

Abstract

Based on the encouraging results of its impact on mental health and wellbeing, mindfulness caught much attention of researchers in the past two decades. However, the roles of qualities associated with mindfulness, such as the four immeasurables, were not well studied. According to the Buddhist philosophy, these qualities are essential for human wellbeing and a culture of non-discrimination. The present study aims to validate the Mindful Mindset Scale (MMS) which is a measure of the four immeasurables and mindfulness. Responses from college students to the MMS, along with several measures of theoretically related constructs were collected. Exploratory factor analysis identified a 4-factor structure of the MMS. The factors, which are expression of loving-kindness, compassion, empathetic joy and mindfulness, include (1) appreciation & dedication to others; (2) balanced & compassion to oneself; (3) compassionate joy to others; (4) mindful awareness on identity. The reliability of the scale was satisfactory. Despite some surprising correlations identified, validity of the scale was supported by its significant correlations with mindfulness facets, mental wellbeing, depression, anxiety, attitudes towards people with mental illness, and participation in anti-stigma activities in the past three months. Future studies on mental health and wellbeing, as well as attitudes towards and stigma on mental illness, can also consider these positive qualities related to mindfulness.