

THE CHILD AND ADOLESCENT MINDFULNESS MEASURE SPANISH ADAPTATION (CAMM-S): INTERNAL CONSISTENCY AND RETEST RELIABILITY

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INTRODUCTION

• Instruments that assess mindfulness are fundamental to examine if the outcomes after mindfulness-based interventions are attributable to changes in the ability to respond mindfully to the experiences, feelings and thoughts. Although there is a previous Spanish adaptation available (Turanzas-Romero, 2013), the present study aims to examine an improved Spanish version of the Child and Adolescent Mindfulness Measure (CAMM-S). This is the first study to assess the retest reliability of a Spanish version of the CAMM in an adolescent sample.

OBJECTIVES

• To examine the internal consistency and retest reliability of an improved Spanish version of the CAMM in a sample of non-clinical adolescents.

METHODS

Participants

• A sample of 516 adolescents (52.7% females) from the two high schools of Marchena (a town in the Province of Seville in Andalusia, Spain) was enrolled. Participants' age ranged from 14 to 19 years (mean age: 16.15; *SD*: 1.23).

Design, materials and procedure

• The CAMM was adapted to Spanish by using a forward and back translation process, under the guidance of the developers of the original version of the CAMM. The final Spanish adaptation of the scale was pilot tested to check if the items were correctly understood. To assess internal consistency reliability of the CAMM-S, alpha coefficient and mean inter-item correlation (MIC) were computed. Retest reliability was computed 12 months after the first administration. A standard of .70 or higher was set for alpha coefficients and an optimal range of .20 to .40 for MICs (Briggs & Cheek, 1986). All analyses were conducted with the IBM SPSS Statistics 20 software package.

RESULTS

• Cronbach's alpha = 0.80 and MIC = 0.28, within the good and optimal range, respectively. Retest correlation ($n = 340$) was 0.57 (see table below).

	Cronbach's alpha	MIC
Total scale	0.80	0.28
	Retest correlation	
	0.57	

DISCUSSION

• The internal consistency and retest reliability of the CAMM-S is optimal.
 • The original version of the CAMM showed an alpha coefficient of 0.81 ($n = 319$, 10 to 17 years old) (Greco et al., 2011). Also, the Catalan version of the CAMM showed the same alpha coefficient than our study and similar retest reliability 12 months later ($r = 0.47$) in Spanish adolescents ($n = 531$, 11 to 16 years old) (Viñas et al., 2015). The earlier Spanish validation study only addressed the internal consistency showing an alpha coefficient of 0.78 (Turanzas-Romero, 2013).

CONCLUSIONS

• The CAMM-S is a reliable measure to assess unidimensionally trait mindfulness in adolescents, which shows similar reliability to other studies.

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