

Table 1: Psychometric techniques and specifications of the FFMQ's publi

Publication

Baer et al., 2006
Veehof, Ten Kster, Taal, Westerhof, & Bohlmeijer, 2011
Lilja et al., 2011
Heeren, Douilliez, Peschard, Debrauwere, & Philippot, 2011
Cebolla et al., 2012
Sugiura, Sato, Ito, & Murakami, 2012
Christopher, Neuser, Michael & Baitmangalkar, 2012
Dundas, Vøllestad, Binder, & Sivertsen, 2013
Giovannini et al., 2014
de Barros, Kozasa, Souza, & Ronzani, 2014
Hou, Wong, Lo, Mak, & Ma, 2014
Meda, Herrero, Blanco-Donoso, Moreno-Jiménez, & Chávez, 2015
Michalak et al., 2016
Watson-Stingleton, Walker, LoParo, Mack, & Kaslow, 2017
de Bruin, Topper, Muskens, Bögels, & Kamphuis, 2012
Medvedev, Stiegert, Kersten & Krägeloh, 2017
Haas & Akamatsu, 2019

Altered Structures

Van Dam, Hobrik, Danoff-Burg & Earleywine, 2012 - I
Van Dam, Hobrik, Danoff-Burg & Earleywine, 2012 - II
Tran, Glück & Nader, 2013 - I
Tran, Glück & Nader, 2013 - II
Tran, Glück & Nader, 2013 - III
Tran, Glück & Nader, 2013 - IV
Curtiss & Klemanski, 2014
Tran, Cebolla, Glück, Soler, García-Campayo & von Moy, 2014 - I
Tran, Cebolla, Glück, Soler, García-Campayo & von Moy, 2014 - II
Aguado, Luciano, Cebolla, Serrano-Blanco, Soler & García-Campayo, 2015
Duan & Li, 2016
Medvedev, Titkova, Siegert, Hwang & Krägeloh, 2018 - I
Medvedev, Titkova, Siegert, Hwang & Krägeloh, 2018 - II
Medvedev, Titkova, Siegert, Hwang & Krägeloh, 2018 - III
Van Dam, Bilgrami & Eisenlohr-Moul, 2018 - I
Van Dam, Bilgrami & Eisenlohr-Moul, 2018 - III
Van Dam, Bilgrami & Eisenlohr-Moul, 2018 - III
Van Dam, Bilgrami & Eisenlohr-Moul, 2018 - IV

Person-centered profiles

Lilja, Lundh, Josefsson & Falkenström, 2013
Pearson, Lawless, Brown & Bravo, 2015

Cells with a dash indicate a not available data in the article. Corrs = type of cc
Weighted Least Squares Mean-and-Variance Adjusted; GRM = Graded Respc
Likelihood Ratio Test; EESS = Explained Error Sum of Squares; AIC = Akail

ished validations

<i>Population</i>	<i>Technique</i>	<i>Corrs</i>	<i>Estimation</i>	χ^2 <i>corr</i>
USA	EFA + CFA	Pearson	PA, ML	No
Dutch	CFA	Pearson	ML	No
Swedish	CFA	Pearson	-	No
French	CFA	Pearson	ULS	No
Spanish	CFA	Pearson	ML	No
Japanese	EFA + CFA	Pearson	PA, -	No
Internet	CFA	Polychoric	MLR	Yes
Norwegian	CFA	Pearson	-	No
Italian	CFA	Pearson	ML	No
Brazillian	EFA	Pearson	PCA	No
Chinese	CFA	Pearson	ML	No
Mexican	CFA	Pearson	MLR	Yes
German	CFA	Pearson	-	Yes
African-american	EFA + CFA	Pearson	PA, MLR	No
Dutch	CFA	Pearson	-	No
New Zealander	IRT (Rasch)	-	UPC-IRT	No
Bhutanese	CFA	Pearson	-	No
USA	CFA	Pearson	ML	No
USA	CFA	Pearson	ML	No
Austrian	CFA	Pearson	MLR	No
Austrian	CFA	Pearson	MLR	No
Austrian	ESEM	Pearson	MLR	No
Austrian	ESEM	Pearson	MLR	No
USA (clinical)	CFA	Pearson	ML	No
German, Spanish	CFA	Pearson	WLSMV	No
German, Spanish	ESEM	Pearson	WLSMV	No
Spanish	CFA	Pearson	MLR	No
Chinese	EFA, CFA	Pearson	PA, ML	No
New Zealander	IRT (Rasch)	-	UPC-IRT	-
New Zealander	IRT (Rasch)	-	UPC-IRT	-
New Zealander	IRT (Rasch)	-	UPC-IRT	-
USA	CFA	Pearson	MLR	Yes
USA	CFA	Pearson	MLR	Yes
USA	CFA	Pearson	MLR	Yes
USA	MIRT	-	GRM	-
Swedish	Cluster	-	Ward	-
USA	LPA	-	LMR-LRT	-

