

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

19 item version		Not at all	A little	Moderately	Quite a bit	Very much
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
13	I let my thoughts/emotions just be without fixating on them.	0	1	2	3	4
14	I accepted my thoughts/emotions without judging them.	0	1	2	3	4
15	I did not react to my thoughts/emotions.	0	1	2	3	4
16	I was okay with experiencing the physical sensations in my body.	0	1	2	3	4
17	I acknowledged how my body felt without trying to change it.	0	1	2	3	4
18	I accepted how my body felt even if it was unpleasant.	0	1	2	3	4
19	I was okay with how my body felt, even if it did not meet expectations.	0	1	2	3	4

15 item version		Not at all	A little	Moderately	Quite a bit	Very much
1	I noticed pleasant and unpleasant emotions.	0	1	2	3	4
2	I noticed pleasant and unpleasant thoughts.	0	1	2	3	4
3	I noticed emotions come and go.	0	1	2	3	4
4	I noticed thoughts come and go.	0	1	2	3	4
5	I listened to what my body was telling me.	0	1	2	3	4
6	I was aware of how my body felt.	0	1	2	3	4
7	I noticed the sensations in my body.	0	1	2	3	4
8	I was in tune with how hard my muscles were working.	0	1	2	3	4
9	I let my thoughts/emotions just be without fixating on them.	0	1	2	3	4
10	I accepted my thoughts/emotions without judging them.	0	1	2	3	4
11	I did not react to my thoughts/emotions.	0	1	2	3	4
12	I was okay with experiencing the physical sensations in my body.	0	1	2	3	4
13	I acknowledged how my body felt without trying to change it.	0	1	2	3	4
14	I accepted how my body felt even if it was unpleasant.	0	1	2	3	4
15	I was okay with how my body felt, even if it did not meet expectations.	0	1	2	3	4

### SMS-PA2 Scoring Instructions

Calculate subscale scores for 19 Item Version:

- Monitoring of the Mind (MM): Average Items 1 to 6
- Monitoring of the Body (MB): Average Items 7 to 12
- Acceptance of the Mind (AM): Average Items 13 to 15
- Acceptance of the Body (AB): Average Items 16 to 19

Calculate total score: Average Items 1 – 19

Calculate subscale scores for 15 Item Version:

- Monitoring of the Mind (MM): Average Items 1 to 4
- Monitoring of the Body (MB): Average Items 8 to 8
- Acceptance of the Mind (AM): Average Items 9 to 11
- Acceptance of the Body (AB): Average Items 12 to 15

Calculate total score: Average Items 1 – 15

19 Item Version		15 Item Version	
Item#	Subscale	Item#	Subscale
1	MM	1	MM
2	MM	2	MM
3	MM	3	MM
4	MM	4	MM
5	MM	5	MB
6	MM	6	MB
7	MB	7	MB
8	MB	8	MB
9	MB	9	AM
10	MB	10	AM
11	MB	11	AM
12	MB	12	AB
13	AM	13	AB
14	AM	14	AB
15	AM	15	AB
16	AB		
17	AB		
18	AB		
19	AB		

MM = Monitoring of the Mind; MB = Monitoring of the Body;

AM = Acceptance of the Mind; AB=Acceptance of the Body