
ABSTRACT

Development of mindfulness “attitude-effect” scale

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The aim of this study was to develop a scale which widely covered changes due to mindfulness, reflected cultural differences and could be easily answered and flexibly used. The subscales found were; “non-clinging”, “observing body sensation”, and “observing inside of oneself” on the “attitude” level; and “acceptance”, “peace of mind and body”, “observation with compassion”, and “immediate remedy” on the “effect” level. Thus we constructed a new mindfulness “attitude-effect” scale which consists of seven factors, and confirmed its reliability and validity. This result suggested the possibility that the effect of mindfulness can be widely verified using this scale.

Key Words: mindfulness, scale, reliability, validity