Correlations employed. χ^2 corr = Chi-square correction. EFA = Exploratory Factor Analysis; CFA = Confirmatory Factor Analysis; WLSMV = Weighted Least Squares with Mean Variance-Covariance; ESEM = Estimation with Scaled Mean and Variance-Covariance; MLR = Maximum Likelihood Robust; PA = Path Analysis; ML = Maximum Likelihood; UPC-IRT = Uniform Partial Credit Item Response Theory; GRM = Generalized Rasch Model; Ward = Ward's hierarchical clustering method; LMR-LRT = Lo-Mendell Rubin's Information Criterion; BIC = Bayesian Information Criterion; SABIC = Sample

<i>Fit indices</i>	<i>Reliability</i>	<i>Parcels</i>
χ^2 , CFI, NNFI/TLI, RMSEA	α	Yes
χ^2 , NNFI/TLI, CFI, SRMR, RMSEA	α	-
χ^2 , CFI, RMSEA	α	Yes
GFI, AGFI, PGFI	α	No
χ^2 , CFI, GFI, AGFI, SRMR, RMSEA	α	Yes
CFI, NNFI/TLI, RMSEA, AIC	α	Yes
χ^2 , CFI, RMSEA, SRMR	α	No
χ^2 , χ^2/df , CFI, RMSEA	α	-
χ^2/df , CFI, NNFI/TLI, RMSEA	α	-
-	α	-
CFI, NNFI/TLI, RMSEA, SRMR	α	Yes
χ^2 , χ^2/df , CFI, NNFI/TLI, SRMR, RMSEA	ω	No
CFI, SRMR, RMSEA	α	No
χ^2 , CFI, RMSEA, SRMR	α	No
χ^2 , CFI, NNFI/TLI, RMSEA	α	Yes
LRT, χ^2 , Item-fit, Person-fit	α	No
χ^2 , CFI, NNFI/TLI, RMSEA, SRMR	α	Yes
χ^2 , CFI, RMSEA, SRMR	-	No
χ^2 , CFI, RMSEA, SRMR	-	No
χ^2 , CFI, NNFI/TLI, RMSEA	α	No
χ^2 , CFI, NNFI/TLI, RMSEA	α	No
χ^2 , CFI, NNFI/TLI, RMSEA	α	No
χ^2 , CFI, NNFI/TLI, RMSEA	α	No
χ^2 , χ^2/df , CFI, NNFI/TLI, RMSEA	α	Yes
χ^2 , CFI, NNFI/TLI, RMSEA	α	No
χ^2 , CFI, NNFI/TLI, RMSEA	α	No
χ^2 , CFI, RMSEA, SRMR	α, ω	No
χ^2 , CFI, NNFI/TLI, RMSEA, SRMR	α	No
LRT, χ^2 , Item-fit, Person-fit	α	No
LRT, χ^2 , Item-fit, Person-fit	α	No
LRT, χ^2 , Item-fit, Person-fit	α	No
χ^2 , CFI, TLI, RMSEA, SRMR	-	No
χ^2 , CFI, TLI, RMSEA, SRMR	-	No
χ^2 , CFI, TLI, RMSEA, SRMR	-	No
M2, CFI, TLI, RMSEA	-	No
EESS	-	-
LRT, AIC, BIC, SABIC, Entropy	-	-

lysis; CFA = Confirmatory Factor Analysis; IRT = Item Response Theory; LRT = Likelihood Ratio Test; LL-Rubin Likelihood Ratio Test; PCA = Principal Components Analysis; AIC = Akaike Information Criterion; BIC = Bayesian Information Criterion; SABIC = Sample Akaike Information Criterion; Entropy = Entropy; α = Cronbach's alpha; ω = McDonald's Omega.

