

Interpersonal Mindfulness Scale

Instructions:

Below is a collection of statements about your everyday experiences with other people. Using the scale, please indicate how frequently you have each experience. Answer according to what really reflects your experience rather than what you think your experience should be. Treat each item separately from every other item

		Almost never	Infrequently	Sometimes	Frequently	Almost always
1	When I am with other people, I am aware of my moods and emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	When I am conversing with another person, I am fully engaged in the conversation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	When in a discussion, I accept others have opinions different from mine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	In tense moments with another person, I am aware of my feelings but do not get taken over by them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	When a person is talking to me, I find myself thinking about other things, rather than giving them my full attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	When I receive an angry text/email from someone, I try to understand their situation before responding.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I listen for the meaning behind another person's words through their gestures and facial expressions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	When I am upset with someone, I notice how I am feeling before responding.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I listen carefully to another person, even when I disagree with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I find myself listening to someone with one ear while doing something else at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I take time to form my thoughts before speaking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I think about the impact my words may have on another person before I speak.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	When interacting with someone I know, I am often on autopilot, not really paying attention to what is actually happening in the moment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	When I am with another person, I try to accept how they are behaving without wanting them to behave differently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I am aware of others moods and tone of voice while I am listening to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I am aware of my facial and body expressions when interacting with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	When I am with others, I am easily distracted and my mind tends to wander.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	When interacting with others, I am aware of their facial and body expressions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I pick up on the intentions behind what another person is trying to say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I listen to another person without judging or criticizing them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Almost never	Infrequently	Sometimes	Frequently	Almost always
21	I give the appearance of listening to another person when I am not really listening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	Before I speak, I am aware of the intentions behind what I am trying to say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	When I am interacting with another person, I get a sense of how they are feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	I accept that another person's current situation or mood might influence their behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	Rather than being distracted, it is easy for me to be in the present moment while I am interacting with another person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	When speaking to another person, I am aware of how I feel inside.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	I notice how my mood affects how I act towards others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Administering the questionnaire:

Randomly order the items when administering the scale.

Scoring:

1 = *Almost never*, 2 = *Infrequently*, 3 = *Sometimes*, 4 = *Frequently*, 5 = *Almost Always*

* Indicates items that need to be reverse scored (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1)

Coding key for the four sub-scales / facets:

- **Presence:** 2, 5*, 10*, 13*, 17*, 21*, 25.
- **Awareness of Self and Others:** 1, 7, 15, 16, 18, 19, 23, 24, 26, 27.
- **Nonjudgmental Acceptance:** 3, 9, 14, 20.
- **Nonreactivity:** 4, 6, 8, 11, 12, 22.

How to calculate a total score

There are two ways:

1. A total score can be calculated in the conventional way by adding up all items or calculating the mean from all items, after reverse scoring.
2. A total score can be calculated that fulfils the criteria for interval-level and thus parametric analysis. This unidimensional score, is based on Rasch model analysis (Medvedev et al, 2020). The total IMS score based on Rasch model analysis is calculated by using the standard 1-5 scoring (see above), reversing negatively worded items and calculating the total score by adding up all individual item scores. Find the total score in the conversion table below ("Scores"; blue columns) and select the corresponding interval-level score ("Scale"; orange columns). Note that this transformation should not be applied for respondents with missing data.

Conversion table for the total score, based on Rasch-model analysis

Scores	Interval		Scores	Interval		Scores	Interval	
	Logits	Scale		Logits	Scale		Logits	Scale
27	- 2.03	27.00	64	- 0.27	66.55	101	0.27	78.86
28	- 1.47	39.55	65	- 0.27	66.69	102	0.30	79.49
29	- 1.24	44.76	66	- 0.26	66.91	103	0.33	80.12
30	- 1.14	46.92	67	- 0.25	67.05	104	0.36	80.77
31	- 1.09	48.21	68	- 0.24	67.18	105	0.39	81.43
32	- 1.05	49.09	69	- 0.23	67.43	106	0.42	82.08
33	- 1.01	49.88	70	- 0.23	67.59	107	0.45	82.76
34	- 0.99	50.44	71	- 0.22	67.73	108	0.48	83.43
35	- 0.96	50.96	72	- 0.22	67.79	109	0.51	84.11
36	- 0.94	51.45	73	- 0.21	68.04	110	0.54	84.81
37	- 0.92	51.90	74	- 0.20	68.09	111	0.57	85.51
38	- 0.90	52.31	75	- 0.19	68.33	112	0.60	86.23
39	- 0.89	52.74	76	- 0.19	68.40	113	0.63	86.97
40	- 0.86	53.21	77	- 0.18	68.54	114	0.67	87.74
41	- 0.85	53.59	78	- 0.17	68.78	115	0.70	88.53
42	- 0.83	53.93	79	- 0.17	68.94	116	0.74	89.32
43	- 0.81	54.36	80	- 0.16	69.10	117	0.78	90.15
44	- 0.80	54.77	81	- 0.15	69.28	118	0.81	91.03
45	- 0.77	55.24	82	- 0.14	69.44	119	0.85	91.93
46	- 0.75	55.71	83	- 0.14	69.64	120	0.90	92.88
47	- 0.73	56.19	84	- 0.13	69.82	121	0.94	93.89
48	- 0.71	56.70	85	- 0.12	70.07	122	0.99	94.93
49	- 0.68	57.29	86	- 0.10	70.34	123	1.04	96.03
50	- 0.65	57.94	87	- 0.09	70.66	124	1.09	97.23
51	- 0.63	58.60	88	- 0.08	70.99	125	1.15	98.49
52	- 0.59	59.36	89	- 0.06	71.42	126	1.20	99.82
53	- 0.56	60.15	90	- 0.03	71.94	127	1.27	101.28
54	- 0.52	60.96	91	- 0.01	72.57	128	1.34	102.88
55	- 0.48	61.84	92	0.02	73.20	129	1.42	104.66
56	- 0.43	63.11	93	0.05	73.86	130	1.51	106.72
57	- 0.39	63.96	94	0.08	74.49	131	1.62	109.17
58	- 0.36	64.50	95	0.11	75.12	132	1.76	112.24
59	- 0.34	65.09	96	0.14	75.73	133	1.94	116.50
60	- 0.32	65.49	97	0.16	76.36	134	2.26	123.51
61	- 0.31	65.81	98	0.19	76.97	135	2.77	135.00
62	- 0.29	66.08	99	0.22	77.60			
63	- 0.28	66.31	100	0.25	78.23			