

Mindful Self-Care Scale

Cook-Cottone, 2016

Sample format with questions:

[Please Cite as: Cook-Cottone, C. P. & Guyker, W. (2016, manuscript in preparation).

The Mindful Self-Care Scale: Mindful self-care as a tool to promote physical, emotional, and cognitive well-being].

The Mindful Self-Care Scale- SHORT (MSCS, 2016) is a 33-item scale that measures the self-reported frequency of behaviors that measure self-care behavior. These scales are the result of an Exploratory Factor Analysis (EFA) of a large community sample. The subscales are positively correlated with body esteem and negative correlated with substance use and eating disordered behavior. Please check back for the published citation. Note: there are an additional six clinical questions and two general questions for a total of 42 items. (Note, the long-form has 84 questions and 10 subscales. It can be found on Dr. Catherine Cook-Cottone’s faculty web page).

Self-care is defined as the daily process of being aware of and attending to one’s basic physiological and emotional needs including the shaping of ones daily routine, relationships, and environment as needed to promote self-care. Mindful self-care addresses self-care and adds the component of mindful awareness.

Mindful self-care is seen as the foundational work required for physical and emotional well-being. Self-care is associated with positive physical health, emotional well-being, and mental health. Steady and intentional practice of mindful self-care is seen as protective by preventing the onset of mental health symptoms, job/school burnout, and improving work and school productivity.

This scale is intended to help individuals identify areas of strength and weakness in mindful self-care behavior as well as assess interventions that serve to improve self-care. The scale addresses 6 domains of self-care: physical care, supportive relationships, mindful awareness, self-compassion and purpose, mindful relaxation, and supportive structure. There are also six clinical items and three general items assessing the individual’s general or more global practices of self-care.

Check the box that reflects the frequency of your behavior (how much or how often) within past week (7 days):

<i>This past week</i> , how many <u>days</u> did you do the following?	Never	Rarely	Sometimes	Often	Regularly
	0 days	1 day	2 to 3 days	3 to 5 days	6 to 7 days
Example: I drank at least 6 to 8 cups of water	<input type="checkbox"/>				
Scoring: If reverse-scored:	1 Never	2 Rarely	3 Sometimes	4 Often	5 Regularly
	5 Never	4 Rarely	3 Sometimes	2 Often	1 Regularly

Contact information: Catherine Cook-Cottone, Ph.D. at cpcook@buffalo.edu

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The questions on the scale follow.

Physical Care (8 items)

Score	Item
1 2 3 4 5	I drank at least 6 to 8 cups of water
1 2 3 4 5	I ate a variety of nutritious foods (e.g., vegetables, protein, fruits, and grains)
1 2 3 4 5	I planned my meals and snacks
1 2 3 4 5	I exercised at least 30 to 60 minutes
1 2 3 4 5	I took part in sports, dance or other scheduled physical activities (e.g., sports teams, dance classes)
R 5 4 3 2 1	I did sedentary activities instead of exercising (e.g., watched tv, worked on the computer)-reversed score
1 2 3 4 5	I planned/scheduled my exercise for the day
1 2 3 4 5	I practiced yoga or another mind/body practice (e.g., Tae Kwon Do, Tai Chi)
	Total
	Average for Subscale = Total/# of items

Supportive Relationships (5 items)

Score	Item
1 2 3 4 5	I spent time with people who are good to me (e.g., support, encourage, and believe in me)
1 2 3 4 5	I felt supported by people in my life
1 2 3 4 5	I felt that I had someone who would listen to me if I became upset (e.g., friend, counselor, group)
1 2 3 4 5	I felt confident that people in my life would respect my choice if I said “no”
1 2 3 4 5	I scheduled/planned time to be with people who are special to me
	Total
	Average for Subscale = Total/# of items

Mindful Awareness (4 items)

Score	Item
1 2 3 4 5	I had a calm awareness of my thoughts
1 2 3 4 5	I had a calm awareness of my feelings
1 2 3 4 5	I had a calm awareness of my body
1 2 3 4 5	I carefully selected which of my thoughts and feelings I used to guide my actions
	Total
	Average for Subscale = Total/# of items

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Self-Compassion and Purpose (6 items)

Score	Item
1 2 3 4 5	I kindly acknowledged my own challenges and difficulties
1 2 3 4 5	I engaged in supportive and comforting self-talk (e.g., “My effort is valuable and meaningful”)
1 2 3 4 5	I reminded myself that failure and challenge are part of the human experience
1 2 3 4 5	I gave myself permission to feel my feelings (e.g., allowed myself to cry)
1 2 3 4 5	I experienced meaning and/or a larger purpose in my <u>work/school</u> life (e.g., for a cause)
1 2 3 4 5	I experienced meaning and/or larger purpose in my <u>private/personal</u> life (e.g., for a cause)
	Total
	Average for Subscale = Total/# of items

Mindful Relaxation (6 items)

Score	Item
1 2 3 4 5	I did something intellectual (using my mind) to help me relax (e.g., read a book, wrote)
1 2 3 4 5	I did something interpersonal to relax (e.g., connected with friends)
1 2 3 4 5	I did something creative to relax (e.g., drew, played instrument, wrote creatively, sang, organized)
1 2 3 4 5	I listened to relax (e.g., to music, a podcast, radio show, rainforest sounds)
1 2 3 4 5	I sought out images to relax (e.g., art, film, window shopping, nature)
1 2 3 4 5	I sought out smells to relax (lotions, nature, candles/incense, smells of baking)
	Total
	Average for Subscale = Total/# of items

Supportive Structure (4 items)

Score	Item
1 2 3 4 5	I kept my work/schoolwork area organized to support my work/school tasks
1 2 3 4 5	I maintained a manageable schedule
1 2 3 4 5	I maintained balance between the demands of others and what is important to me
1 2 3 4 5	I maintained a comforting and pleasing living environment
	Total
	Average for Subscale = Total/# of items

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Clinical (6 items-not to be averaged)

Score	Item
1 2 3 4 5	I took time to acknowledge the things for which I am grateful
1 2 3 4 5	I planned/scheduled pleasant activities that were not work or school related
1 2 3 4 5	I used deep breathing to relax
1 2 3 4 5	I meditated in some form (e.g., sitting meditation, walking meditation, prayer)
1 2 3 4 5	I rested when I needed to (e.g., when not feeling well, after a long work out or effort)
1 2 3 4 5	I got enough sleep to feel rested and restored when I woke up

General (3 items- not to be averaged)

Score	Item
1 2 3 4 5	I engaged in a variety of self-care strategies
1 2 3 4 5	I planned my self-care
1 2 3 4 5	I explored new ways to bring self-care into my life

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Total Score Summary

Be sure you have correctly scored your reversed-scored item.

Averaged Score	Scale
	Physical Care
	Supportive Relationships
	Mindful Awareness
	Self-compassion and Purpose
	Mindful Relaxation
	Supportive Structure

Shade in your average score for each scale below:

5						
4						
3						
2						
1						
Scale	Physical Care	Support Relation	Mindful Aware	Self-Comp Purpos	Mindful Relax	Support Structure

For a long version of the scale and a detailed description of the source scale see:

Cook-Cottone, C. P. (2015). *Mindfulness and yoga for embodied self-regulation: A primer for mental health professionals*. New York, NY: Springer Publishing.