

## State Mindfulness Scale for Physical Activity (SMS-PA)

The State Mindfulness Scale for Physical Activity (SMS-PA) was developed based on Tanay and Bernstein's (2013) State Mindfulness Scale. Tanay and Bernstein (2013) conceptualized mindfulness as both the self-regulation of attention to the present and an attitude of openness, acceptance and curiosity about mental and physical experiences. However, the items on physical experiences did not adequately capture the breath of physical experience during physical activity. In order to more accurately capture the physical experience, items were developed and tested to measure the extent to which a person attends to their physical exertion, muscular engagement or bodily movements. The SMS-PA was developed to include both the objects of mindfulness (i.e., physical and mental events) and the qualities of mindfulness (e.g., attention, awareness, openness). The SMS-PA is intended to assess the specific experience of mindfulness and is ideally completed immediately following participation in a physical activity.

The SMS-PA is a 12 item measure with six items assessing state mindfulness of the mind (i.e., thoughts and emotions) and six items assessing state mindfulness of the body (i.e., movement, body sensations, muscle engagement). The response scale is 0 – 4, with anchors of Not at all (0) and Very much (4). Initial evidence supports a bi-factor structure of the measure in which both a general state mindfulness factor and two specific factors (mind and body) are supported. The bi-factor structure supports the use of using a single score to capture overall state mindfulness, but also the use of two scores capture mindfulness of the mind and mindfulness of the body. See Cox, Ullrich-French, and French (2016).

Initial evidence also supports the use of the measure with youth ages ten and older (Ullrich-French, Cox, Cole, Cooper, & Gotch, 2017). The SMS-PA has also been adapted in Spanish (Ullrich-French, González Hernández, Hildago Montesinos, 2017).

### Scoring:

State Mindfulness of the Mind - Items 1 – 6  
State Mindfulness of the Body – Items 7-12

### Citations for the SMS-PA

- Cox, A., Ullrich-French, S., & French, B. (2016). Validity evidence for state mindfulness scale scores in a physical activity context. *Measurement in Physical Education and Exercise Science, 20*, 38-49. doi:10.1080/1091367X.2015.1089404
- Ullrich-French, S., Cox, A.E., Cole, A.N., Cooper, B.R., & Gotch, C. (2017). Initial Validity Evidence for the State Mindfulness Scale for Physical Activity with Youth. *Measurement in Physical Education and Exercise Science, 21*, 177-189. doi: 10.1080/1091367X.2017.1321543
- Ullrich-French, S., González Hernández, J., & Hildago Montesinos, M.D. (2017). Validity Evidence for the Adaptation of the State Mindfulness Scale for Physical Activity (SMS-PA) in Spanish Youth. *Psicothema, 29*, 119-125. doi: 10.7334/psicothema2016.204
- Tanay, G., & Bernstein, A. (2013). State mindfulness scale (SMS): Development and initial validation. *Psychological Assessment, 25*, 1286-1299.

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**We are interested in what you just experienced during [insert activity]. Please indicate how much you experienced each of the following by circling one number.**

		<b>Not at all</b>	<b>A little</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I was aware of different emotions that arose in me.	0	1	2	3	4
2.	I noticed pleasant and unpleasant emotions.	0	1	2	3	4
3.	I noticed pleasant and unpleasant thoughts.	0	1	2	3	4
4.	I noticed emotions come and go.	0	1	2	3	4
5.	I noticed thoughts come and go.	0	1	2	3	4
6.	It was interesting to see the patterns of my thinking.	0	1	2	3	4
7.	I focused on the movement of my body.	0	1	2	3	4
8.	I felt present in my body.	0	1	2	3	4
9.	I listened to what my body was telling me.	0	1	2	3	4
10.	I was aware of how my body felt.	0	1	2	3	4
11.	I noticed the sensations in my body.	0	1	2	3	4
12.	I was in tune with how hard my muscles were working.	0	1	2	3	4