

Validation of Urdu Interpersonal Mindfulness in Parenting (IM-P) Scale on Pakistani Mothers

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ABSTRACT

Aim of the Study: The Interpersonal Mindfulness in Parenting scale is a self-report instrument to assess mindful parenting practices. This study aimed to examine the psychometric properties, including reliability and validity, of the Urdu version of the IM-P.

Methodology: Two studies were undertaken to achieve this aim. The first study comprised 244 mothers of children under age 11 in which confirmatory factor analysis was utilized to validate the original three-factor structure of the scale. The second study included 127 mothers of children with same age range conducted to investigate the construct validity of the scale, encompassing both convergent and divergent validity. Internal consistency of the scale was also calculated.

Findings: The confirmatory factor analysis indicated that the data fit the original three-factor model well (CMIN/DF = 2.65, CFI = 0.96, GFI = 0.94, RMSEA = 0.08, SRMR = 0.04). The reliability coefficients for the entire scale and the three subscales were 0.85, 0.70, 0.87, and 0.74, respectively. Significant positive correlations were observed between the IM-P and measures of self-compassion and present centered attention and awareness, while negative correlations were found with parenting stress.

Conclusion: This study provided evidence that mindful parenting can be effectively assessed through three dimensions—Awareness and Present-Centered Attention in parenting, Non-judgmental acceptance in parenting, and Non-reactivity in parenting—and confirmed that the Urdu version is a reliable measure for this construct to be used with Pakistani mothers.

Keywords: IM-P, Mindful Parenting, Mindfulness, Reliability and Validity, Pakistani Mothers, Urdu Version.

Introduction and Literature Review

Mindful parenting involves integrating mindfulness into parenting where parents maintain awareness, attention, and non-judgmental acceptance of experiences of both their own and those of their children and non-reactivity in parental interactions (Fu et al., 2023). By cultivating mindfulness skills, parents can become more attuned to their children's needs, regulate their own emotions, and foster healthy parent-child interactions. The construct of mindful parenting, introduced by Kabat-Zinn and Kabat-Zinn (2014),

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emphasize that mindful parents are capable of adjusting their parenting behaviors to meet their child's needs.

Mindfulness-based interventions have gained popularity for addressing mental health concerns in children and adolescents, particularly for internalizing disorders such as anxiety and depression, and externalizing behavioral problems including aggression and oppositional defiance (Badovinac et al., 2021; Bayer et al., 2012; Carlson, 2017). These interventions focusing on mindful parenting have demonstrated beneficial outcomes for both adults and children. For parents, benefits include improved parenting skills, reduced parental stress levels, increased empathy and emotional self-regulation, and decreased anxiety and depressive symptoms (Bögels & Restifo, 2014; Chiodelli et al., 2018; Hill & Updegraff, 2012; Rayan & Ahmad, 2017; Yousafzai et al., 2015), among other benefits. Similarly, a meta-analysis of 25 independent studies (Burgdorf et al., 2019) revealed that mindful parenting program are associated with reduced parenting stress and improved psychological outcomes for children. While analyzing effects of mindful parenting on behavioral issues in children, Fu and colleagues (2023) found that increased levels of mindful parenting positively coincided with positive communication between parents and children. This demonstrates how significant mindful parenting can be in improving-parent child relationship as well as their wellbeing.

Due to the increasing research focus on mindful parenting programs, it is imperative to have mindfulness parenting instruments with robust psychometric characteristics. These tools are essential for assessing the extent to which mindfulness skills in parenting improve following mindfulness training in both clinical and community populations. The parent-child relationship and emotional regulation can be considerably improved by the accurate and reliable measurements of mindful parenting behaviors provided by a reliable instrument. Such scale also assists in the acquisition of insight regarding parental stress, positive child development, parenting skills, conflict resolution, and parental mental health, thereby promoting a more harmonious and fulfilling family life.

