The CAMS-R is a 12-item measure designed to capture a broad conceptualization of mindfulness with language that is not specific to any particular type of meditation training.

Instructions: People have a variety of ways of relating to their thoughts and feelings. For each of the items below, rate how much each of these ways applies to you.

1. It is easy for me to concentrate on what I am doing.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

2. I am preoccupied by the future.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

3. I can tolerate emotional pain.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

4. I can accept things I cannot change.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

5. I can usually describe how I feel at the moment in considerable detail.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

6. I am easily distracted.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

7. I am preoccupied by the past.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

8. It’s easy for me to keep track of my thoughts and feelings.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

9. I try to notice my thoughts without judging them.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

10. I am able to accept the thoughts and feelings I have.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

11. I am able to focus on the present moment.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

12. I am able to pay close attention to one thing for a long period of time.

\_ 1. Rarely/Not at all \_ 2. Sometimes \_ 3. Often \_ 4. Almost always

Notes

Scoring

Items 2, 6, and 7 are reverse-scored. After appropriate reversals, sum values for items 1 - 12. Higher values reflect greater mindful qualities.

Reference

Feldman, G., Hayes, A., Kumar, S. et al. Mindfulness and Emotion Regulation: The Development and Initial Validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *J Psychopathol Behav Assess* (2007) 29: 177. doi:10.1007/s10862-006-9035-8