(422) Five Facet Mindfulness Questionnaire: Acting with Awareness Scale of recipients in the Community

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|  | Please read the following sentences about thoughts or feelings carefully and circle the appropriate number to express the degree of gap that best describes following thoughts or feelings of recipients in the community. | Never or very rarely true | Rarely true | Sometimes true | Often true | Very often or always true |
| 1. | When they do things, their minds wander off and they are easily distracted | 1 | 2 | 3 | 4 | 5 |
| 2. | They don’t pay attention to what they are doing because they are daydreaming, worrying, or otherwise distracted | 1 | 2 | 3 | 4 | 5 |
| 3. | The are easily distracted | 1 | 2 | 3 | 4 | 5 |
| 4. | They find themselves doing things without paying attention | 1 | 2 | 3 | 4 | 5 |