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Dear Colleague,

The trait Non-Attachment Scale (NAS) is in the public domain and special permission is not required to use it for research or clinical purposes. The NAS has been validated for use with college student and community adults (Sahdra, Shaver, & Brown, in press). A detailed description of the NAS is found below, as is the scale and its scoring.

Feel free to e-mail me or the scale's principal author, Baljinder Sahdra, PhD (bksahdra@ucdavis.edu) with any questions about the use or interpretation of the NAS. We would appreciate hearing about any clinical or research results you obtain using the scale.

Yours,

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Non-Attachment Scale (NAS)

Characteristics of the scale

The trait NAS is a 30-item scale designed to assess non-attachment in the college student and general adult population. Non-attachment is a subjective quality characterized by a relative absence of fixation on ideas, images, or sensory objects, as well as an absence of internal pressure to get, hold, avoid, or change circumstances or experiences. The non-attached state of mind is equanimous, flexible, and receptive. This is in contrast to a grasping, anxious, needy, or rigid state of mind. Notably, the concept of non-attachment is related to secure attachment in Western psychological terms (e.g., closeness, allowing others to be as they are, without manipulation, neediness, or judgment) (Sahdra, Shaver, & Brown, in press). Across several studies, the NAS has shown excellent psychometric properties. Factor analyses with undergraduate and nationally sampled adult populations have confirmed a single factor scale structure (Sahdra et al., in press). Internal consistency levels (Cronbach's alphas) are above .80. The NAS has demonstrated high test-retest reliability, discriminant and convergent validity, known-groups validity, and criterion validity. Correlational studies have shown that the NAS taps a unique quality of consciousness that is related to a variety of cognitive, emotion regulation, interpersonal, well-being, and mental health phenomena. The measure takes 5 minutes or less to complete.

Appropriate validity reference for the NAS

Sahdra, B. K., Shaver, P. R., & Brown, K. W. (in press). A scale to measure non-attachment: A Buddhist complement to Western research on attachment and adaptive functioning. *Journal of Personality Assessment*.

Scoring of the NAS

After reverse scoring items 4, 13, and 24 (e.g., by subtracting their scores from 7), compute the mean of 30 items using the reversed scores of the 3 items.

Approach to Life Questionnaire

Instructions: To help us understand your general approach to life and your views about yourself, others, and life in general, tell us the extent to which the following statements reflect your experiences at this point in your life. Select a number from 1 to 6 on the scale provided with each statement to rate the extent to which you agree with it.

Please answer according to what *really reflects* your experience rather than what you think your experience should be.

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1. I can accept the flow of events in my life without hanging onto them or pushing them away. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I can let go of regrets and feelings of dissatisfaction about the past. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I find I can be calm and/or happy even if things are not going my way. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I have a hard time appreciating others' successes when they outperform me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I can remain open to what life offers me regardless of whether it seems desirable or undesirable at a particular time. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I can enjoy pleasant experiences without needing them to last forever. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I view the problems that enter my life as things/issues to work on rather than reasons for becoming disheartened or demoralized. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I can enjoy my possessions without being upset when they are damaged or destroyed. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. The amount of money I have is not important to my sense of who I am. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I do not go out of my way to cover up or deny my negative qualities or mistakes. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. I accept my flaws. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. I can enjoy my family and friends without feeling I need to hang on to them. | 1 | 2 | 3 | 4 | 5 | 6 |

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- | | | | | | | |
|---|---|---|---|---|---|---|
| 13. If things aren't turning out the way I want, I get upset. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I can enjoy the pleasures of life without feeling sad or frustrated when they end. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. I can take joy in others' achievements without feeling envious. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I find I can be happy almost regardless of what is going on in my life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Instead of avoiding or denying life's difficulties, I face up to them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. I am open to reflecting on my past mistakes and failings. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. I do not get "hung up" on wanting an "ideal" or "perfect" life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. I am comfortable being an ordinary, less than perfect human being. | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. I can remain open to thoughts and feelings that come into my mind, even if they are negative or painful. | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. I can see my own problems and shortcomings without trying to blame them on someone or something outside myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. When pleasant experiences end, I am fine moving on to what comes next. | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. I am often preoccupied by threats or fears. | 1 | 2 | 3 | 4 | 5 | 6 |
| 25. I am not possessive of the people I love. | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. I do not have to hang on to the people I love at all costs; I can let them go if they wish to go. | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. I do not feel I need to escape or avoid bad experiences in my life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. I can admit my shortcomings without shame or embarrassment. | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. I experience and acknowledge grief following significant losses, but do not become overwhelmed, devastated, or incapable of meeting life's other demands. | 1 | 2 | 3 | 4 | 5 | 6 |
| 30. I am not possessive of the things I own. | 1 | 2 | 3 | 4 | 5 | 6 |