

## Five Facet Mindfulness Questionnaire: Short-Form (FFMQ-SF)

Below is a collection of statements about your everyday experience. Using the 1–5 scale below, please indicate, in the box to the right of each statement, how frequently or infrequently you have had each experience in the last month (or other agreed time period). Please answer according to what really reflects your experience rather than what you think your experience should be.

<i>Never or Very rarely true</i>	<i>Not often true</i>	<i>Sometimes true Sometimes not true</i>	<i>Often True</i>	<i>Very Often or Always true</i>
1	2	3	4	5

	Item	Facet	Item Score	Final Score
1	I'm good at finding the words to describe my feelings	DESCRIBE		
2	I can easily put my beliefs, opinions, and expectations into words	DESCRIBE		
3	I watch my feelings without getting carried away by them	DETACH		
4	I tell myself that I shouldn't be feeling the way I'm feeling	LOVE YOURSELF	6-	
5	it's hard for me to find the words to describe what I'm thinking	DESCRIBE	6-	
6	I pay attention to physical experiences, such as the wind in my hair or sun on my face	OBSERVE		
7	I make judgments about whether my thoughts are good or bad.	LOVE YOURSELF	6-	
8	I find it difficult to stay focused on what's happening in the present moment	ACT MINDFULLY	6-	
9	When I have distressing thoughts or images, I don't let myself be carried away by them	DETACH		
10	Generally, I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing	OBSERVE		
11	When I feel something in my body, it's hard for me to find the right words to describe it	DESCRIBE	6-	
12	It seems I am "running on automatic" without much awareness of what I'm doing	ACT MINDFULLY	6-	
13	When I have distressing thoughts or images, I feel calm soon after	DETACH		
14	I tell myself I shouldn't be thinking the way I'm thinking	LOVE YOURSELF	6-	
15	I notice the smells and aromas of things	OBSERVE		
16	Even when I'm feeling terribly upset, I can find a way to put it into words	DESCRIBE		
17	I rush through activities without being really attentive to them	ACT MINDFULLY	6-	

*Never or*                      *Not often true*                      *Sometimes true*                      *Often True*                      *Very Often or*  
*Very rarely true*                                           *Sometimes not true*                                           *Always true*  
 1                      2                      3                      4                      5

18	Usually when I have distressing thoughts or images I can just notice them without reacting	DETACH		
19	I think some of my emotions are bad or inappropriate and I shouldn't feel them	LOVE YOURSELF	6-	
20	I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow	OBSERVE		
21	When I have distressing thoughts or images, I just notice them and let them go	DETACH		
22	I do jobs or tasks automatically without being aware of what I'm doing	ACT MINDFULLY	6-	
23	I find myself doing things without paying attention	ACT MINDFULLY	6-	
24	I disapprove of myself when I have illogical ideas	LOVE YOURSELF	6-	

	<i>Facet Scores / Sum</i>	<i>Divide By</i>	<i># items in facet</i>	<i>Target(s)</i>
OBSERVE			<b>4</b>	
DESCRIBE			<b>5</b>	
DETACH			<b>5</b>	
LOVE YOURSELF			<b>5</b>	
ACT MINDFULLY			<b>5</b>	
Total Score				

Scoring Instructions: Record score and final score on survey. Record final facet scores in scoring table (above) and sum. Divide sum by # items in facet. Record subscale mean. Note facet target(s).

Note:

In the research study where the short form of the FFMQ was developed (see Bohlmeijer et al. below), most of the 376 participants were educated women with “clinically relevant symptoms of depression and anxiety”. They were randomized to a nine week clinical intervention involving an Acceptance & Commitment Therapy (ACT) self-help book, *Living Life to the Full*, plus 10 to 15 minutes per day of Mindfulness-Based Stress Reduction meditation exercises, plus some email support. Mean (and Standard Deviation) scores pre- and post- intervention were:

	non react	observe	act aware	describe	non judge
pre-mean (sd)	13.47 (3.07)	13.86 (3.21)	13.19 (3.32)	16.28 (3.91)	14.09 (3.63)
~70%	10.4–16.5	10.6–17.0	9.9–16.6	12.4–20.2	10.5–17.7
~95%	7.3–19.6	7.4–20.3	6.5–19.8	8.5–24.1	6.8–21.3
post-intervention	16.90	15.22	15.98	18.46	18.14

Bohlmeijer, E., ten Klooster, P.M., et al., 2011. Psychometric properties of the five facet mindfulness questionnaire in depressed adults and development of a short form, *Assessment* 18(3), 308-320. In recent years, there has been a growing interest in therapies that include the learning of mindfulness skills. The 39-item Five Facet Mindfulness Questionnaire (FFMQ) has been developed as a reliable and valid comprehensive instrument for assessing different aspects of mindfulness in community and student samples. In this study, the psychometric properties of the Dutch FFMQ were assessed in a sample of 376 adults with clinically relevant symptoms of depression and anxiety. Construct validity was examined with confirmatory factor analyses and by relating the FFMQ to measures of psychological symptoms, well-being, experiential avoidance, and the personality factors neuroticism and openness to experience. In addition, a 24-item short form of the FFMQ (FFMQ-SF) was developed and assessed in the same sample and cross-validated in an independent sample of patients with fibromyalgia. Confirmatory factor analyses showed acceptable model fit for a correlated five-factor structure of the FFMQ and good model fit for the structure of the FFMQ-SF. The replicability of the five-factor structure of the FFMQ-SF was confirmed in the fibromyalgia sample. Both instruments proved highly sensitive to change. It is concluded that both the FFMQ and the FFMQ-SF are reliable and valid instruments for use in adults with clinically relevant symptoms of depression and anxiety.