

MINDFULNESS-BASED SELF EFFICACY SCALE[®] (MSES)

Bruno A. Cayoun & Janet Freestun,
University of Tasmania

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

Circle one number in the shaded column according to how much you now agree or disagree 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 am able to think about what I am about to do before I act	0	1	2	3	4
2. When an unpleasant thought enters my mind, I can cope with it	0	1	2	3	4
3. When I relax, I can feel sensations in my body	0	1	2	3	4
4. I get easily overwhelmed by my emotions	0	1	2	3	4
5. I find it difficult to make new friends	0	1	2	3	4
6. I try to avoid uncomfortable situations even when they are really important	0	1	2	3	4
7. I am aware when I am about to do something that could hurt me or someone else	0	1	2	3	4
8. Stopping myself from engaging in unwanted or hurtful behaviours is very difficult	0	1	2	3	4
9. I know that my thoughts don't have the power to hurt me	0	1	2	3	4
10. When I am stressed, I am aware of unpleasant body sensations	0	1	2	3	4
11. When I feel very emotional, it takes a long time for it to pass	0	1	2	3	4
12. I feel comfortable saying sorry when I feel I am in the wrong	0	1	2	3	4
13. It is ok for me to feel strong emotions	0	1	2	3	4
14. It is often too late when I realise I overreacted in a stressful situation	0	1	2	3	4
15. If something needs to be done, I am able to complete it within a reasonable time	0	1	2	3	4
16. I get so caught up in my thoughts that I end up feeling very sad or anxious	0	1	2	3	4
17. When I have unpleasant feelings in my body, I prefer to push them away	0	1	2	3	4
18. I believe that I can make my life peaceful	0	1	2	3	4
19. I can resolve problems easily with my partner (or best friend if single)	0	1	2	3	4
20. I can face my thoughts, even if they are unpleasant	0	1	2	3	4
21. I am tolerant with myself when I am repeating old habits that are no longer helpful	0	1	2	3	4
22. My actions are often controlled by other people or circumstances	0	1	2	3	4
23. I get caught up in unpleasant memories or anxious thoughts about the future	0	1	2	3	4
24. I can deal with physical discomfort	0	1	2	3	4
25. I feel I cannot love anyone	0	1	2	3	4
26. I am often in conflict with one (or more) family member	0	1	2	3	4
27. I avoid feeling my body when there is pain or other discomfort	0	1	2	3	4
28. I find it difficult to accept unpleasant experiences	0	1	2	3	4
29. I do things that make me feel good straightaway even if I will feel bad later	0	1	2	3	4
30. When I have a problem, I tend to believe it will ruin my whole life	0	1	2	3	4
31. When I feel physical discomfort, I relax because I know it will pass	0	1	2	3	4
32. Even when things are difficult I can feel happy	0	1	2	3	4
33. I can feel comfortable around people	0	1	2	3	4
34. Seeing or hearing someone with strong emotions is unbearable to me	0	1	2	3	4
35. If I get angry or anxious, it is generally because of others	0	1	2	3	4

Note on testing context:

The MSES was constructed to measure the change in levels of self-efficacy before, during, and following mindfulness-based therapy programs. Participants in these programs will relate more easily to some of the items presented, especially items 3 and 10 in Interoception subscale. This is because body scan tasks of such programs tend to increase interoceptive awareness and acceptance, whereas a number of non-experiential therapies do not. As a result, a person undergoing counselling or traditional cognitive therapy is likely to interpret a high score on item 3 as undesirable. The context in which this scale is being used is therefore a factor worth taking into account.

MSES Scoring Instructions

The MSES comprises seven generic subscales of self-efficacy:

1. Behaviour (items 1, 8, 15, 22, 29)
2. Cognition (items 2, 9, 16, 23, 30)
3. Interoception (items 3, 10, 17, 24, 31)
4. Affect (items 4, 11, 18, 25, 32)
5. Interpersonal (items 5, 12, 19, 26, 33)
6. Avoidance (items 6, 13, 20, 27, 34)
7. Mindfulness (items 7, 14, 21, 28, 35)

Before scale and global scores of self-efficacy can be calculated, 18 items must be scored in reverse. These are:

4 5 6 8 11 14 16 17 22 23 25 26 27 28 29 30 34 35

To score an item in reverse, **subtract** the raw score from 4. For example, if a score of 3 was given to item 4, the reversed score would be 1 (4 minus 3). When the score for each of the 18 items listed above has been reversed, report the scores for each of the 7 dimensions in the Scale Score column. The scale scores provide an estimate of Dimensional Self Efficacy (DSE) for each dimension. To calculate the Global Self Efficacy (GSE) score, sum all DSE scores.

Use the table of results (next page) to report the data.

Approximate Evaluation of the GSE

The current lack of psychometric data for the MSES renders the following ranges very tentative. For example, when compared with norms data (non-existent at this stage), it is not clear whether three ranges would be a better fit than four. They are currently only a rough clinical guide and scores must be interpreted with caution.

0-34	Poor sense of self-efficacy
35-69	Weak sense of self-efficacy
70-104	Moderate sense of self-efficacy
105-140	Good sense of self-efficacy

TABLE OF RESULTS

Subscale	Item No.	Items to reverse	Raw Score	Scale Score
Behaviour	1.			
	8.	Reversed		
	15.			
	22.	Reversed		
	29.	Reversed		
			DSE =	
Cognition	2.			
	9.			
	16.	Reversed		
	23.	Reversed		
	30.	Reversed		
			DSE =	
Interoception	3.			
	10.			
	17.	Reversed		
	24.			
	31.			
			DSE =	
Affect	4.	Reversed		
	11.	Reversed		
	18.			
	25.	Reversed		
	32.			
			DSE =	
Interpersonal	5.	Reversed		
	12.			
	19.			
	26.	Reversed		
	33.			
			DSE =	
Avoidance	6.	Reversed		
	13.			
	20.			
	27.	Reversed		
	34.	Reversed		
			DSE =	
Mindfulness	7.			
	14.	Reversed		
	21.			
	28.	Reversed		
	35.	Reversed		
			DSE =	
Name:		Date:	GSE =	