

**Psychometric properties of the Five Facets Mindfulness Questionnaire (FFMQ-M) in Mexico** (pp. 467-487)

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The aim of the present study was to analyze the psychometric properties of the Five Facets Mindfulness Questionnaire in Mexico (FFMQ-M) solving previous methodological limitations. A transversal study was carried out with 1210 Mexican students and a multigroup confirmatory factor analysis was performed in Mplus 7.0. A confirmatory factor analysis in the calibration sample ( $n_1= 620$ ) indicated as best model a total of 19 items structured into four first order factors (Nonreacting against internal experiences, Nonjudging internal experiences, Acting with awareness, Describing own experiences), without Observing dimension, loading in a second order factor (mindfulness). This model also exhibited good model fit in a second confirmatory factor analysis in the validation sample ( $n_2= 590$ ). The invariance test indicated the existence of strict invariance. Finally, the concurrent validity between the indicators of mindfulness and the self-reported measures of life quality, life satisfaction, positive and depressive affect and the perception academic stressors was analyzed. These results provide information about the components of mindfulness and their relationship with health.