

五因素正念量表简版（FFMQ-15）

请阅读每个句子，并选择这些描述有多符合你平时的情况：

	完全不符合	不太符合	有点符合	非常符合	完全符合
1. 在做事的时候，我经常走神，很容易被别的事情干扰。	1	2	3	4	5
2. 我没有注意到我正在做的事情，因为我脑子里在想别的事情。	1	2	3	4	5
3. 我能观察自己的情绪（比如发现自己不开心），但不会陷在情绪里面。	1	2	3	4	5
4. 我很容易分心。	1	2	3	4	5
5. 我会注意我的一些感觉，比如：风吹过我的头发、阳光照在我的脸上的感觉。	1	2	3	4	5
6. 我很难找到合适的语言来表达我对事物的感受。	1	2	3	4	5
7. 我很难把注意力集中在眼前发生的事情上。	1	2	3	4	5
8. 我会注意各种声音，比如：闹钟的滴答声、小鸟的叫声、或者马路上汽车开过的声音。	1	2	3	4	5
9. 我告诉自己，我不应该有这些想法。	1	2	3	4	5
10. 我会注意周围的各种气味，比如一些东西的香味。	1	2	3	4	5
11. 我觉得自己有些情绪是不好的、不对的，我不应该有这些情绪。	1	2	3	4	5
12. 我会注意观察美术作品和大自然里的一些视觉元素，比如颜色、形状、纹路、光、影子。	1	2	3	4	5
13. 我非常习惯用词语来描述我的体验，比如我的情绪、我身边发生的事情。	1	2	3	4	5
14. 当我有一些烦恼、伤心的想法时，我会根据我当时想的内容或者脑海里出现的情景，来判断自己是个好孩子还是个坏孩子。	1	2	3	4	5
15. 当我有什么情绪和感觉的时候，我一般能很详细地说出自己的感觉。	1	2	3	4	5

FFMQ-15 计分方法

反向计分：题项 1、2、4、6、7、9、11 和 14 进行反向记分（分数 1 改为 5，2 改为 4，3 保持不变，4 改为 2，5 改为 1）。

分量表：

- 注意力（Attention）：题项 1、2、4、6、7
- 观察力（Observe）：题项 3、5、8、10、12
- 内在觉察（Internal Awareness）：题项 9、11、13、14、15

正念（Mindfulness）总分：将所有 15 个题项的得分相加（对需要反向计分的题项进行转换后再加总）。得分越高，表示正念水平越高。

详细信息参考：Hu, H., Lyu, R., Dai, X., & Lu, S. (2024). Validating a short-form Five Facet Mindfulness Questionnaire among Chinese early adolescents. *Mindfulness*, 15(10), 2632–2646. <https://doi.org/10.1007/s12671-024-02446-y>

Five Facet Mindfulness Questionnaire – 15-Item Short Form (FFMQ-15)

Please read each statement and circle the number that best describes your own opinion of what is generally true for you.

	Never or very rarely true	Rarely true	Some- times true	Often true	Very often or always true
1. When I do things, my mind wanders off and I'm easily distracted.	1	2	3	4	5
2. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.	1	2	3	4	5
3. I watch my feelings without getting lost in them.	1	2	3	4	5
4. I am easily distracted.	1	2	3	4	5
5. I pay attention to sensations, such as the wind in my hair or sun on my face.	1	2	3	4	5
6. I have trouble thinking of the right words to express how I feel about things.	1	2	3	4	5
7. I find it difficult to stay focused on what's happening in the present.	1	2	3	4	5
8. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.	1	2	3	4	5
9. I tell myself that I shouldn't be thinking the way I'm thinking.	1	2	3	4	5
10. I notice the smells and aromas of things.	1	2	3	4	5
11. I think some of my emotions are bad or inappropriate and I shouldn't feel them.	1	2	3	4	5
12. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.	1	2	3	4	5
13. My natural tendency is to put my experiences into words.	1	2	3	4	5
14. When I have distressing thoughts or images, I judge myself as good or bad depending on what the thought or image is about.	1	2	3	4	5
15. I can usually describe how I feel at the moment in considerable detail.	1	2	3	4	5

FFMQ-15 Scoring Instruction

Reverse scoring: Reverse score items 1, 2, 4, 6, 7, 9, 11, 14 (recode 1 as 5, 2 as 4, 3 as 3, 4 as 2, 5 as 1).

Subscales:

- Attention: Items 1, 2, 4, 6, 7
- Observe: Items 3, 5, 8, 10, 12
- Internal Awareness: Items 9, 11, 13, 14, 15

Total Mindfulness Score: Sum of all 15 items (after reverse scoring, where applicable). Higher scores indicate higher levels of trait mindfulness.

For more information: Hu, H., Lyu, R., Dai, X., & Lu, S. (2024). Validating a short-form Five Facet Mindfulness Questionnaire among Chinese early adolescents. *Mindfulness*, 15(10), 2632–2646.

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