**Tables**

*Table 1.* Factor loadings for Principle Components Analysis (Varimax rotation)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Factor Loadings | | | |
| Source of Item and Content | 1 | 2 | 3 | 4 |
| Factor 1: Non-judge |  |  |  |  |
| Ffmq10R: | .787 |  |  |  |
| Ffmq25R: | .786 |  |  |  |
| Ffmq39R: | .746 |  |  |  |
| Ffmq17R: | .733 |  |  |  |
| Ffmq3R: | .704 |  |  |  |
| Ffmq14R: | .657 |  |  |  |
| Factor 2: Observe |  |  |  |  |
| Ffmq15: |  | .774 |  |  |
| Ffmq20: |  | .761 |  |  |
| Ffmq26: |  | .707 |  |  |
| Ffmq31: |  | .702 |  |  |
| Ffmq6: |  | .691 |  |  |
| Ffmq1: |  | .622 |  |  |
| Factor 3: Acting with Awareness |  |  |  |  |
| Ffmq13R: |  |  | .821 |  |
| Ffmq5R: |  |  | .812 |  |
| Ffmq8R: |  |  | .770 |  |
| Ffmq18R: |  |  | .635 |  |
| Ffmq28R: |  |  | .605 |  |
| Factor 4: Describe |  |  |  |  |
| Ffmq27: |  |  |  | .784 |
| Ffmq12R: |  |  |  | .757 |
| Ffmq37: |  |  |  | .715 |
| Ffmq32: |  |  |  | .703 |
| Ffmq22R: |  |  |  | .583 |

Note*.* Items 2, 4, 7, 9, 11, 16R, 19, 21, 23R, 24, 29, 30R, 33, 34R, 35R, 36 and 38R were removed due to low loadings.

*Table 2.* Descriptive Statistics of the Argentine-Spanish version of the Five Facets Mindfulness Questionnaire

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dimensions | *M* | *SD* | Minimum | Maximum |
| Observe | 3.20 | .898 | 1 | 5 |
| Describe | 3.60 | .827 | 1.40 | 5 |
| Acting with Awareness | 2.92 | .905 | 1 | 5 |
| Nonjudge | 3.87 | 1.06 | 1 | 5 |
| Mindfulness | 10.57 | 2.20 | 5.13 | 16.40 |

*Table 3.* Cronbach’s alpha coefficients in Spanish and English studies

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Dimensions | *Present study* | *Mola-Gubbins study*  (Peruvian) | *Cebolla study* (Spanish) | *Manotas study*  (Colombian) | *Baer study (English)* |
| Observe | 0.85 | 0.77 | 0.81 | 0.85 | 0.83 |
| Describe | 0.83 | 0.84 | 0.91 | 0.81 | 0.91 |
| Acting with Awareness | 0.86 | 0.86 | 0.89 | 0.83 | 0.87 |
| Non-judge | 0.83 | 0.86 | 0.91 | 0.86 | 0.87 |
| Mindfulness | 0.87 | 0.90 | 0.88 | 0.92 | 0.87 |

NB: For the current study, *N =* 278 and estimates are given for the 22-item scale.

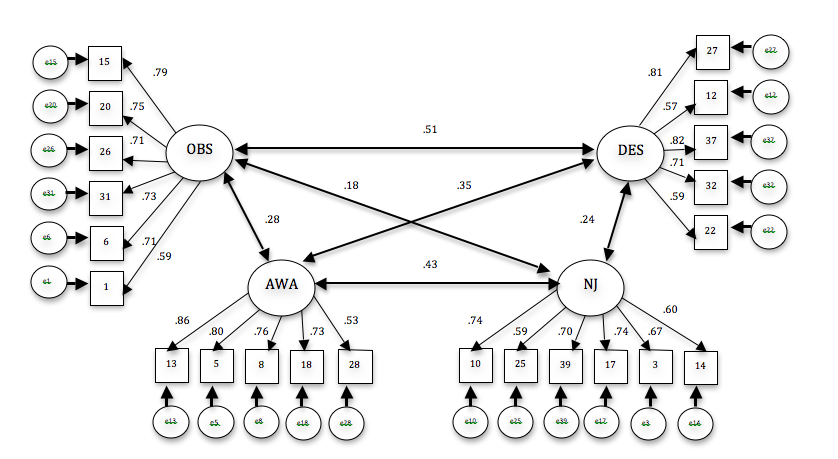
*Table 4.* Correlations between four mindfulness factors and psychological constructs.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dimensions | Observe | Describe | Acting with Awareness | Nonjudge |
| Observe | - | .421\*\* | .288\*\* | .148\* |
| Describe |  | - | .331\*\* | .224\*\* |
| Acting with Awareness |  |  | - | .390\*\* |
| BAI | -.053 | -.133\* | -.279\*\* | -.337\*\* |
| BDI | -.212\* | -.332\*\* | -.396\*\* | -.509\*\* |
| RYFF | .236\*\* | .365\*\* | .333\*\* | .444\*\* |
| PSS | .041 | .077 | -.130\* | -.138\* |
| BIEPS | .192\*\* | .295\*\* | .371\*\* | .371\*\* |

BAI = Beck Anxiety Inventory; BDI = Beck Depression Inventory; RYFF = Psychological Well-Being Scale; PSS = Perceived Stress Scale; BIEPS = Psychological Well-being Scale (Bienestar Psicologico).

NB. Estimates are given for the 22-item scale. \**p* < .05, \*\**p* <.001.

**Figures**



*Figure 1.* Model of four factors of mindfulness