

Abstract

Background: The efficacy of mindfulness-based interventions in clinical and non-clinical populations has been well-documented. Yet, it seems that some important aspects of sati, or Buddhist mindfulness, have been omitted in the existing mindfulness measures in Western psychology, which might not be able to fully capture the changes during mindfulness practices. Therefore, the present study aimed to examine the facet structure of the mindfulness using the framework of Buddhist mindfulness, and to develop a comprehensive mindfulness inventory. *Methods:* 424 participants completed existing mindfulness questionnaire and measures of other construct, including non-attachment, psychological symptoms and psychological well-being. *Results:* Factor analyses of the combined items pool of the mindfulness questionnaires suggested that an eight-facet structure of mindfulness. The derived facets were consistent with the aspects of mindfulness suggested by the Buddhist scholars. Most of the subscales had adequate to good internal consistency. Most facets were found to be correlated with other related construct in the expected direction, and their incremental validity in the prediction of psychological symptoms was also demonstrated. *Conclusions:* A new facet structure of mindfulness which integrates the concepts in Western psychology and Buddhism was proposed. A new self-report mindfulness questionnaire has also been developed.