To date, three tools have been developed for evaluating mindful parenting or mindfulness in parent-child interactions. Bangor Mindful Parenting Scale, Mindfulness in Parenting Questionnaire, and the Interpersonal Mindfulness in Parenting Scale (IM-P) (Jones et al., 2014; McCaffrey et al., 2017; Duncan, 2007). The IM-P, in particular, has presented evidence of efficacy in multiple languages and cultures, including Dutch, Korean, Persian, Chinese, and Spanish (De Bruin et al., 2014; Khanipour et al., 2023; Kim et al., 2019; Lo et al., 2018; Martínez et al., 2023; Orue et al., 2023; Pan et al., 2019; Parent et al., 2016; Turpyn et al., 2021). Therefore, it was selected to use for the present study.

The original IM-P comprised 10 items (Duncan, 2007) designed to measure three dimensions: present-centered attention and awareness, non-judgmental receptivity towards children and no or minimal reactivity towards children's behaviors. An expansion of the scale was later done by Duncan (2009) where the 31-item scale revolved around five dimensions of mindful parenting, that was, two more factors than the brief version: (1) listening to child with full attention (2) Non-judgmental acceptance of self and child (3) emotional awareness of self and child (4) self-regulation in parenting (5) compassion for self and child. Both versions of the scale are supported by the literature for their suitability in assessing mindful parenting (Burgdorf & Szabó, 2021; De Bruin et al., 2014; Khanipour et al., 2023; Martínez et al., 2023; Orue et al., 2023). However, the review of literature showed mixed results regarding the psychometrics of the extended version when adapted to other languages, showing varying factor structures. For instance, the Korean and Dutch versions suggested six-factor structures with 29 and 18 items, respectively (De Bruin et al., 2014; Kim et al., 2019). The Portuguese study (Moreira & Canavarro, 2017) supported the original five-factor structure, while the Chinese and Spanish supported a different four-factor structures (Lo et al., 2018; Martínez et al., 2023; Pan et al., 2019). The Persian version demonstrated three-factor structure (Khanipour et al., 2023a).

In our study, we aimed to translate and establish validation of the original brief IM-P for use with the Pakistani mothers, facilitating research in mindful parenting. For this purpose, psychometric properties

and factorial structure of the brief version were analyzed. Moreover, internal consistency, convergent and divergent validity were explored through correlations between the study variables.

We put forward the following hypotheses: First, grounded in the theoretical framework of mindfulness parenting, it was hypothesized that Urdu IM-P would exhibit similar factors of mindful parenting in Pakistani mothers selected from community settings. Second, it was hypothesized that positive correlation would exist between the IM-P and mothers' self-compassion and mindful attention and awareness, indicating convergent validity. It was also anticipated that the IM-P would show a negative correlation with parental stress, thus supporting its discriminant validity.

Study 1.

The main purpose of this study was to assess the original three-factor structure using confirmatory factor analysis (CFA) in mothers from Pakistan.

Method

Participants and Procedure

The sample comprised 244 mothers of children ($M_{\text{age}} = 8.19$, $SD=0.16$) in a cross-sectional study. The mothers had a mean age of 36.59 years ($SD = 5.90$) and an average of 2.67 children ($SD = 0.19$). The majority were living in a joint family system (54.5%), were employed (83.6%), and were graduated or post-graduated (84.4%).

Mothers with at least 1 child between age range of 1 to 11 years were recruited from the twin cities of Rawalpindi and Islamabad, Pakistan, using convenience sampling. The participants were debriefed about the study's goals and were informed that the information they submitted would be exclusively utilized for academic purposes. In addition, they were informed that they could withdraw from the study at any point. Participation was not mandatory, and no financial or other remuneration was given. Each participant provided written informed assent.

Measures

Interpersonal Mindfulness in Parenting Scale (IM-P). The scale comprises ten items measuring three sub-domains that include awareness and present-centered attention in parenting (4 items), non-judgmental acceptance in parenting (3 items), and non-reactivity in parenting (3 items). The scale utilizes a 5-point Likert scale, with a rating of 1 representing "never true" and a rating of 5 representing "always true". The Cronbach's alpha was .72 (Duncan, 2007). The total score ranges from 10 to 50, where a high score means high interpersonal mindfulness in parenting and vice versa. The translation process included two bilinguals. Both independently translated the scale after obtaining permission from the original authors of the scale. Following a comparison and analysis of the translations' similarities and differences, the first Urdu translation was selected. Another bilingual psychologist then translated this first draft back into English. Ultimately, the most appropriate translation was devised that was consistent with the original, both versions were compared and studied.

