**Data summary for the Mindful Healthcare Scale**

Scoring:

Engaged subscale: Reverse score items 3, 4, and 13 and add them to items 1 and 7.

(Higher scores = greater engagement)

Awareness subscale: Reverse score items 5 and 10 and add them to items 6, 8, and 12

(Higher scores = greater awareness)

Defusion subscale: Reverse score and sum items 2, 9, 11

(Higher scores = less fusion / greater defusion)

Total score = sum all items, after doing the reversals described above

Normative Data:

Sample 1: n = 480

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Statistics** | | | | | |
|  | | MHS Total Score | MHS Engaged Subscale | MHS Awareness Subscale | MHS Defusion Subscale |
| N | Valid | 480 | 480 | 480 | 480 |
| Missing | 0 | 0 | 0 | 0 |
| Mean | | 62.0042 | 25.8646 | 22.7417 | 13.3979 |
| Std. Deviation | | 6.56237 | 3.24767 | 3.29736 | 3.05926 |
| Minimum | | 35.00 | 11.00 | 11.00 | 3.00 |
| Maximum | | 76.00 | 30.00 | 30.00 | 18.00 |
| Percentile | 25 | 58.0000 | 24.0000 | 21.0000 | 12.0000 |
| 50 | 62.0000 | 26.0000 | 23.0000 | 14.0000 |
| 75 | 67.0000 | 28.0000 | 25.0000 | 15.0000 |