Mindfulness-Based Self Efficacy Scale - Revised[©] (MSES-R)

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NAME…………………………….......………….. DATE………………... Session/Week No….……

Circle one number in the shaded column according to how much you now agree with each statement below, using the following scale:

Not at all	A little	Moderately	A lot	Completely
0	1	2	3	4

Try not to spend too much time on any one item. There are no right or wrong answers.

1.	I get easily overwhelmed by my emotions	0 1 2 3 4
2.	I find it difficult to make new friends	0 1 2 3 4
3.	I try to avoid uncomfortable situations even when they are really important	0 1 2 3 4
4.	When I feel very emotional, it takes a long time for it to pass	0 1 2 3 4
5.	I feel comfortable saying sorry when I feel I am in the wrong	0 1 2 3 4
6.	It is often too late when I realise I overreacted in a stressful situation	0 1 2 3 4
7.	I get so caught up in my thoughts that I end up feeling very sad or anxious	0 1 2 3 4
8.	When I have unpleasant feelings in my body, I prefer to push them away	0 1 2 3 4
9.	I can resolve problems easily with my partner (or best friend if single)	0 1 2 3 4
10.	I can face my thoughts, even if they are unpleasant	0 1 2 3 4
11.	My actions are often controlled by other people or circumstances	0 1 2 3 4
12.	I get caught up in unpleasant memories or anxious thoughts about the future	0 1 2 3 4
13.	I can deal with physical discomfort	0 1 2 3 4
14.	I feel I cannot love anyone	0 1 2 3 4
15.	I am often in conflict with one (or more) family member	0 1 2 3 4
16.	I avoid feeling my body when there is pain or other discomfort	0 1 2 3 4
17.	I do things that make me feel good straightaway even if I will feel bad later	0 1 2 3 4
18.	When I have a problem, I tend to believe it will ruin my whole life	0 1 2 3 4
19.	When I feel physical discomfort, I relax because I know it will pass	0 1 2 3 4
20.	I can feel comfortable around people	0 1 2 3 4
21.	Seeing or hearing someone with strong emotions is unbearable to me	0 1 2 3 4
22.	If I get angry or anxious, it is generally because of others	0 1 2 3 4

If you use(d) the Internet automated scoring, what is the 4-character CODE given to you?:………..….

MSES-R©

TABLE OF RESULTS

NAME/ID:……………………………………………. DATE:…………………...

Subscale	Item No.	Items to reverse	Raw Score	Subscale Score
Emotion Regulation	1.	Reversed		
	4.	Reversed		
	6.	Reversed		
	7.	Reversed		
	12.	Reversed		
	18.	Reversed		
				/24
Equanimity	5.			
	10.			
	13.			
	19.			
				/16
Social Skills	2.	Reversed		
	3.	Reversed		
	20.			
				/12
Distress Tolerance	8.	Reversed		
	16.	Reversed		
	17.	Reversed		
				/12
Taking Responsibility	11.	Reversed		
	21.	Reversed		
	22.	Reversed		
				/12
Interpersonal Effectiveness	9.			
	14.	Reversed		
	15.	Reversed		
				/12
Name:	**Date:**		**GSE=**	**/88**

Psychometric information

The MSES was originally a 35-item self-report questionnaire constructed to measure the change in levels of self-efficacy before, during, and following mindfulness-based therapy programs. The MSES-R is a shorter (22-item) version that emerged from psychometric data collected from a community sample ($N = 521$) (see last page). It is a valid and reliable measure, with a 6-factor structure (see Table 3).

Emotion Regulation (subscale 1) relates to an involuntary or subconscious emotional response that is well modulated and falls within the expected normal range of responses. Whilst **Distress Tolerance** (subscale 4) also relates to emotional responses, it is a voluntary one, which inhibits avoidance of experiential intolerance or discomfort. **Equanimity** (subscale 2) relates to the ability to normalise difficulties and prevent reactivity. **Taking Responsibility** (subscale 5) relates to clarity of interpersonal boundaries and locus of control. **Social Skills** (subscale 3) relates to social abilities in the broader sphere of interaction, and **Interpersonal Effectiveness** (subscale 6) relates to the ability to connect with others within the intimate sphere of relationships. These have all been identified as important skills that improve with mindfulness in the literature.

*Test-retest reliability is very good ($r = .88$, $N = 100$, $p < .01$. Shared variance for the 22-item scale was 78%).
*Internal consistency is reliably high (Chronbach alpha = .86)
* Good inverse relationship with the Depression Anxiety and Stress-Short Form (DASS21) shows good discriminant validity and the scale discriminates well scorers who report having a mental illness from those who do not.
*Convergent validity is consistently in the good range with the KIMS, FFMQ, FMI and MAAS.
*Overall, the MSES has good construct validity and is reliable.

