

Online Resource 2. *The Full-Scale Content of FFMQ-20 and FFMQ-15*

Item	FFMQ-20 English version ^a	FFMQ-20 Chinese version ^b	FFMQ-15
1	When I do things, my mind wanders off and I'm easily distracted. (Actaware)	在做事的时候,我经常走神,很容易被别的事情干扰。	Attention
2	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted. (Actaware)	我没有注意到我正在做的事情,因为我脑子里在想别的事情。	Attention
3	I watch my feelings without getting lost in them. (Nonreact)	我能观察自己的情绪(比如发现自己不开心),但不会陷在情绪里面。	Observe
4	I am easily distracted. (Actaware)	我很容易分心。	Attention
5	I believe some of my thoughts are abnormal or bad and I shouldn't think that way. (Nonjudge)	我觉得自己的一些想法是不正常的、不好的,我不应该那样想。	N/A
6	I pay attention to sensations, such as the wind in my hair or sun on my face. (Observe)	我会注意我的一些感觉,比如:风吹过我的头发、阳光照在我的脸上的感觉。	Observe
7	I have trouble thinking of the right words to express how I feel about things. (Describe)	我很难找到合适的语言来表达我对事物的感受。	Attention
8	I find it difficult to stay focused on what's happening in the present. (Actaware)	我很难把注意力集中在眼前发生的事情上。	Attention
9	When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it. (Nonreact)	当我有痛苦、烦恼的想法时,我会“退一步”,让自己冷静下来,我会去感受那些想法的存在,但不会让这些想法控制自己。	N/A
10	I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing. (Observe)	我会注意各种声音,比如:闹钟的滴答声、小鸟的叫声、或者马路上汽车开过的声音。	Observe
11	In difficult situations, I can pause without immediately reacting. (Nonreact)	遇到困难的时候,我会暂停一下,不马上做出冲动的反应。	N/A
12	When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words. (Describe)	当我的身体有什么感觉的时候,我很难找到合适的词描述这些感觉。	N/A
13	When I have distressing thoughts or images, I feel calm soon after. (Nonreact)	当我有什么伤心、烦恼的想法和画面的时候,我能很快就恢复平静。	N/A
14	I tell myself that I shouldn't be thinking the way I'm thinking. (Nonjudge)	我告诉自己,我不应该有这些想法。	Internal Awareness
15	I notice the smells and aromas of things. (Observe)	我会注意周围的各种气味,比如一些东西的香味。	Observe
16	I think some of my emotions are bad or inappropriate and I shouldn't feel them. (Nonjudge)	我觉得自己有些情绪是不好的、不对的,我不应该有这些情绪。	Internal Awareness
17	I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow. (Observe)	我会注意观察美术作品和大自然里的一些视觉元素,比如颜色、形状、纹路、光、影子。	Observe
18	My natural tendency is to put my experiences into words. (Describe)	我非常习惯用词语来描述我的体验,比如我的情绪、我身边发生的事情。	Internal Awareness
19	When I have distressing thoughts or images, I judge myself as good or bad depending on what the thought or image is about. (Nonjudge)	当我有一些烦恼、伤心的想法时,我会根据我当时想的内容或者脑海里出现的情景,来判断自己是个好孩子还是个坏孩子。	Internal Awareness
20	I can usually describe how I feel at the moment in considerable detail. (Describe)	当我有什么情绪和感觉的时候,我一般能很详细地说出自己的感觉。	Internal Awareness

Note. Source: ^a Tran et al. (2013). A 20-item short version of the full 39-item FFMQ developed by Baer et al. (2006).

^b Translated version adapted from Deng et al. (2011).

N/A: items excluded from the FFMQ-15.