

Abstract

Stillness is an intertwined construct with mindfulness in the traditional mindfulness practice. However, there is a lack of empirical research in stillness and its measurement. The present study aimed to develop and validate a measure of stillness for usage in the general population. Based on a sample of 333 adults in university community, internal consistency, test-retest reliability, convergent validity, and criterion validity of the Stillness Scale (SS) were examined. A three-factor structure of the SS was explored and validated. Results showed that the SS and its three factors (i.e., sustained attention, tranquility and equanimity) were significantly associated with a variety of mental health and psychological outcomes. These findings showed that the SS is a reliable and valid tool in assessing stillness among the general population. The present study demonstrated potential efficacy of stillness in improving well-being and mental health, and allowed future research in development of stillness-based interventions, improvements in mindfulness-based interventions, and mechanistic study in effects of mindfulness on mental health outcomes.