五维度正念问卷：观察量表(Five Facet Mindfulness Questionnaire: Observing Scale)的描述

|  |  |
| --- | --- |
| 功能 | 韧性、镇静、稳定、冷静 |
| 关联 | 情商、情绪管理、自我陪伴、述情障碍、解离、神经质、抑郁 |
| 对象 | 普通 |
| 回应者 | 成年人 |
| 特色 | 4项5分评分项目 |
| 信度 | .68 |
| 参考 | 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*(1), 27-45. <https://doi.org/10.1177/1073191105283504>Chung, P. K., Zhang, C. Q., Si, G. Y., & Liu, J. D. (2016). Examination of Construct Validity of the Chinese Short-form Five Facet Mindfulness Questionnaire in University Students and Elite Athletes.*Chinese Journal of Sports Medicine (in Chinese)*, *35*(1), 53-62. <https://doi.org/10.16038/j.1000-6710.2016.01.011> |

五维度正念问卷：观察量表的计分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回应 | 从不 | 很少 | 有时 | 常常 | 经常 |
| 项目1-4的分数 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分数的平均 | 行动 |
| 70-100 | 赞赏 |
| 30-70 | 需要稍作提升 |
| 0-30 | 需要积极提升 |