

## DEVELOPMENT AND VALIDATION OF THE JAPANESE SCALE OF MINDFULNESS SKILLS BASED ON DBT STRATEGIES

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### ABSTRACT

The present study reports findings regarding the validity and reliability of the newly developed the Japanese Scale of Mindfulness Skills (JSMS) with Japanese female university students (N =513). The scale was designed to measure four skills in DBT strategies: the mindfulness what skills (observing, describing, and participating) and wise mind. Exploratory and confirmatory factor analyses supported a four-factor solution, corresponding to four categories of the scale. Good internal consistency was demonstrated, and the relationships with other psychological variables: psychological symptoms (anxiety, obsessive-compulsive, depression, and interpersonal sensitivity), rumination-reflection, and self-efficacy were largely as expected. Potential theoretical and applied uses of the JSMS and the limitations of the study are discussed.

**Keywords:** Mindfulness, DBT what skills, Wise mind, Japanese scale, Psychological symptoms.