

Appendix E

MiYoga Session Mindfulness Measure

We are interested in your experiences what you just experienced during our group session. **Read** each sentence. Then, circle the number that tells **how true** each sentence is about **your experience during our group session.**

	Never True	Rarely True	Sometimes True	Often True	Always True
1. I stopped myself having thoughts or feelings that I don't like.	0	1	2	3	4
2. I was moving without noticing what I was doing.	0	1	2	3	4
3. I noticed my thoughts or feelings.	0	1	2	3	4
4. It was hard for me to pay attention to what I was meant to be doing.	0	1	2	3	4
5. I was focused on what I was doing.	0	1	2	3	4