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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, 2016). 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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Applied Mindfulness Process Scale (AMPS)

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 (items 1, 3, 12, 13, 15), (b) positive emotional regulation (items 4, 7, 9, 11, 14), and (c) negative emotional regulation (items 2, 5, 6, 8, 10).

The AMPS has 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	Score Range
Adult meditation practitioners	134			
AMPS total		39.87	8.66	(0-60)
Decentering		13.62	3.09	(0-20)
Positive emotional regulation		13.26	3.42	(0-20)
Negative emotional regulation		12.94	3.19	(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. (2016). The Applied Mindfulness Process Scale (AMPS): A process measure for evaluating mindfulness-based interventions. *Personality and Individual Differences*, 93,6-15.
https://www.ncbi.nlm.nih.gov/pubmed/26858469

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 ☐	1 ☐	2 ☐	3 ☐	4 ☐
2. Relax my body when I am tense	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
3. See that my thoughts are not necessarily true	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
4. Enjoy the little things in life more fully	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
5. Calm my emotions when I am upset	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
6. Stop reacting to my negative impulses	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
7. See the positive side of difficult circumstances	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
8. Reduce tension when I am stressed	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
9. Realize that I can grow stronger from difficult circumstances	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
10. Stop my unhelpful reactions to situations	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
11. Be aware of and appreciate pleasant events	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
12. Let go of unpleasant thoughts and feelings	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
13. Realize that my thoughts are not facts	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
14. Notice pleasant things in the face of difficult circumstances	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐
15. See alternate views of a situation	0 ☐	1 ☐	2 ☐	3 ☐	4 ☐