfulness with improved mood across all sub-groups, but with improved attention only for those not suffering from sleep disturbance.

Although researchers have paid substantial attention to mindfulness as a potential treatment for PTSD, a comprehensive and detailed understanding of its symptom-level effects has yet to emerge. Additionally, the prevalence of PTSD symptoms among such traumatized and vulnerable populations as combat survivors, refugees and victims of sexual violence makes this research particularly important and timely.

This manuscript has not been published and is not under consideration for publication elsewhere. The ethical codes of the American Psychological Association have been upheld throughout our research, and we have no conflicts of interest to disclose.

Thank you for your consideration. Please contact me with any questions, concerns or feedback, as I will be handling the correspondence for our authors.

Sincerely,

Alan Stewart, Ed.S.

Doctoral Student, Counseling Psychology Doctoral Program

Department of Counseling and Psychological Services

Georgia State University