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 EREMIN-D-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.

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Surveys and Questionnaires