

Conscious Presence and Self Control (CPSC)

Reference:	Büssing A, Walach H, Kohls N, Zimmermann F, Trousselard M: Conscious Presence and Self Control as a measure of situational awareness in soldiers - A validation study. <i>International Journal of Mental Health Systems</i> 2013; 7(1):1. DOI:10.1186/1752-4458-7-1
Language:	English, German
Contact:	Prof. Dr. med. Arndt Büssing, University Witten/Herdecke, Germany; Email: arndt.buessing@uni-wh.de
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Origin: Original instrument.

Purpose: We intended to design an instrument to measure a person's conscious presence and perception of a given situation and their self control in difficult situations. This construct can be described as mindfulness and situational awareness. The *Conscious Presence and Self Control* questionnaire refers to the 14-item version of the *Freiburg Mindfulness Inventory* (FMI) developed by Walach et al. (2006). Because several specific item phrasings of the FMI are difficult to understand or are less appropriate for individuals lacking mindfulness training and resulting unfamiliarity of the underlying concepts, we specified and adjusted the pivotal items of the FMI to a more neutral context using specific explanations, or alternatively reformulated items where appropriate. Additionally, four items were removed as they were considered to be less inappropriate.

Population: Can be used in individuals with chronic diseases, in individuals experiencing life-affecting situations (PTSD), and also health persons.

Administration:

Rater: Self, telephone or interview-administered

Time Required: 3 min. for self administration

Training: none

Scoring: Response options were 'rarely' (0), 'occasionally' (1), 'fairly often' (2), and 'almost always' (3). Data are mean scores

Description: The 10 item instrument has a 1-factorial structure which explains 44% of variance.

Coverage: Research

Reliability: The internal consistency Cronbach's alpha = .86.

Validity: In a sample of soldiers, the CPSC scores correlated moderately with Positive Life Construction (ePLC; $r=.46$) and with life satisfaction (BMLSS-10; $r=.38$), and negatively with stress perception (PSS-7; $r=-.34$) and self-perceived health affections (VAS; $r=-.36$). Moreover, we observed weak correlations with the PTSD scores (PCL-M; $r=-.27$). The mean CPSC scores did not significantly differ with respect to age, family status, educational level or religious orientation, while they did significantly differ between healthy individuals and patients with posttraumatic stress disorders (PTSD). In nurses and medical physicians, CPSC scores are moderately related with stress perception (PSS; $r=-.38$), burnout (MBI; $r=-.40$) and Cool Down reactions (emotional exhaustion and distancing) as a strategy (CDI; $r=-.36$). In these health professionals, CDSC scores were related to their self-efficacy expectation (GSE; $r=.60$), and further with their life satisfaction (BMLSS; $r=.43$), work engagement (UWES; $r=.35$).

Bibliography

Büssing A, Walach H, Kohls N, Zimmermann F, Trousselard M: Conscious Presence and Self Control as a measure of situational awareness in soldiers - A validation study. *International Journal of Mental Health Systems* 2013; 7(1):1. DOI:10.1186/1752-4458-7-1

Walach H, Buchheld N, Buttenmüller V, Kleinknecht N, Schmidt S: Measuring mindfulness - The Freiburg Mindfulness Inventory (FMI). *Personal Individ Differ* 2006, 40:1543–1555.

Büssing A, Falkenberg Z, Schoppe C, Recchia DR, Poier D: Work stress associated cool down reactions among nurses and hospital physicians and their relation to burnout symptoms. *BMC Health Services Research* 2017; 17:551 DOI 10.1186/s12913-017-2445-3

Büssing A, Poier P, Lauche R, Dobos G, Cramer: Validation of an instrument to measure patients' intention and ability to change attitudes and behavior. *Complementary Medicine Research*. *Complementary Medicine Research* 2017 2017;24: 246-254 DOI: 10.1159/000477720

The instrument is currently also used in the following studies:

Lauche et al. The effects of Ramadan fasting on physical and mental health in healthy adult Muslims —Study protocol for a randomized controlled trial. *Advances in Integrative Medicine* 3 (2016) 26–30

Büssing et al., Treatment of Chronic Lower Back Pain: Study Protocol of a Comparative Effectiveness Study on Yoga, Eurythmy Therapy, and Physiotherapeutic Exercises. *Complementary Medicine Research* 2017; Published online: July 3, 2017; DOI: 10.1159/000471801

Ehlers et al., Persönlichkeitsentwicklung und Lebensqualität im Medizinstudium. Erfassung von Belastungsindikatoren und Ressourcen im Verlauf des Studiums mittels standardisierter Erhebungsinstrumente. Witten/Herdecke University

Conscious Presence and Self Control					
<p>This questionnaire addresses your conscious presence / awareness in specific situations. Please answer as honestly and spontaneously as possible. There are neither 'right' nor 'wrong' answers, nor 'good' or 'bad' responses. What is important to us is your own personal experience.</p> <p>Please read the statements below carefully and indicate how true each statement is for you and your current situation within the last 7 days by circling the answer on the right.</p>		rarely	occasionally	faily often	almost always
F1	I consciously perceive my current situation and can look at it (as if from the outside) without judging it as either 'good' or 'bad'	0	1	2	3
F2	With everything I do * (eating, cleaning, conversations, work duties, etc.) I am always conscious of the emotions, moods and physical responses that occur	0	1	2	3
F3	Once I realize that my concentration has drifted I can return to consciously paying attention without difficulties.	0	1	2	3
F6	I see my mistakes and difficulties without judging them	0	1	2	3
F7	In everything I do I am paying full attention and perceive everything mindfully	0	1	2	3
F8	I also accept unpleasant experiences as being important and of value.	0	1	2	3
F9	I am friendly to myself when things go wrong	0	1	2	3
F10	In difficult situations I can observe any kind of arising emotions from a distance without getting lost in them.	0	1	2	3
F11	In difficult situations I do not let arising emotions take control over me.	0	1	2	3
F12	I experience moments of inner peace and serenity even if faced with pain and disturbances or when I am dealing with difficult situations	0	1	2	3

* Optional specification „...during my period of service“, „...during my work at school“, „...during my studies“