

Please rate each of the following statements using the scale provided. Tick the box that best describes your **own opinion** of what is **generally true for you**.

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
1	I notice changes in my body, such as whether my breathing slows down or speeds up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I'm good at finding the words to describe my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	When I do things, my mind wanders off and I'm easily distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I criticize myself for having irrational or inappropriate emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I pay attention to whether my muscles are tense or relaxed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I can easily put my beliefs, opinions, and expectations into words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	When I'm doing something, I'm only focused on what I'm doing, nothing else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I tend to evaluate whether my perceptions are right or wrong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	When I'm walking, I deliberately notice the sensations of my body moving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I'm good at thinking of words to express my perceptions, such as how things taste, smell, or sound.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I drive on "automatic pilot" without paying attention to what I'm doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I tell myself that I shouldn't be feeling the way I'm feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	When I take a shower or bath, I stay alert to the sensations of water on my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	It's hard for me to find the words to describe what I'm thinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	When I'm reading, I focus all my attention on what I'm reading.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I believe some of my thoughts are abnormal or bad and I shouldn't think that way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I have trouble thinking of the right words to express how I feel about things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	When I do things, I get totally wrapped up in them and don't think about anything else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I make judgments about whether my thoughts are good or bad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	I pay attention to sensations, such as the wind in my hair or sun on my face.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
24	I tend to make judgments about how worthwhile or worthless my experiences are.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	Even when I'm feeling terribly upset, I can find a way to put it into words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	When I'm doing chores, such as cleaning or laundry, I tend to daydream or think of other things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I tell myself that I shouldn't be thinking the way I'm thinking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	I notice the smells and aromas of things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	I intentionally stay aware of my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	I tend to do several things at once rather than focusing on one thing at a time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	I think some of my emotions are bad or inappropriate and I shouldn't feel them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	I notice visual elements in art or nature, such as colours, shapes, texture, or patterns of light and shadow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34	My natural tendency is to put my experiences into words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	When I'm working on something, part of my mind is occupied with other topics, such as what I'll be doing later, or things I'd rather be doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36	I disapprove of myself when I have irrational ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37	I pay attention to how my emotions affect my thoughts and behaviour.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38	I get completely absorbed in what I'm doing, so that all my attention is focused on it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39	I notice when my moods begin to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring the KIMS

Scoring the KIMS in the following way ensures that higher scores indicate higher levels of mindfulness.

Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
1	2	3	4	5

Sub-scale items:

Sub-Scale	Items
Scale 1 (Observing):	1, 5, 9, 13, 17, 21, 25, 29, 30, 33, 37, 39
Scale 2 (Describing):	2, 6, 10, 14, 18, 22, 26, 34
Scale 3 (Acting with Awareness):	3, 7, 11, 15, 19, 23, 27, 31, 35, 38
Scale 4 (Accepting without judgement):	4, 8, 12, 16, 20, 24, 28, 32, 36

Items highlighted in GREEN need to be reverse-scored