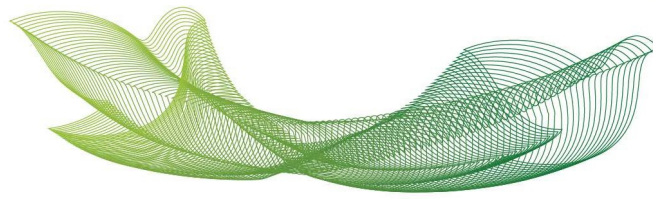




Tipo	Periódico
Título	Psychometric properties of the State Mindfulness Scale for Physical Activity 2 (SMS-PA2) in Brazilian adults
Autores	Morais Peixoto, Evandro;Cox, Anne Elizabeth;Rizzieri Romano, Amanda;Pereira Silva, Maynara Priscila;Pereira Palma, Bartira;Lima Costa, Ariela Raissa;Bonfá Araujo, Bruno;
Autor(es) USF	Morais Peixoto, Evandro; Lima Costa, Ariela Raissa
Autores Internacionais	
Programa Curso(s)	Programa de Pós Graduação Stricto Sensu em Psicologia
DOI	https://doi.org/10.6018/cpd.626911
Assunto (palavras chaves)	
Idioma	Inglês
Fonte	Título do periódico: Cuadernos de Psicología del Deporte ISSN: : 1989-5879 Volume/Número/Paginação/Ano: 25 247-262 2026
Data da publicação	27-10-2025
Formato da Produção	Digital
Resumo	The main objective of the research was to estimate the validity evidence based on internal structure by testing different factorial models and internal consistency for the Brazilian version of the State Mindfulness Scale for Physical Activity (SMS-PA2) in a sample of physical exercise and sport practitioners.



The sample consisted of 231 participants aged between 18 and 72 years. Using confirmatory factor analysis, the adjustment indices of the unifactorial, four correlated factors (mind monitoring, body monitoring, mind acceptance, and body acceptance), four factors with a second-order dimension, and bifactor models were compared.

Fomento
