

ABSTRACT BOOK



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Turkish Versions of the Langer Mindfulness/Mindlessness Scale

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ABSTRACT

The Langer Mindfulness/Mindlessness Scale (MMS) is a twenty-one-item self-report questionnaire to assess individual differences in mindfulness as a trait. The MMS conceptualizes mindfulness from a socio-cognitive perspective. The goal of this study was to test the psychometric properties of the Turkish MMS among Turkish-speaking adults through confirmatory factor analysis, Cronbach's alpha for reliability, and Pearson's correlation coefficients. The fourteen-item Turkish MMS had acceptable fit [$\chi^2 = 206.20$, $df = 71$, $p < .001$], CFI = .90, TLI = .87, SRMR = .05, RMSEA = .08, 90%CI[.07, .09]. The nine-item Turkish MMS had excellent fit [$\chi^2 = 49.23$, $df = 27$, $p < .001$], CFI = .97, TLI = .96, SRMR = .03, RMSEA = .05, 90%CI[.03, .07]. Both versions of the MMS had moderate positive associations

with trait mindfulness and weak and moderate positive associations with well-being indicators while having no associations with need frustration and psychopathology indicators. Both versions of the Turkish MMS are reliable and valid psychometric instruments.

Keywords: affect, mindfulness, psychopathology, well-being