Modification Indices

No

No

Yes (corr. items 2-32 freed; Observed factor excluded)

No

No

No

No

Yes (corr. items 5-13, 12-16 freed)

No

No

No

No

Yes (items 11, 23, 28, 34 removed; corr.items 5-13 freed)

Yes (20 item version)

No

No

No

No

No

No

No

No

No

No

No

Yes (corr. Observe and Describe items)

No

No

No

No

No

No

No

No

No

-

-

theory; ESEM = Exploratory Structural Equation Modelling; MIRT =
sis; χ^2 = Chi-square statistic; χ^2/df = Chi-square under degrees of free

<i>Other</i>	<i>Tested Structure</i>
	<i>Second Order</i>
Principal axis + oblique rotation + 5 factor extraction	Hierarchical
	Hierarchical
	Hierarchical
	Hierarchical
	Hierarchical
oblique rotation + 5 factor extraction	Hierarchical
	Hierarchical
	Hierarchical
	Hierarchical
Scree plot over PCA / Principal component	Hierarchical
	Hierarchical
	Hierarchical
	Hierarchical
Principal axis + promax	Hierarchical
	Hierarchical
	Correlated
	Correlated
	Hierarchical
	Hierarchical
	Correlated (short form)
	Correlated (short form)
Quartimax rotation	Correlated (short form)
Quartimax rotation	Correlated (short form)
	Hierarchical
	Hierarchical (short form)
	Correlated (short form)
	Bifactor
Oblimin rotation	Hierarchical
	Hierarchical (short form)
	Hierarchical (short form)
	Hierarchical (short form)
	Bifactor (short form)
	Correlated (short form)
	Correlated (short form)
	Bifactor (short form)
13 clusters	-
4 classes	-

Multidimensional Item Response Theory; Cluster = Cluster Analysis; LPA = Latent Profile
 ethod ratio; CFI = Comparative Fit Index; NNFI/TLI = Non-Normed Fit Index, or Tucker-Le

<i>Number of facets/clusters</i>	<i>Method Factors</i>	<i>Fit indexes</i>		
		χ^2	<i>df</i>	
5		0	207.75	85
5		0	2186.91	697
4		0		
5		0		697
5		0	263.32	
5		0		
5		0	1672.45	697
5		0	1961.48	
5		0		83
5		0	-	
5		0	247.39	85
5		0	1625.13	678
5		0	1146.2	549
5		0	266.39	160
5		0	164.08	85
5		0	14.28	20
4		0	67.62	48
5		2	1252.00	652
4		2	1387.00	430
5		0	255.75	160
5		0	580.45	160
2		0	0.09	1
2		0	9.26	1
4		0	108.35	50
5		0	2904.15	1394
2		0	88.43	10
5		2	1431.87	624
3		0	-	-
5		0	37.68	40
5		0	27.2	30
5		0	42.49	30
5		0	497.6	228
5		1	477.67	230
4		1	322.02	152
5		0	-	-
5		0		
5		0		

Analysis; PA = Principal Axis; ML = Maximum Likelihood; ULS = Unweighted Least Squares; N
 owis Index; RMSEA = Root Mean Square Error Approximation; SRMR = Standardized Root Mean

<i>CFI</i>	<i>NNFI/TLI</i>	<i>RMSEA</i>	<i>SRMR</i>	<i>Fit indexes (others)</i>	
				χ^2/df	<i>GFI</i>
.93	.92		.06		
.911	.905		.06	.074	3.13
.905			.06		2.61
					.89
.942			.06	.106	0.9
.92	.9		.07		
.97			.06	.09	
.89			.05		2.82
.82			.07		3.92
-			-		
.91	.89		.081	.67	
.88	.87		.048	.07	2.4
.907			.044	.056	
.89				.09	
.98	.97		.05		41.92
.957	.871		.052	.062	
.965			.047	.052	
.946			.073	.066	
.97	.97		.042		
.944	.934		.064		
1	1		0		
.992	.915		.114		
.939	.905		.088		2.17
.971	.969		.041		
.97	.94		.111		
.956			.033	.035	
.925	.903		.049	.054	
.956	.947		.041	.051	2.18
.959	.951		.04	.041	2.08
.968	.959		.041	.041	2.12
.975	.967		.034		

MLR = Maximum Likelihood-Robust; UPC-IRT = Unrestricted Partial Credit Item Response Theory Model 1 Residual; GFI = Goodness of Fit Index; AGFI = Adjusted Goodness of Fit Index; PGFI = p-value of t

AGFI

PGFI

.88

.8

odel; WLSMV =

he GFI; LRT =