# 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 O	0	0	0	0	almost always O
2 During both ups and downs of life, I am kind to myself.	almost never O	0	Ο	0	0	almost always O
In everyday life I notice when my negative attitudes toward a situation make things worse.	almost never O	0	0	0	0	almost always O
4 It is clear to me that my evaluation of situations and people can easily change.	almost never O	0	0	0	0	almost always O
When I am sitting or lying down, I notice the sensations in my body.	almost never O	0	Ο	0	0	almost always O
6 I am able to smile when I notice myself seeing things as more complicated than they actually are.	almost never O	0	0	0	0	almost always O
<sup>7</sup> I am hard on myself when I make a mistake.	almost never O	0	Ο	Ο	0	almost always O
8 When I have distressing thoughts or images, I am able to feel calm soon afterward.	almost never O	0	Ο	0	0	almost always O
I notice the details in nature, such as colors, shapes, and textures.	almost never O	0	0	0	0	almost always O
10 I break or spill things because I am not paying attention or I am thinking of something else.	almost never O	0	0	0	0	almost always O
11 I see my mistakes and difficulties without judging myself.	almost never O	0	Ο	0	0	almost always O
12 It is easy for me to stay focused on what I am doing.	almost never O	0	Ο	0	0	almost always O
When I have distressing thoughts or images, I am able to notice them without having to react.	almost never O	0	Ο	0	0	almost always O
When I talk to other people, I notice what feelings I am experiencing.	almost never O	0	O	0	0	almost always O

When I have been needlessly hard on myself, I can see it with some humor.	almost never O	0	0	0	0	almost always O
16 In difficult or triggering situations, I can pause for a moment without reacting immediately.	almost never O	0	0	0	0	almost always O
17 In everyday life, I get distracted by many memories, images, or daydreams.	almost never O	0	0	0	0	almost always O
18 When I ride in a car, bus, or train, I am aware of the surroundings, such as the landscape.	almost never O	0	0	0	0	almost always O
19 I try to stay busy to avoid specific thoughts or feelings from coming to mind.	almost never O	0	0	0	0	almost always O
When caught in thoughts and emotions, I am able to "step back" and quickly notice the thought or image without being taken over by it.	almost never O	Ο	Ο	0	0	almost always O
21 I pay attention to sensations, such as the wind in my hair or sunshine on my face.	almost never O	0	0	0	0	almost always O
22 I try to distract myself when I feel unpleasant emotions.R	almost never O	0	0	0	0	almost always O
23 In everyday life, I realize my thoughts are not always facts.	almost never O	0	Ο	Ο	Ο	almost always O
24 I am able to smile to myself when I notice I have made a big deal out of a small problem.	almost never O	0	Ο	Ο	Ο	almost always O
25 I am able to notice my thoughts and feelings without getting tangled up in them.	almost never O	0	0	0	0	almost always O
When I read, I have to reread paragraphs because I was thinking of something else.	almost never O	0	0	0	0	almost always O
27 I notice sounds in my environment, such as birds chirping or cars passing.	almost never O	0	0	0	0	almost always O
28 I notice my thoughts and feelings and can also "step back" and observe them from a distance.	almost never O	0	0	0	0	almost always O

29 I clearly notice changes in my body, such as quicker or slower breathing.	almost never O	0	0	0	0	almost always O
30 I do not like it when I am angry or fearful, and try to get rid of these feelings.	almost never O	0	0	0	0	almost always O
31 In everyday life, I am aware that my view on things is not always based on facts	almost never O	0	0	0	0	almost always O
32 Even when I make a big mistake, I treat myself with kindness and understanding.	almost never O	0	0	0	0	almost always O
33 When I am in pain, I try to avoid the sensations as much as possible.	almost never O	0	0	0	0	almost always O
34 I am aware of how I am feeling at any given time.	almost never O	0	0	0	0	almost always O
35 I am aware that even my strongly held opinions may change over time.	almost never O	0	0	0	0	almost always O
36 I resent my own mistakes and weaknesses.	almost never O	0	0	0	0	almost always O
37 I am able to notice when I needlessly make life more difficult for myself.	almost never O	0	0	0	0	almost always O