Analytical Plan

CFA of the original three-factor model using maximum likelihood estimation was carried out in Jamovi version 2.5 (2024) to examine how well the existing model fits the Urdu version in our sample. The variance explained by the factors, results of the CFA model's goodness of fit and factor loadings, all supported the three-factor dimensionality, consistent with the original scale, as evidenced by the scree plot. Table 4 presents the item factor loadings. Since the chi-square index (χ^2) is greatly influenced by sample size and might potentially exaggerate the degree of model misfit, four additional indicators were used to evaluate the fit: The comparative fit index (CFI) should be equal to or more than .90, the Tucker Lewis Index (TLI) should be equal to or greater than .90, the root mean square error of approximation (RMSEA) should be less than or equal to .08, and the root mean squared residual (RMSR) should be less

than or equal to .08 (Alavi et al., 2020; Hu & Bentler, 1998). Alpha coefficients were computed to evaluate the internal consistency of the IM-P, with the following qualitative interpretations: adequate, good, and excellent internal consistency were defined as $.70 < \alpha < .79$, $.80 < \alpha < .89$, and $\alpha \geq .90$ (Hunsley & Mash, 2008). Furthermore, we examined corrected item-total correlations, deeming them adequate if they were $\geq .30$.

Results

The CFA was performed with the original three-factor structure model, and the respective model adequately found fit based on eigenvalues, with three factors exhibiting eigen values greater than 1 and 66.5% total variance explained. Table 1 illustrates the factor loadings along with 95% CI. Furthermore, the CFA model fit indices are displayed in Table 2. The chi-square goodness of fit test [$\chi^2 = 58.3$ (22, .001)] indicated an inadequate fit. It is evident from the ratios of the RMSEA, TLI, GFI, and CFI that the models are well fitted. Figures 1 and 2 illustrate the extracted factor structure and screeplot, respectively, of the Urdu IM-P.

Table 1: *Factor Loadings from Confirmatory Factor Analysis (N=244).*

Items	Factor Loadings			Standard Error	95% Confidence Interval	
	Factor 1	Factor 2	Factor 3		Lower	Upper
IMP1	0.565			0.074	0.419	0.710
IMP3	0.560			0.070	0.423	0.697
IMP6	0.620			0.069	0.484	0.756
IMP9	0.606			0.079	0.451	0.761
IMP7		0.894		0.070	0.758	1.031
IMP4		0.710		0.069	0.574	0.846
IMP10		0.871		0.084	0.705	1.036
IMP2			0.537	0.061	0.416	0.657
IMP5			0.303	0.071	0.163	0.443
IMP8			0.703	0.072	0.561	0.845
Eigen values	4.29	1.36	1.00			
Total Variance explained	42.9%	13.6%	10.0%			

