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## ABSTRACT

### Developing the Sense of Harmony between Body and Mind Scale

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It is important to capture a person's psychological state and their sense of self to integrate the body and mind. However, psychological scales have not yet been developed based on such a viewpoint, so I aimed to develop the Sense of Harmony between Body and Mind Scale (SHS), which measures the harmony between the mind and body, and to confirm the factor construction and reliability of the SHS. A total of 368 participants completed the preliminary version of the SHS. Five factors and 31 items were retained for the final version of the SHS, based on factor analysis. The factors were Self-existence of mind and body (Factor 1), Relaxation of mind and body (Factor 2), Balance of mind and body (Factor 3), Sense of independence (Factor 4), and Sense of physical stability (Factor 5). The internal consistency and test-retest reliability of the SHS were confirmed by calculating Cronbach's alpha coefficient and correlation coefficients. The results indicate that these five factors integrate our body and mind, and they play important roles in generating our sense of self.

**Key Words:** body-mind harmony, sense of self, sense of harmony between body and mind, Sense of Harmony between Body and Mind Scale

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