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Mindfulness and assessing cognitive and affective attributes

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Source

Andrew E. P. Mitchell. (2020). *Resilience and mindfulness in nurse training on an undergraduate curriculum*. *Perspect Psychiatr Care*, vol. 57 (3), 1474-1481. doi:10.1111/ppc.12714.

"Mindfulness is suggested to be made up of four attributes: (1) the ability to regulate attention, (2) an orientation to present or immediate experience, (3) awareness of experience, and (4) an attitude of acceptance or nonjudgment towards experience." ^[1] p1475 based on the assessment scale 'Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)' ^[2].

Assessing mindfulness

The cognitive and affective mindfulness scale-revised assesses cognitive and affective attributes of mindfulness ^[2]. The scale comprehensively analyses and evaluates four domains and lists items within each domain.

The evaluation "consists of 12 items on a Likert-type scale. The Likert scale was rated on a scale from 1 = rarely/ not at all to 4 = almost always.

The scaled items fell into one of four factors:

- (a) attention (three items);
- (b) present focus (three items);
- (c) awareness (three items), and
- (d) acceptance (three items).

A lower score means lower mindful behaviours, while a higher score means higher levels of mindfulness. The total score ranges from 12 to 60". ^[1] p1475

References

1. ^{a, b}Andrew E. P. Mitchell. (2020). *Resilience and mindfulness in nurse training on an undergraduate curriculum*. *Perspect Psychiatr Care*, vol. 57 (3), 1474-1481. doi:10.1111/ppc.12714.
2. ^{a, b}Greg Feldman, Adele Hayes, Sameet Kumar, Jeff Greeson, et al. (2006). *Mindfulness and Emotion Regulation: The Development and Initial Validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)*. *J Psychopathol Behav Assess*, vol. 29 (3), 177-190. doi:10.1007/s10862-006-9035-8.