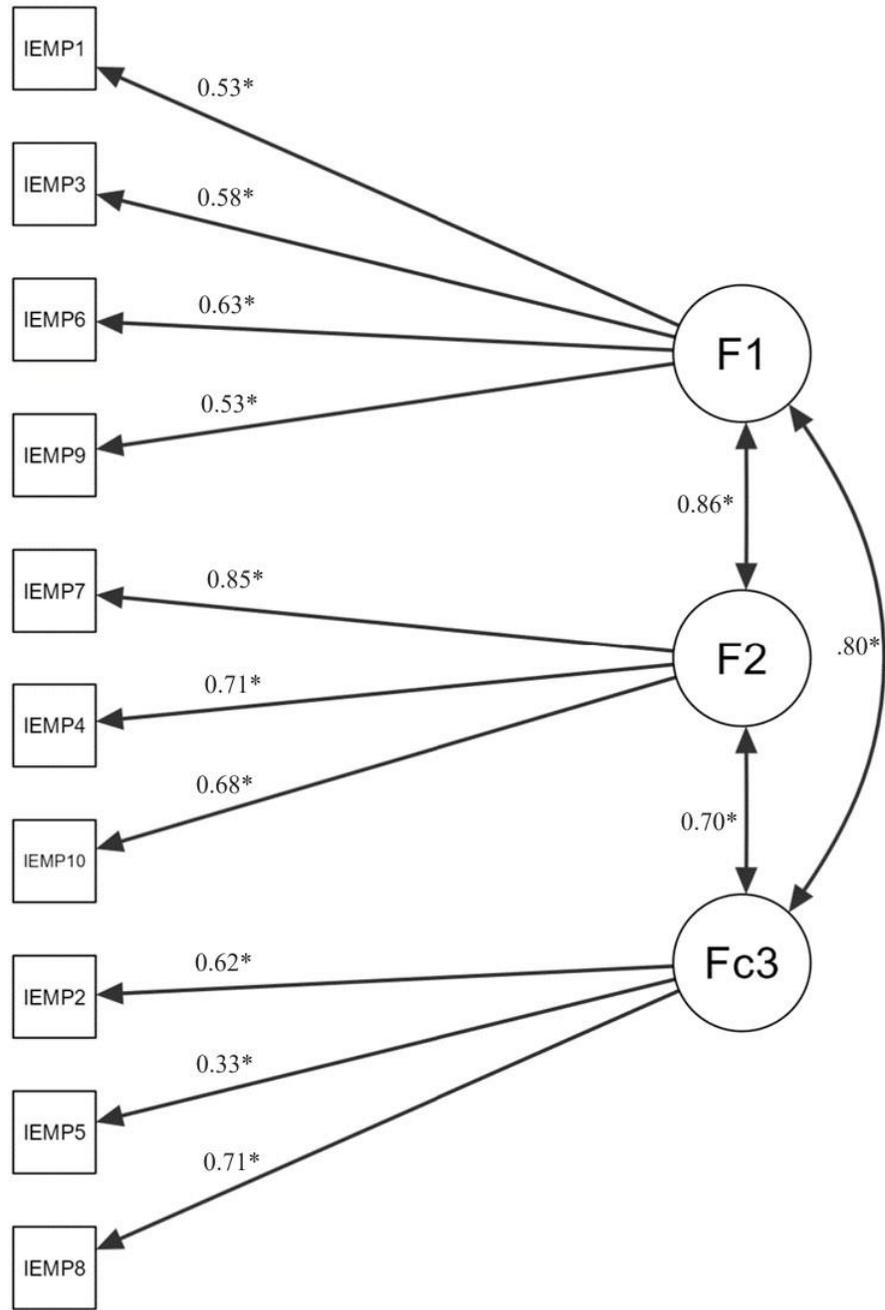


Figure 1. *Factorial Structure of the Urdu IM-P.*

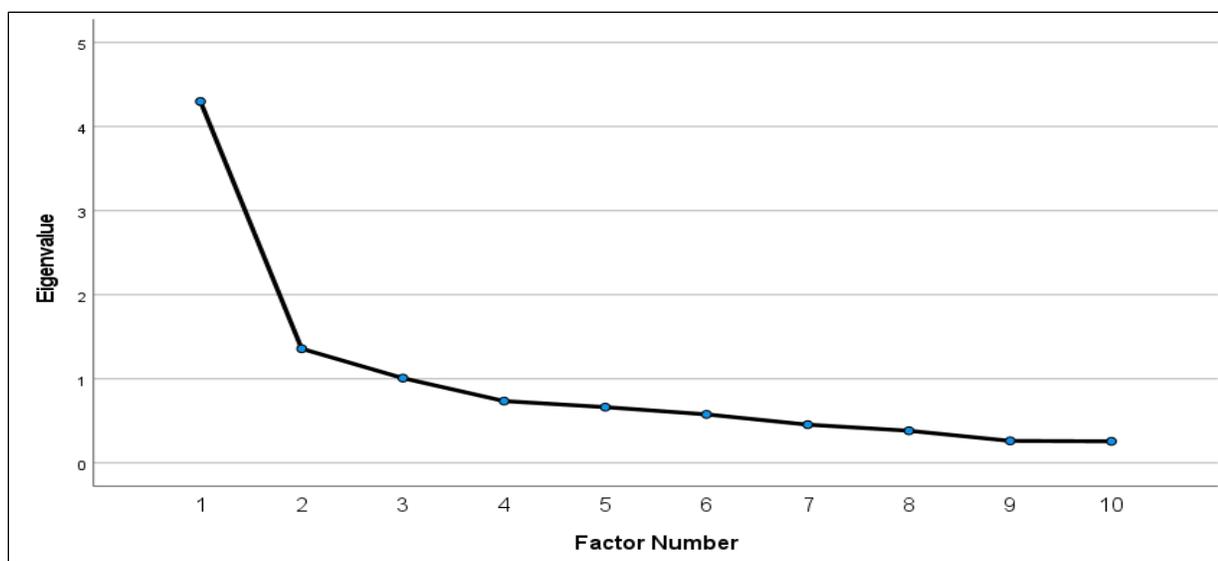


Figure 2. Screeplot: Three-Factor Model of IM-P

Table 2: Model Evaluation for Three-Factors Model of IM-P

	χ^2	Df (p-value)	χ^2/df	RMSEA	CFI	GFI	SRMR	TLI
Three-factors model (hierarchical)	58.3	22(.001)	2.65	0.08	.96	.94	.04	.92

Note. χ^2 = chi-square value; *df* = degrees of freedom; RMSEA = root mean square error of approximation; CFI = comparative fit index; SRMR = standardized root mean square residual; GFI = goodness-of-fit index; TLI = Tucker-Lewis index.

Reliability Analysis

Reliability data for the Urdu IM-P are presented in Table 3. The internal consistency of the ten-item instrument was satisfactory ($\alpha = .85$). Most item-test correlations exceeded 0.54, indicating that the scale is homogeneous. The subscales' internal consistencies were as follows: $\alpha = 0.74$ for non-reactivity, $\alpha = 0.70$ for present-centered attention and awareness, and $\alpha = 0.85$ for non-judgmental receptivity.

Table 3: Descriptive and Psychometric Properties of IM-P (N = 244)

Items	Mean	SD	Sk	K	CITC	Cronbach's α	Cronbach's α if item dropped
Total Score	3.13	0.68				0.85	
APCA						0.70	
IMP1	2.98	1.09	0.20	-0.56	0.79		0.83
IMP3	3.40	0.97	-0.42	-0.51	0.65		0.85
IMP6	3.57	0.99	-0.33	-0.40	0.71		0.84
IMP9	3.27	1.16	-0.22	-0.79	0.63		0.83
NJR						0.85	
IMP7	3.43	1.06	-0.23	-0.56	0.70		0.82
IMP4	3.34	1.00	-0.17	-0.34	0.55		0.84

IMP10	3.25	1.28	-0.23	-0.93	0.67		0.82
NR						0.74	
IMP2	2.82	0.86	0.09	-0.24	0.69		0.84
IMP5	2.45	0.91	0.16	-0.62	0.67		0.85
IMP8	2.82	0.99	0.09	-0.25	0.73		0.84

Note: APCA= Awareness and Present Centered Attention ; SD = Standard deviation; α = Alpha; K = Kurtosis; Sk= Skewness; CITC = Corrected item total correlation; NJR= Non-judgmental receptivity; NR= Non-reactivity

Discussion

