Description of Five Facet Mindfulness Questionnaire: Observing Scale

|  |  |
| --- | --- |
| Function | resilience, equanimity, steadiness, calmness |
| Relevance | emotional intelligence, emotional management, self-compassion, alexithymia, dissociation, neuroticism, depression |
| Target | General |
| Respondent | Adults |
| Feature | 4 items in 5-point rating scale |
| Reliability | .68 |
| References | 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> |

Scoring of Five Facet Mindfulness Questionnaire: Observing Scale

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | Never or very rarely true | Rarely true | Sometimes true | Often true | Very often or always true |
| Score for Items 1–4 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation |
| 30-70 | Some concern for promotion |
| 0-30 | Great concern for promotion |