



Introduction to Mindfulness Multiple Choice Quiz

1. According to Rob Nairn Mindfulness is “Knowing what is happening while it is happening, without _____?”
 - a. Anger
 - b. Shame
 - c. Preference
 - d. Rumination

2. In 2015 the UK government recommended mindfulness training for what two groups of professionals?
 - a. Teachers and prison officers
 - b. Medical staff and social workers
 - c. Medical and Teaching staff
 - d. Lawyers and politicians

3. Secular mindfulness may have emerged because of the atomisation of societies and the impact of?
 - a. The Cold War
 - b. Technology
 - c. Political populism
 - d. Climate change

4. Mindfulness is not about _____? (select 2)
 - a. Stopping thinking
 - b. Observing our thoughts without preference
 - c. Creating space between ourselves and out thoughts
 - d. Emptying the mind

5. According to some psychologists what have humans inherited that mindfulness can examine and mitigate in order to make us more responsive and less reactive?
 - a. The ability to run fast
 - b. A negativity bias
 - c. Great eyesight
 - d. Dexterity

6. According to Jon Kabat-Zinn mindfulness is “the awareness that emerges through paying attention in a particular way, on purpose, in the present moment, _____, to the unfolding of experience moment by moment?
- Impartially
 - Non-judgementally
 - Honestly
 - Introspectively
7. According to some neuroscientific evidence mindfulness correlates with enhanced activity in areas of the brain associated with which of these areas (among others)? (select 2)
- Memory
 - Sense of identity and greater connection with others
 - Sensory perception
 - Sustained attention and better attentional control
8. Which of these may be necessary for mindfulness with children to be effective? (select 2)
- Religious Belief
 - Effective teaching
 - Regular mindfulness practice
 - Use of mindfulness apps on mobile devices
9. Secular mindfulness may draw on practices from many wisdom traditions. Saying mindfulness is Buddhist is like saying gravity must be _____ because Newton most famously formulated it.
- Asian
 - European
 - African
 - American
10. What is the relationship between mindfulness and meditation?
- They are the same
 - Mindfulness is a form of meditation
 - Meditation is always religious, mindfulness is always secular
 - They are completely different

For the answer key, please email nihrcmw@abdn.ac.uk

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