



### Client Information

<i>Client Name</i>	Ben Buchanan real
<i>Date of birth (age)</i>	5 November 1985 (35)

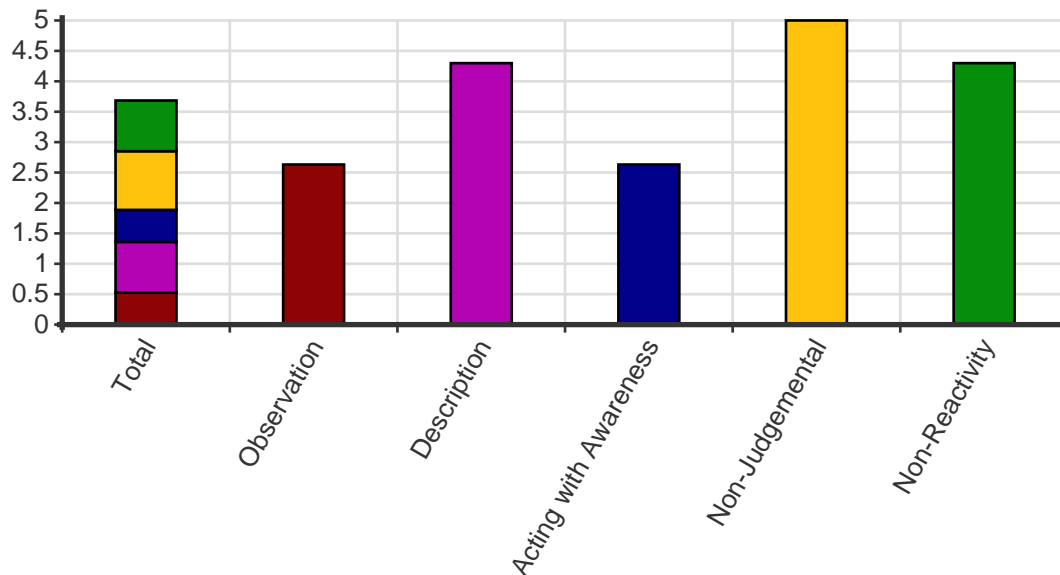
### Assessment Information

<i>Assessment</i>	Five Facet Mindfulness Questionnaire - 15 (FFMQ-15)
<i>Date administered</i>	20 September 2021
<i>Assessor</i>	Dr Ben Buchanan'
<i>Time taken</i>	3 minutes 23 seconds

### Results

	Average Score (1-5)	Percentile
Total	3.8	69.8
Observation	2.67	39.9
Description	4.33	74.6
Acting with Awareness	2.67	23.9
Non-Judgemental	5	90.1
Non-Reactivity	4.33	92.2

Average Scores



### Scoring and Interpretation Information

Results consist of a total average score and five subscale average scores ranging from 1 to 5 with higher scores being indicative of
--



<b>Client Name</b>	Ben Buchanan real
--------------------	-------------------

**Scoring and Interpretation Information (cont.)**

someone who is more mindful in their everyday life.

The five subscales are:

- Observation (items 1, 6, 11): how we see, feel, and perceive the internal and external world around us and select the stimuli that require our attention and focus.
- Description (items 2, 7, 12): the way we label our experiences and express them in words to ourselves and others.
- Acting with Awareness (items 3, 8, 13): the movements we choose after attending to the information present at the moment. Determines whether we act out of quick judgment and get out of 'autopilot mode' before responding to a situation.
- Non-judgmental (items 4, 9, 14): ability to be non-judgmental regarding our inner experience. It measures self-acceptance and empathy for oneself and others.
- Non-reactivity (items 5, 10, 15): active detachment from negative thoughts and emotions so that we can accept their existence and choose not to react to them.

Percentiles are also computed in comparison to ethnically diverse College students (Kim et al., 2021). Interpretation via percentiles can be helpful to contextualise a respondent's pattern of responding in comparison to a non-clinical, ethnically diverse population. For example, a score at the 50th percentile is indicative of an average level of mindfulness for a non-clinical individual.

**Client Responses**

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
1	When I take a shower or a bath, I stay alert to the sensations of water on my body.	1	2	3	4	5
2	I'm good at finding words to describe my feelings.	1	2	3	4	5
3	I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.	5	4	3	2	1
4	I believe some of my thoughts are abnormal or bad and I shouldn't think that way.	5	4	3	2	1
5	When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.	1	2	3	4	5
6	I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.	1	2	3	4	5
7	I have trouble thinking of the right words to express how I feel about things.	5	4	3	2	1



**Client Name** | Ben Buchanan real

**Client Responses (cont.)**

		Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
8	I do jobs or tasks automatically without being aware of what I'm doing.	5	4	3	2	1
9	I think some of my emotions are bad or inappropriate and I shouldn't feel them	5	4	3	2	1
10	When I have distressing thoughts or images I am able just to notice them without reacting.	1	2	3	4	5
11	I pay attention to sensations, such as the wind in my hair or sun on my face.	1	2	3	4	5
12	Even when I'm feeling terribly upset I can find a way to put it into words.	1	2	3	4	5
13	I find myself doing things without paying attention.	5	4	3	2	1
14	I tell myself I shouldn't be feeling the way I'm feeling.	5	4	3	2	1
15	When I have distressing thoughts or images I just notice them and let them go.	1	2	3	4	5