This study aimed to explore the evaluation parameters of the Urdu version of the IM-P in mothers from Pakistan. The findings confirmed the psychometric metrics of the scale, with the three-factor model of IM-P demonstrating a satisfactory fit. Our findings are in line with the Spanish study (Martínez et al., 2023a). The scale's internal reliability was shown to be satisfactory, aligning with results from earlier studies conducted in Portugal and Iran (Khanipour et al., 2023a; Moreira & Canavarro, 2017). Our data indicate that the original three-factor model consisted 1) providing person-centered attention and awareness to the child, 2) Non-reactivity to children's behaviors, and 3) Non-judgmental acceptance of children's thoughts and feelings. These patterns are similar to those observed in the English version (Duncan, 2007).

This study categorizes mindfulness parenting in Pakistani mothers into three overarching factors: self-regulation, compassion, and stress management. These factors may be associated with sub-processes that require additional investigation. Despite cultural differences, Pakistani mothers appear to hold similar views regarding mindfulness in parenting as their Western counterparts. This suggests that adapted mindfulness training programs focused on present-centered attention and awareness of their children, being receptive without passing judgment, and not reacting impulsively to their children's ideas and behaviors. This study suggests that mindful parenting training for Pakistanis could focus on self-awareness, parenting functioning, and mindfulness towards children as related areas. Furthermore, it is imperative to consider separate skill development and parenting methods for each specific domain. When conducting outcome studies on parenting training, it is preferable to utilize distinct measures for each specialized domain.

