



## Mindfulness-Based Self Efficacy Scale - Revised (MSES-R)

### Instructions:

Select the response that matches how much you now agree with each statement. Try not to spend too much time on any one item. There are no right or wrong answers.

		Not at all	A little	Moderately	A lot	Completely
1	I get easily overwhelmed by my emotions	4	3	2	1	0
2	I find it difficult to make new friends	4	3	2	1	0
3	I try to avoid uncomfortable situations even when they are really important	4	3	2	1	0
4	When I feel very emotional, it takes a long time for it to pass	4	3	2	1	0
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	4	3	2	1	0
7	I get so caught up in my thoughts that I end up feeling very sad or anxious	4	3	2	1	0
8	When I have unpleasant feelings in my body, I prefer to push them away	4	3	2	1	0
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	4	3	2	1	0
12	I get caught up in unpleasant memories or anxious thoughts about the future	4	3	2	1	0
13	I can deal with physical discomfort	0	1	2	3	4
14	I feel I cannot love anyone	4	3	2	1	0
15	I am often in conflict with one (or more) family member	4	3	2	1	0
16	I avoid feeling my body when there is pain or other discomfort	4	3	2	1	0



		Not at all	A little	Moderately	A lot	Completely
17	I do things that make me feel good straightaway even if I will feel bad later	4	3	2	1	0
18	When I have a problem, I tend to believe it will ruin my whole life	4	3	2	1	0
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	4	3	2	1	0
22	If I get angry or anxious, it is generally because of others	4	3	2	1	0

**Developer Reference:**

Cayoun, B., Elphinstone, B., Kasselis, N., Bilsborrow, G., & Skilbeck, C. (2022). Validation and Factor Structure of the Mindfulness-Based Self Efficacy Scale-Revised. *Mindfulness*, 13(3), 751–765. <https://doi.org/10.1007/s12671-022-01834-6>

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