

Study Protocol for the Development and Testing of a Questionnaire to measure Mindfulness, Acceptance and Commitment

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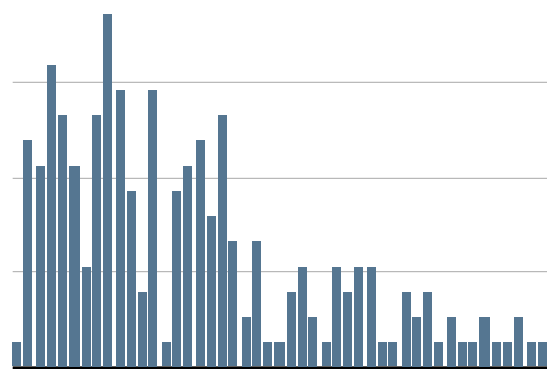
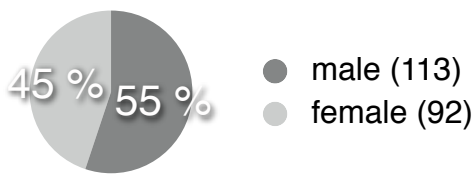
Background

There are only a few questionnaires to measure mindfulness, acceptance, and commitment in German speaking countries. The objective of this study is to create and evaluate a questionnaire that measures the levels of mindfulness, acceptance and commitment in the general population. The study started in May 2017 and the first four steps will hopefully be finished until November 2017.

Method and Progress

Sneak preview: First results

- 279 / 1000 participants
- 205 included, 74 excluded



Age: mean: 33.89, SD: 13.40, Range: 18 - 81

Internal Consistency

Mindfulness	0,894
Acceptance	0,937
Commitment	0,964

Selectivity

Mindfulness	0,08 - 0,71
Acceptance	0,51 - 0,77
Commitment	0,65 - 0,84

Step
1

We created an item pool of 90 items which measure the three scales „mindfulness“, „acceptance“, and „commitment“. This item collection was presented to a group of clinical experts, which reduced the number of items to 57 items. The items are rated on a Likert Scale.

Step
2

We are currently presenting the first version of the questionnaire to a sample of $n = 1000$ participants, recruited from the general population in Germany. We are recruiting in a medical center, at Hamburg University and via online form.

Mindfulness

Acceptance

Commitment

Step
3

After completing the data collection, the questionnaire will be checked for its quality (using „classic“ statistical methods like item difficulty, intern consistence, discrimination index). The final version of the questionnaire should contain less than 30 items.

Step
4

The final version of the questionnaire will be presented to another sample of $n = 1000$ to check for intern consistency. We will also correlate the MAC-1 with the FAH, the German version of the AAQ-II, which also measures acceptance and activity. We hope for a high correlation of corresponding scales.

Step
5

In future researches, we plan on using the MAC-1 for pre-post-studies and check whether it proves sensitive for changes. The first study will be an acceptance based group therapy for patients with depression which will start in september.

References

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