

Cognitive and Affective Mindfulness Scale- Revised (CAMS-R)

Please respond to each item by marking <u>one box per row</u>		Rarely/Not at All	Sometimes	Often	Almost Always
CAMS-R1	It is easy for me to concentrate on what I am doing.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R3	I can tolerate emotional pain.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R4	I can accept things I cannot change.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R5	I can usually describe how I feel at the moment in considerable detail.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R6	I am easily distracted. (R)	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
CAMS-R8	It's easy for me to keep track of my thoughts and feelings.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R9	I try to notice my thoughts without judging them.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R10	I am able to accept the thoughts and feelings I have.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R11	I am able to focus on the present moment.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
CAMS-R12	I am able to pay close attention to one thing for a long period of time.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

**Scoring:** Note that 6 is reversed scored. Sum of all values reflect greater mindful qualities.

**Your total score:** \_\_\_\_\_

Feldman, G., Hayes, A., Kumar, S., Greeson, J., & Laurenceau, J. P. (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of Psychopathology and Behavioral Assessment*, 29(3), 177-190.  
Note that original scale was 12 items, but the original items 2 and 7 were deleted as less useful than the remaining 10.