

5 facet 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.

never or very rarely true ***not often true*** ***sometimes true sometimes not true*** ***often true*** ***very often or always true***
1 **2** **3** **4** **5**

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

never or very rarely true **not often true** **sometimes true sometimes not true** **often true** **very often or always true**
1 **2** **3** **4** **5**

19	I think some of my emotions are bad or inappropriate and I shouldn't feel them	/NJ	
20	I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow	OB	
21	when I have distressing thoughts or images, I just notice them and let them go	NR	
22	I do jobs or tasks automatically without being aware of what I'm doing	/AA	
23	I find myself doing things without paying attention	/AA	
24	I disapprove of myself when I have illogical ideas	/NJ	

correct scores for items preceded by a slash (/NJ, /AA, etc) by subtracting from 6

non react = ; observe = ; act aware = ; describe = ; non judge =

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
<i>pre-mean (sd)</i>	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
<i>post-intervention</i>	16.90	15.22	15.98	18.46	18.14

Bohlmeijer, E., P. M. ten Klooster, 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.