MPFI-24

Multidimensional Psychological Flexibility Inventory (Short Form) (MPFI-24)

The MPFI-24 is a brief self-report questionnaire derived from the 60-item MPFI, designed to provide a multidimensional measure of psychological flexibility and psychological inflexibility according to the hexaflex model of acceptance and commitment therapy. It covers 12 processes, i.e., 6 flexibility dimensions and 6 inflexibility dimensions, with two items per subscale. The tool is useful for clinical screening, building a functional profile, monitoring progress in psychotherapy, and assessing change processes. Its main value is to offer a short but relatively comprehensive measure of the mechanisms targeted in ACT, including acceptance, contact with the present moment, self-as-context, defusion, contact with values, and committed action, as well as their inflexibility counterparts.

Number of questions	24 questions
Estimated duration	10 minutes
Language	English
Original name	Multidimensional Psychological Flexibility Inventory (Short Form)
Target audience	Adults
Authors	Jaci L. Rolffs, Ronald D. Rogge, Kelly G. Wilson (2018)
Category	General

Preview of the 24 questions

I was receptive to observing unpleasant thoughts and feelings without interfering with them

Never true | Very rarely true | Rarely true | Sometimes true | Frequently true | Always true

I tried to make peace with my negative thoughts and feelings rather than resisting them

Never true | Very rarely true | Rarely true | Sometimes true | Frequently true | Always true

I was attentive and aware of my emotions

Never true | Very rarely true | Rarely true | Sometimes true | Frequently true | Always true

I was in tune with my thoughts and feelings from moment to moment

Never true | Very rarely true | Rarely true | Sometimes true | Frequently true | Always true

Even when I felt hurt or upset, I tried to maintain a broader perspective

Never true | Very rarely true | Rarely true | Sometimes true | Frequently true | Always true

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 1 to 6, from never true to always true. Calculate the mean of the 2 items of each subscale. The 6 flexibility subscales can then be averaged to obtain an overall flexibility score, and the 6 inflexibility subscales to obtain an overall inflexibility score. Higher scores indicate a higher level of the construct measured by the subscale concerned. Interpretation is dimensional, focusing on the relative profile of the subdomains and on changes in scores over time.

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- Standardized tests
- Automatic scoring
- Results sent by email

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“Skeptical at first, I now can't do without this tool in my practice.”

Elodie C. - CBT Psychologist