Study II

This study was focused on performing a more comprehensive analysis of convergent and divergent validity of the IM-P. We hypothesized that mindful parenting would show a positive correlation with self-compassion scale (SCS) and Mindful attention awareness scale (MAAS) and would exhibit a negative correlation with PSS.

Method

Participants and Procedure

The sample consisted of 127 mothers, with a mean age of 36.56 years (SD = 6.00) and an average of 2.66 children (SD = 1.19). Most individuals resided in a joint household arrangement (55.9%), were primarily responsible for domestic duties (83.5%), and had attained a higher education degree (84.3%). The participants were assured that their participation in the research would be kept confidential and that no personally identifiable information would be gathered.

Study Measures

Furthermore, alongside the IM-P scale mentioned in the first study, participants also completed the subsequent questionnaires:

Self-Compassion Scale (SCS-SF). Self-compassion scale (short-form) is employed to gauge self-compassion in parents that utilizes a 5-point Likert scale, with 1 represents “almost never” and 5

represents “almost always”. The assessment consists of 12 items that evaluate six sub-domains: self-kindness, over-identification, isolation, self-judgment, common humanity, and mindfulness. Each sub-domain is measured by two items. Over-identification, isolation, and self-judgment are negative subscales, the scores of which are first reversed and then all scores are added to get a total score of self-compassion. A high score indicates high self-compassion and vice versa. The scale has demonstrated outstanding internal consistency, with a value of .86 (Raes et al., 2011).

Mindful Attention Awareness Scale (MAAS). This instrument with 15 items uses 6-point Likert scale where 1 stands for “almost never” and 6 for “almost always”. The score can range between 15 and 90, where a high score means high mindful attention and awareness and vice versa. The scale was found to have a high test-retest reliability of .81, and internal consistency reliability equal .82 (Brown & Ryan, 2011).

Parental stress scale (PSS). PSS comprising 18 items has positive and negative themes in which the former assesses positive feelings related to parenting “*I find my child (ren) enjoyable*” and later the negative feelings “*Having children leaves little time and flexibility in my life*”. The instrument employs a five 5-point Likert scale where 1 is for “strongly disagree” and 5 for “strongly agree”. Eight items are to be reverse scored, after which all scores are added for the total score, ranging from 18 to 90. A high score signifies high parenting stress and vice versa. The scale yielded a test-retest reliability of .81, and Cronbach’s alpha level equaled .83 (Berry & Jones, 1995).

Analytical plan

Descriptive statistics were computed with SPSS version 26. Cronbach's alpha coefficients were computed for both the complete scale and its subscales. In addition, to determine both convergent and divergent validity, we analyzed the associations of the three subscales of IM-P with SCS, MAAS, and PSS.

Results

Descriptive statistics for the study variables are presented in Table 4. Internal consistency for the Urdu IM-P total score was adequate ($\alpha = .84$).

Table 4: *Descriptive of study variables*

Variables	No of Items	M	SD	A	95%CI		Skewness	Kurtosis
					Potential	Actual		
Parenting								
Parental Stress Scale	18	44.35	9.31	0.77	18-90	23-77	.408	.973
IM-P	10	29.00	6.71			13-48	-.175	-.351
Present-Centered Attention and awareness	4	12.54	3.19	0.702	4-20	6-20	-.098	-.526
Non-judgmental receptivity	3	9.17	2.94	0.87	3-15	3-15	-.011	-.791
Non-reactivity	3	7.28	2.07	0.74	3-15	3-14	.852	.831
Self-Compassion Scale	12	37.31	8.51	0.81	12-60	16-60	.166	-.259
MAAS	15	56.61	16.28	0.94	15-90	27-88	.121	-1.102

Convergent and Divergent Validity of IM-P

Table 5 presents the evidence for convergent and divergent validity of the IM-P scale with the SCS, MAAS, and PSS, respectively. The IM-P subscales showed significant high correlations with all measures. Convergent validity is indicated by the strong positive associations between the IM-P subscales and both the MAAS and the self-compassion scale (SCS). The negative correlation between the IM-P Scale and PSS ($r = -.252^{**}$) suggests that higher mindfulness in parenting is associated with lower parental stress, indicating divergent validity. In general, the majority of subscales showed moderate yet significant relationships with each other. These correlations range from $r = .267$ ($p < 0.001$) between Non-reactivity in parenting and Non-judgmental receptivity, to $r = .683$ ($p < 0.001$) between Non-judgment with Awareness and present-centered attention.

