

Factor Structure and Internal Consistency of a Mindfulness Questionnaire for Mexican Young Adults

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Mindfulness definitions generally include paying attention in the present moment, and accepting in a non-judgmentally way one's own experience. This is to be contrasted with divert attention in memories or plans, and to react to one's own thoughts and feelings in an automatic way. The aim of this research was to develop a mindfulness questionnaire that assesses its two key components: present-moment attention and acceptance without judgment, in 300 undergraduate students from Mexico City (M = 22.35 years old, SD = 4.21, 59% female and 41% male). To ensure discriminatory power of the items, according to Classical Test Theory framework, it was decided to conserve only those items that demonstrated a linear relationship with the total score of the scale. Internal consistency analyzes of the test using Cronbach's alpha reported a value of .86 (present-moment attention = .85, acceptance without judgment = .85), indicating that items are sufficiently homogeneous. Exploratory Factor Analysis (EFA) of the mindfulness questionnaire supported a two-factor solution consistent with the common denominators of mindfulness in different theoretical approaches.