

## FFA – Scoring the Freiburg Mindfulness Questionnaire

Score “rarely” as 1, “occasionally” as 2, “fairly often” as 3, “almost always” as 4. Add up all items to get one summary score. When scoring, please observe that there are a couple of reversed items. For these you need to reverse the scoring, preferably by a recode command that recodes 1 into 4, 2 into 3, 3 into 2 and 4 into 1.

The items to be recoded are, for the short version:

Item 13

For the long version

Item 9

Item 13

Item 27

Item 29

At the moment, we do not recommend to use separate factor-scale scores. If you wish to do so, we recommend that you analyse your own data set and extract 4 to 6 factors according to the data structure you find and then proceed accordingly, adding up item scores per scale.

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For the authors

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