

State Mindfulness Scale

Usually participants are asked to describe what they were doing during this 15-minute period of time.

Depending on the study design and context of interest, researchers can change the instructions to probe a different period of time (e.g., 5, 10, 20 minutes).

Items are aggregated into two subscales (see table) or one total score.

Higher scores = higher level of mindfulness

Numeric responses: from 1 = *not at all* to 5 = *very well*

Instruction to be used:

Below is a list of statements. Please use the rating scale to indicate how well each statement describes your experiences in the past 15 minutes

		“mind” subscale	“body” subscale
1.	I was aware of different emotions that arose in me	x	
2.	I tried to pay attention to pleasant and unpleasant sensations	x	
3.	I found some of my experiences interesting	x	
4.	I noticed many small details of my experience	x	
5.	I felt aware of what was happening inside of me	x	
6.	I noticed pleasant and unpleasant emotions	x	
7.	I actively explored my experience in the moment	x	
8.	I clearly physically felt what was going on in my body		x
9.	I changed my body posture and paid attention to the physical process of moving		x
10.	I felt that I was experiencing the present moment fully	x	
11.	I noticed pleasant and unpleasant thoughts	x	
12.	I noticed emotions come and go	x	
13.	I noticed various sensations caused by my surroundings (e.g., heat, coolness, the wind on my face)		x
14.	I noticed physical sensations come and go		x
15.	I had moments when I felt alert and aware	x	
16.	I felt closely connected to the present moment	x	
17.	I noticed thoughts come and go	x	
18.	I felt in contact with my body		x
19.	I was aware of what was going on in my mind	x	
20.	It was interesting to see the patterns of my thinking	x	
21.	I noticed some pleasant and unpleasant physical sensations		x