

Mindful Healthcare Scale

This questionnaire asks about your experiences as a helping professional. It asks about thoughts, feelings, perspectives, things you care about and things you find hard in your work with people.

Throughout, we use the term 'client' to describe people who receive your services, but you may prefer to use a different term such as 'patient' or 'service user'.

Please rate how true each statement is for you. Generally, your first response or gut reaction is important, so try not to spend too long thinking about each statement.

1	2	3	4	5	6
never true	very seldom true	sometimes true	frequently true	almost always true	always true
1. I know what I value in my work with clients.				1 2 3 4 5 6	
2. It is harmful to have negative thoughts about a client.				1 2 3 4 5 6	
3. I feel little sense of purpose in my job.				1 2 3 4 5 6	
4. I don't get much from my role as a helping professional.				1 2 3 4 5 6	
5. I get caught up in trying to "rescue" or being overprotective of my clients.				1 2 3 4 5 6	
6. When working with clients, I pay attention to what is occurring in the moment between us.				1 2 3 4 5 6	
7. I know what motivates me in my work with clients.				1 2 3 4 5 6	
8. If I have a bad day at work, I can step back and see the bigger picture.				1 2 3 4 5 6	
9. I try hard to avoid negative thoughts about my therapeutic work.				1 2 3 4 5 6	
10. Worries about my abilities as a helping professional get in the way of my work.				1 2 3 4 5 6	
11. If an unpleasant thought about a client comes into my head, I try to get rid of it.				1 2 3 4 5 6	
12. I am able to move on from negative thoughts about my therapeutic work.				1 2 3 4 5 6	
13. My job feels like something I "should" do, rather than something I "want" to do.				1 2 3 4 5 6	

Thank you for completing this questionnaire