

Kentucky Inventory of Mindfulness Skills (KIMS)

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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 in a nonjudgmental or accepting the experience occurring in the present moment (Baer et al., 2004). This measurement may be helpful to professionals who teach mindfulness by clarifying strengths and weaknesses in their client's development of different mindfulness skills.

The KIMS is used to assess 4 mindfulness skills:

- **Observing:** mindfulness involves observing, noticing or attending to various stimuli including internal phenomena (cognitions, bodily sensations) and external phenomena (sounds, smells). Items: 1, 5, 9, 13, 17, 21, 25, 29, 30, 33, 37, 39.
- **Describing:** involves participant describing, labelling, or noting of observed phenomena by applying words in a nonjudgmental way. Items: 2, 6, 10, 14, 18, 22, 26, 34.
- **Acting with awareness:** being attentive and engaging fully in one's current activity. Includes the DBT skills of 'participating' and 'one-mindfully'. Items: 3, 7, 11, 15, 19, 23, 27, 31, 35, 38.
- **Accepting (or allowing) without judgment:** to allow reality or what is there, to be as it is without judging, avoiding, changing, or escaping it. Items: 4, 8, 12, 16, 20, 24, 28, 32, 36.

Scoring: Items are rated on a 5 point Likert scale ranging from 1 (never or very rarely true) to 5 (almost always or always true). Items reflect either direct descriptions of the mindfulness skills, or they describe the absence of that skill and are reverse scored. High scores reflect more mindfulness.

Reliability: The instrument has good internal consistency. Alpha coefficients for Observe, Describe, Act with awareness and Accept without judgment were .91, .84, .76, and .87, respectively. Adequate to good test-retest reliability with correlations for the Observe, Describe, Act and Accept scores being .65, .81, .86, and .83, respectively.

Validity: Demonstrates good content validity. Has good concurrent validity, correlating with the Mindfulness Attention Awareness Scale (MAAS: Brown & Ryan, 2003). Correlates negatively with the AAQ, the TAS alexithymia scale, and the neuroticism scale of the NEO Five Factor Inventory (NEO-FFI: Costa & McCrae, 1992). The KIMS correlates positively with the Trait Meta-Mood Scale (TMMS; Salovey, Mayer, Goldman, Turvey & Palfai, 1995) a measure of emotional intelligence, and the Conscientiousness and Openness scale of the NEO-FFI.

Reference:

Baer, R. A., Smith, G. T. & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment, 11*(3), 191-206.

Kentucky Inventory of Mindfulness Skills

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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

1	2	3	4	5
Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true

- _____ 1. I notice changes in my body, such as whether my breathing slows down or speeds up.
- _____ 2. I'm good at finding the words to describe my feelings.
- _____ 3. When I do things, my mind wanders off and I'm easily distracted.
- _____ 4. I criticize myself for having irrational or inappropriate emotions.
- _____ 5. I pay attention to whether my muscles are tense or relaxed.
- _____ 6. I can easily put my beliefs, opinions, and expectations into words.
- _____ 7. When I'm doing something, I'm only focused on what I'm doing, nothing else.
- _____ 8. I tend to evaluate whether my perceptions are right or wrong.
- _____ 9. When I'm walking, I deliberately notice the sensations of my body moving.
- _____ 10. I'm good at thinking of words to express my perceptions, such as how things taste, smell, or sound.
- _____ 11. I drive on "automatic pilot" without paying attention to what I'm doing.
- _____ 12. I tell myself that I shouldn't be feeling the way I'm feeling.
- _____ 13. When I take a shower or bath, I stay alert to the sensations of water on my body.
- _____ 14. It's hard for me to find the words to describe what I'm thinking.
- _____ 15. When I'm reading, I focus all my attention on what I'm reading.
- _____ 16. I believe some of my thoughts are abnormal or bad and I shouldn't think that way.
- _____ 17. I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.
- _____ 18. I have trouble thinking of the right words to express how I feel about things.
- _____ 19. When I do things, I get totally wrapped up in them and don't think about anything else.
- _____ 20. I make judgments about whether my thoughts are good or bad.
- _____ 21. I pay attention to sensations, such as the wind in my hair or sun on my face.

1	2	3	4	5
Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true

- _____ 22. When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.
- _____ 23. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.
- _____ 24. I tend to make judgments about how worthwhile or worthless my experiences are.
- _____ 25. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.
- _____ 26. Even when I'm feeling terribly upset, I can find a way to put it into words.
- _____ 27. When I'm doing chores, such as cleaning or laundry, I tend to daydream or think of other things.
- _____ 28. I tell myself that I shouldn't be thinking the way I'm thinking.
- _____ 29. I notice the smells and aromas of things.
- _____ 30. I intentionally stay aware of my feelings.
- _____ 31. I tend to do several things at once rather than focusing on one thing at a time.
- _____ 32. I think some of my emotions are bad or inappropriate and I shouldn't feel them.
- _____ 33. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.
- _____ 34. My natural tendency is to put my experiences into words.
- _____ 35. When I'm working on something, part of my mind is occupied with other topics, such as what I'll be doing later, or things I'd rather be doing.
- _____ 36. I disapprove of myself when I have irrational ideas.
- _____ 37. I pay attention to how my emotions affect my thoughts and behavior.
- _____ 38. I get completely absorbed in what I'm doing, so that all my attention is focused on it.
- _____ 39. I notice when my moods begin to change.