

Applied Mindfulness Process Scale (AMPS)

Dear Colleague:

The Applied Mindfulness Process Scale (AMPS) is public domain and does not require special permission for use in research or clinical work. The AMPS measures the application of mindfulness practices in daily life among persons participating in mindfulness-based interventions (MBIs). This *process measure* has been validated for use among adult mindfulness practitioners and college students enrolled in a MBI (Li, Black, & Garland, 2015). A detailed description of AMPS, the AMPS instrument itself, and instructions for use and scoring are available on the following pages.

Please e-mail us with any questions about the interpretation or use of the AMPS. We also appreciate your sharing any new research or clinical findings when using this scale.

Regards,

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Description of the scale:

The Applied Mindfulness Process Scale (AMPS) is a process measure used to quantify how participants in mindfulness-based interventions (MBIs) use mindfulness practice when facing challenges in daily life. Development and validation of the AMPS yielded 15 items representing three domains of applied mindfulness processes: (a) decentering, (b) positive emotional regulation, and (c) negative emotional regulation (Li, Black, & Garland, 2015). It has demonstrated strong internal consistency (Cronbach's α) ranging between 0.91-0.94, as well as adequate nomological validity with related constructs (e.g., stress, depression, trait mindfulness, anxiety, and general well-being). As a process measure, the AMPS can be used as a standalone measure or alongside established measures of mindfulness as a *construct*. The AMPS is intended for use among current mindfulness practitioners or MBI participants. Completion of the AMPS questionnaire should take approximately 5 minutes.

AMPS norms to date:

	n	Mean	SD	Range
Adult meditation practitioners	134			
AMPS total		54.18	9.83	(0-60)
Decentering		18.12	3.72	(0-20)
Positive emotional regulation		22.18	3.85	(0-20)
Negative emotional regulation		14.15	2.64	(0-20)
College students	180			
AMPS total		40.55	9.49	(0-60)
Decentering		13.27	3.34	(0-20)
Positive emotional regulation		13.85	3.75	(0-20)
Negative emotional regulation		13.42	3.37	(0-20)

Instructions for administration: We suggest that the AMPS process measure be administered one or more times during the course of the intervention when the participant has become familiar with the practice (for example, at a program mid-point and conclusion). Increases over time in AMPS scores suggest greater application of the use of mindfulness skills in daily life coinciding with mindfulness practice.

Instructions for scoring: (1) Sum each factor individually to obtain a score ranging from 0-20, and/or (2) sum all 15 items to obtain a score ranging from 0-60.

Please use the following reference to cite this scale:

Li, M. J., Black, D. S., Garland, E. L. (2015). The Applied Mindfulness Process Scale (AMPS): A process measure for evaluating mindfulness-based interventions. *Personality and Individual Differences*. Advance online publication. <http://dx.doi.org/10.1016/j.paid.2015.10.027>.

Instructions: Everyone gets confronted with negative or stressful events in daily life, and people who practice mindfulness experience these events in different ways. Please indicate how often you have used mindfulness in each of the following ways for the period of the **last week (past 7 days)**.

I used mindfulness practice to...	Never	Rarely	Sometimes	Often	Almost Always
1. Observe my thoughts in a detached manner	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
2. Relax my body when I am tense	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
3. See that my thoughts are not necessarily true	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
4. Enjoy the little things in life more fully	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
5. Calm my emotions when I am upset	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
6. Stop reacting to my negative impulses	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
7. See the positive side of difficult circumstances	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
8. Reduce tension when I am stressed	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
9. Realize that I can grow stronger from difficult circumstances	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
10. Stop my unhelpful reactions to situations	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
11. Be aware of and appreciate pleasant events	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
12. Let go of unpleasant thoughts and feelings	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
13. Realize that my thoughts are not facts	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
14. Notice pleasant things in the face of difficult circumstances	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
15. See alternate views of a situation	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>