

# CHIME: "Comprehensive Inventory of Mindfulness Experiences"

CHIME is a questionnaire for the self-assessment of mindfulness and its aspects. It consists of 37 items assigned to eight subscales.

## Validation:

Wilkinson, S., Ribeiro, L., Krägeloh, C.U., Bergomi, C., Parsons, M., Siegling, A., Tschacher, W., Kupper, Z., & Medvedev, O.N. (2023). Validation of the Comprehensive Inventory of Mindfulness Experiences (CHIME) in English using Rasch methodology. *Mindfulness*, *14*, 1204-1218. doi: 10.1007/s12671-023-02099-3

## Further papers:

Bergomi, C., Tschacher, W. & Kupper, Z. (2014). Konstruktion und erste Validierung eines Fragebogens zur umfassenden Erfassung von Achtsamkeit: Das Comprehensive Inventory of Mindfulness Experiences. *Diagnostica*, *60*, 111-125. doi: 10.1026/0012-1924/a000109.

Bergomi, C., Tschacher, W. & Kupper, Z. (2013). Measuring mindfulness: First steps towards a comprehensive mindfulness scale. *Mindfulness*, *4*, 18-32. doi: 10.1007/s12671-012-0102-9

Bergomi, C., Tschacher, W. & Kupper, Z. (2013). The assessment of mindfulness with self-report measures: Existing scales and open issues. *Mindfulness*, *4*, 191-202. doi: 10.1007/s12671-012-0110-9

Tschacher, W. & Lienhard, N. (2021). Mindfulness is linked with affectivity in daily life: An experience-sampling study with meditators. *Mindfulness*, *12*, 1459-1472. doi: 10.1007/s12671-021-01615-7

**Item value:** from 1 to 6 (left to right)

**Reverse items:** 7, 10, 17, 19, 22, 26, 30, 33, 36 (must be reversed to calculate total and subscale scores, thus items range from 6 to 1)

**Subscale scores** (means of allocated items, respectively):

- 1) *awareness of internal experiences*: 1, 5, 14, 29, 34
- 2) *awareness of external experiences*: 9, 18, 21, 27
- 3) *acting with awareness*: 10, 12, 17, 26
- 4) *accepting non-judgmental attitude*: 2, 7, 11, 32, 36
- 5) *nonreactive decentring*: 8, 13, 16, 20, 25, 28
- 6) *openness to experience*: 19, 22, 30, 33
- 7) *awareness of thoughts' relativity*: 4, 23, 31, 35
- 8) *insightful understanding*: 3, 6, 15, 24, 37

**CHIME total score:** Sum of item scores

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## Mindfulness Questionnaire

This questionnaire consists of statements that are related to different aspects of mindfulness in daily life. Please respond spontaneously, there are no "correct" or "false", no "good" or "bad" responses. In assessing the statements please consider your experiences of the previous two weeks.

1	When my mood changes, I notice it right away.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
2	During both ups and downs of life, I am kind to myself.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
3	In everyday life I notice when my negative attitudes toward a situation make things worse.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
4	It is clear to me that my evaluation of situations and people can easily change.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
5	When I am sitting or lying down, I notice the sensations in my body.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
6	I am able to smile when I notice myself seeing things as more complicated than they actually are.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
7	I am hard on myself when I make a mistake.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
8	When I have distressing thoughts or images, I am able to feel calm soon afterward.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
9	I notice the details in nature, such as colors, shapes, and textures .	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
10	I break or spill things because I am not paying attention or I am thinking of something else.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
11	I see my mistakes and difficulties without judging myself.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
12	It is easy for me to stay focused on what I am doing.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
13	When I have distressing thoughts or images, I am able to notice them without having to react.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
14	When I talk to other people, I notice what feelings I am experiencing.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>



29	I clearly notice changes in my body, such as quicker or slower breathing.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
30	I do not like it when I am angry or fearful, and try to get rid of these feelings.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
31	In everyday life, I am aware that my view on things is not always based on facts	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
32	Even when I make a big mistake, I treat myself with kindness and understanding.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
33	When I am in pain, I try to avoid the sensations as much as possible.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
34	I am aware of how I am feeling at any given time.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
35	I am aware that even my strongly held opinions may change over time.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
36	I resent my own mistakes and weaknesses.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>
37	I am able to notice when I needlessly make life more difficult for myself.	almost never <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	almost always <input type="radio"/>