

Development and validation of the relaxation-mindfulness scale for adolescents (EREMIND-A) [Desarrollo y validación de la escala de relajación-mindfulness para adolescentes (EREMIND-A)]

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Background: The aim of this investigation was to validate the Relaxation- Mindfulness Scale for Adolescents (EREMIND-A), consisting of 18 items and three factors (Attention-Concentration in the present moment; Relaxation (abilities and attitudes); and Sensory awareness/Contemplation/ Interiority). **Method:** The validation was done with a sample of Secondary Education and Baccalaureate students from four different centres in Spain (n = 1.120). EFA and CFA of the EREMIND-A were performed and construct and incremental validities calculated. **Results:** Initial results confirm the validity and reliability of the scale. **Conclusions:** There is a need for a broader conceptualization of mindfulness, as well as the inclusion and analysis of other related and cross-cutting concepts. The research in this sense will propitiate the adaptation of the Mindfulness-Based Interventions to the reality of the adolescents in the educational centers, where relaxation and the interiority are aspects to be taken into consideration. © 2018 Psicothema.

Interiority

Learning

Mindfulness

Relaxation

Secondary education

adolescent

anxiety

child

child psychology

factor analysis

female

human

male

mindfulness

psychometry

questionnaire

relaxation training

self report

Spain

validation study

Adolescent

Anxiety

Child

Factor Analysis, Statistical

Female

Humans

Male

Mindfulness

Psychology, Adolescent

Psychometrics

Relaxation Therapy

Self Report

Spain

Surveys and Questionnaires