五維度正念問卷：有意識行動量表(Five Facet Mindfulness Questionnaire: Acting with Awareness Scale)的描述

|  |  |
| --- | --- |
| 功能 | 韌性、鎮靜、穩定、冷靜 |
| 關聯 | 情商、情緒管理、自我陪伴、述情障礙、解離、神經質、抑鬱 |
| 對象 | 普通 |
| 回應者 | 成年人 |
| 特色 | 4項5分評分項目 |
| 信度 | .84 |
| 參考 | 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> |

五維度正念問卷：有意識行動量表的計分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回應 | 從不 | 很少 | 有時 | 常常 | 經常 |
| 項目1-4的分數（反向題） | 100 | 75 | 50 | 25 | 0 |

|  |  |
| --- | --- |
| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作提升 |
| 0-30 | 需要積極提升 |