MSES Scoring Instructions

The MSES-R comprises 6 subscales of self-efficacy:

1. Emotion Regulation   (items 1, 4, 6, 7, 12, 18)
2. Equanimity   (items 5, 10, 13, 19)
3. Social Skills   (items 2, 3, 20)
4. Distress Tolerance   (items 8, 16, 17)
5. Taking Responsibility   (items 11, 21, 22)
6. Interpersonal Effectiveness   (items 9, 14, 15)

Before scale and global scores of self-efficacy can be calculated, 16 items must be scored in reverse. These are:

1 2 3 4 6 7 8 11 12 14 15 16 17 18 21 22

To score an item in reverse, **subtract** the raw score from 4. For example, if a score of 3 is given to item 4, the reversed score is 1 (4 minus 3). When the score for each of the 16 items listed above has been reversed, report the scores for each of the 6 subscales in the Subscale Score column in the Table of Results. The subscale scores provide an estimate of self-efficacy for each subscale. To calculate the Global Self Efficacy (GSE) score, sum all subscale scores.

Alternatively, you are encouraged to use the free online automated scoring and compare your scores with existing norms. This will help us gather reliable normative data. Please follow the link: http://www.macquariepsychology.net.au/mses

Exploratory Factor Analysis
Factor analysis of the original 35-item MSES produced the following 6-factor solution:

Table 3

Factor Structure of Proposed 22-item Mindfulness-based Self Efficacy Scale in a

Sample of 511 People

Source and Item Content	Factor Loading					
	1	*2*	*3*	*4*	*5*	*6*
Factor 1: Emotion Regulation						
*Item 4: I get easily overwhelmed by my emotions	**.79**	.12	.06	-.01	.08	-.03
*Item 11: When I feel very emotional, it takes a long time for it to pass	**.74**	.13	.07	.16	.07	.10
*Item 14: It is often too late when I realise I overreacted in a stressful situation	**.64**	.12	.20	.08	.20	.04
*Item 16: I get so caught up in my thoughts that I end up feeling very sad or anxious	**.72**	.15	.17	.14	.25	-.02
*Item 23: I get caught up in unpleasant memories or anxious thoughts about the future	**.74**	.10	.13	.12	.17	.17
*Item 30: When I have a problem, I tend to believe it will ruin my whole life	**.59**	.19	.17	.19	.19	.34
Factor 2: Equanimity						
*Item 12: I feel comfortable saying sorry when I am in the wrong	-.13	**.61**	.16	-.06	.17	.04
*Item 20: I can face my thoughts, even if they are unpleasant	.39	**.59**	.18	.06	.05	.20
*Item 24: I can deal with physical discomfort	.13	**.71**	-.02	.10	.03	.00
*Item 31: When I feel physical discomfort, I relax because I know it will pass	.33	**.60**	.02	.09	.03	.03
Factor 3: Social Skills						
*Item 5: I find it difficult to make new friends	.19	-.02	**.80**	.06	.09	.13
*Item 6: I try to avoid uncomfortable situations even when they are really important	.28	.13	**.61**	.37	.13	-.10
*Item 33: I can feel comfortable around people	.15	.27	**.68**	-.02	.10	.26
Factor 4: Distress Tolerance						
*Item 17: When I have unpleasant feelings in my body, I prefer to push them away	.19	.01	.24	**.66**	.13	-.07
*Item 27: I avoid feeling my body when there is pain or other discomfort	.02	.08	-.01	**.75**	-.08	.30
*Item 29: I do things that make me feel good straightaway even if I will feel bad later	.20	.06	-.01	**.55**	.23	.13
Factor 5: Taking Responsibility						
*Item 22: My actions are often controlled by other people or circumstances	.33	.22	.01	.18	**.58**	.08
*Item 34: Seeing or hearing someone with strong emotions is unbearable to me	.11	-.01	.18	.02	**.64**	.21
*Item 35: If I get angry or anxious, it is generally because of others	.10	.11	.06	.09	**.82**	.03
Factor 6: Interpersonal Effectiveness						
*Item 19: I can resolve problems easily with my partner (or best friend if single)	.18	.27	.23	-.13	.06	**.61**
*Item 25: I feel I cannot love anyone	.10	.02	.20	.27	.22	**.57**
*Item 26: I am often in conflict with one (or more) family member	.19	-.05	-.05	.21	.11	**.70**

From Cayoun, Francis, Kasselis, and Skilbeck, to be published in 2012.