

## **The Cognitive and Affective Mindfulness Scale – Revised (CAMS-R)**

The CAMS-R is a 12-item measure designed to capture a broad conceptualization of mindfulness with language that is not specific to any particular type of meditation training.

Feldman, G., Hayes, A., Kumar, S. et al. *J Psychopathol Behav Assess* (2007) 29: 177.  
doi:10.1007/s10862-006-9035-8

Instructions: People have a variety of ways of relating to their thoughts and feelings. For each of the items below, rate how much each of these ways applies to you.

- \_\_\_\_\_ 1. It is easy for me to concentrate on what I am doing.
- \_\_\_\_\_ 2. I am preoccupied by the future.
- \_\_\_\_\_ 3. I can tolerate emotional pain.
- \_\_\_\_\_ 4. I can accept things I cannot change.
- \_\_\_\_\_ 5. I can usually describe how I feel at the moment in considerable detail.
- \_\_\_\_\_ 6. I am easily distracted.
- \_\_\_\_\_ 7. I am preoccupied by the past.
- \_\_\_\_\_ 8. It's easy for me to keep track of my thoughts and feelings.
- \_\_\_\_\_ 9. I try to notice my thoughts without judging them.
- \_\_\_\_\_ 10. I am able to accept the thoughts and feelings I have.
- \_\_\_\_\_ 11. I am able to focus on the present moment.
- \_\_\_\_\_ 12. I am able to pay close attention to one thing for a long period of time.

Scoring: Items 2, 6, and 7 are reverse-scored. After appropriate reversals, sum values for items 1 - 12. Higher values reflect greater mindful qualities.