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## **Kentucky Inventory Of Mindfulness Skills**

Kentucky Inventory of Mindfulness Skills (KIMS) Authors: Ruth A. Baer, Gregory T.

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Smith & Kristin B. Allen The KIMS is a 39-item self-report inventory that is used for the assessment of mindfulness skills. Mindfulness is generally defined to include focusing one's attention

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. Ruth A. Baer, Ph.D. University of  
Kentucky ----- Please rate each of the  
following statements using the scale  
provided. Write the number in the blank  
that best describes your own opinion of  
what is generally true for you . 1 . 2 . 3  
...

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## **Skills Ruth A. Baer, Ph ...**

The Kentucky Inventory of Mindfulness Skills (KIMS) is a 39-item self-report measuring Mindfulness on four scales: Observing, Describing, Act With Awareness, and Accept Without Judgment. It was developed at Kentucky University by Baer, Smith, & Allen in 2004. A short, 20-item version of it (KIMS-

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Short) was developed in Germany in 2011 and enables researchers to replicate the basic factor structure.

## **Kentucky Inventory of Mindfulness Skills - Wikipedia**

Kentucky Inventory of Mindfulness Skills (KIMS) Dr Peter Malinowski / Knowledge / Measurement / Mindfulness / Research

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skills. Key features Measures trait mindfulness 39 items Includes four facets or sub-scales: observe, describe, act with awareness, and accept without judgement A mix of positively and negatively worded items (some reverse ...

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A self-report inventory for the assessment of mindfulness skills was developed, and its psychometric characteristics and relationships with other constructs were examined. Participants included three samples of undergraduate students and a sample of outpatients with borderline personality disorder.

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## **Assessment of Mindfulness by Self- Report: The Kentucky ...**

A short version of the Kentucky  
inventory of mindfulness skills

## **A short version of the Kentucky inventory of mindfulness ...**

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validering av den svenska  
översättningen och en studie av  
anhöriga till borderlinepatienter.  
Hansen, Erling and Homman, Anders  
Department of Psychology. Mark;  
Abstract This paper has two parts.

**Kentucky Inventory of Mindfulness  
Skills: validering av ...**

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Kentucky Inventory of Mindfulness Skills

Another mindfulness scale that comes from a skill-based perspective is the Kentucky Inventory of Mindfulness Skills . This scale was developed to measure four mindfulness related skills, as well as an overall tendency to be mindful during daily life (Baer, Smith, & Allen, 2004).

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## **11 Mindfulness Questionnaires, Scales & Assessments For ...**

Kentucky Inventory of Mindfulness Skills (KIMS) - developed as a means of determining effectiveness of Linehan's Dialectical Behavior Therapy, is a 39-item multi-dimensional scale of interrelated skills related to what one does while practicing mindfulness, and

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how one does it.

## **Measures of Mindfulness - David R. Vago, Ph.D.**

Assessment. 2010, vol. 17, no. 2, p. 197-205 Abstract This article explores mindfulness skills in community and borderline personality disorder (BPD) samples. Study 1 includes 173

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community volunteers and explores the psychometric properties of the French version of the Kentucky Inventory of Mindfulness Skills (KIMS).

## **Assessment of mindfulness with the French version of the ...**

A self-report inventory for the assessment of mindfulness skills was

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developed, and its psychometric characteristics and relationships with other constructs were examined. Participants included three samples of undergraduate students and a sample of outpatients with borderline personality disorder. Based on discussions of mindfulness in the current literature, four mindfulness skills were ...

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## **Assessment of Mindfulness by Self- Report: The Kentucky ...**

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an overall tendency to be mindful during daily life (Baer, Smith, & Allen, 2004).

## **Kentucky Inventory Of Mindfulness Skills Kims**

Title: Assessment of mindfulness by self-report: the Kentucky inventory of mindfulness skills. Publication Type: Journal Article

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## **Assessment of mindfulness by self-report: the Kentucky ...**

The current study reports Rasch analysis conducted to enhance the psychometric properties of the Kentucky Inventory of Mindfulness Skills (KIMS), the widely used 39-item multidimensional measure

...

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## **Rasch Analysis of the Kentucky Inventory of Mindfulness Skills**

The current study reports Rasch analysis conducted to enhance the psychometric properties of the Kentucky Inventory of Mindfulness Skills (KIMS), the widely used 39-item multidimensional measure of four mindfulness traits including the

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following: Observing, Describing, Act with Awareness, and Accept Non-judgmentally.

## **Rasch Analysis of the Kentucky Inventory of Mindfulness Skills**

Kentucky Inventory of Mindfulness Skills

This instrument is designed to measure four mindfulness skills: observing,

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describing, acting with awareness, and accepting without judgment. It was inspired by the mindfulness skills described by Marsha Linehan in dialectical behavior therapy (DBT) and by other contemporary descriptions of mindfulness.

## **Mindfulness Questionnaires - Ruth**

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**Baer, PhD**

The Kentucky Inventory of Mindfulness Skills (KIMS; Baer, Smith, & Allen, 2004) is a 39-item self-report measure for the assessment of four different mindfulness factors. This study aimed at developing a short version of the German adaptation of the KIMS (KIMS-Short).

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### **A short version of the Kentucky inventory of mindfulness ...**

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