Table 5: *Correlations between study variables.*

	1	2	3	4	5	6	7
1 Interpersonal Mindfulness Parenting Scale	1	-	-	-	-	-	-
2 Awareness and Present Centered Attention	.911 ^{**}	1	-	-	-	-	-
3 Non-judgment	.846 ^{**}	.683 ^{**}	1	-	-	-	-
4 Non-reactivity	.636 ^{**}	.442 ^{**}	.267 ^{**}	1	-	-	-
5 Parental stress scale	-.252 ^{**}	-.239 ^{**}	-0.058	-.367 ^{**}	1	-	-
6 Mindful Attention Awareness Scale	.580 ^{**}	.647 ^{**}	.361 ^{**}	.371 ^{**}	-.266 ^{**}	1	-
7 Self-Compassion Scale	.250 ^{**}	0.158	0.123	.392 ^{**}	-.386 ^{**}	0.165	1

Note. ^{**} = $p < 0.001$

Discussion

The objective of our study was assessment of psychometric properties and validation of the IM-P scale in Urdu for Pakistani mothers. The IM-P subscales exhibited the relationships with the relevant study variables exactly as anticipated. The mindful parenting assessed through IM-P depicted a positive relationship with mindfulness and self-compassion while displaying a negative association with parenting stress. The findings align with prior research that demonstrated a similar association between mindful parenting, trait mindfulness, self-compassion, and parenting stress (Burgdorf et al., 2019; Gouveia et al., 2016; Meppelink et al., 2016). The results of our study indicate that there are direct relationships among mindful attention awareness, self-compassion, mindful parenting, and general mindfulness practices. This suggests that cultivating mindfulness in one's daily life can have a beneficial effect on parenting practices (Brown & Ryan, 2003).

The negative correlation between mindful parenting and parental stress reinforces the notion that mindfulness practices can alleviate stress by fostering more effective coping strategies and emotional regulation (Moreira & Canavarro, 2017). Furthermore, our results are consistent with the study conducted by Henrichs and colleagues (Henrichs et al., 2021), which demonstrated an association between maternal anxiety during pregnancy and child internalizing issues, as well as an adverse association with mindful parenting. These findings suggest a negative correlation between higher levels of maternal anxiety and lower levels of mindful parenting, suggesting that the two elements are related.

This is particularly important for Pakistani mothers, who may encounter unique cultural challenges, such as a preference for male children, and societal challenges, such as norms that limit mothers' autonomy and decision-making abilities, thereby influencing their parenting practices. (Jeong et al., 2019; Morelli et al., 2018; Zakar et al., 2018). In addition, maintaining a state of presence and attentiveness while also refraining from reacting might effectively lower stress levels in Pakistani mothers. The practice of being

mindful and non-reactive enables mothers to feel less overwhelmed by the challenges of parenting and effectively regulate their emotional responses, hence reducing stress levels.

The results of our study indicated a non significant relationship between parental stress and non-judgmental reactivity ($r = -0.058$). This suggests that non-judgment may not be sufficient to reduce stress. This finding is in line with earlier work, indicating that the absence of judgmental reaction in mindfulness mostly improves the parent-child bond rather than directly reducing parental stress (Burgdorf et al., 2019). In addition, Karl and Fischer (Karl & Fischer, 2022) found that the association between certain aspects of mindfulness, such as non-judgmental acceptance, was not influenced by negative affective reactivity. This suggests that the response to negative emotions did not have an impact on the association between this particular feature of mindfulness and stress, demonstrating a lack of substantial correlation.

It appears that the relationship between stress-related outcomes and non-judgmental mindfulness facets is complicated and indirect. Non-judgmental reactivity may significantly be influential in promoting a positive parent-child relationship rather than the direct reduction of parental stress (Potharst et al., 2021). Additionally, it could indirectly affect parental stress levels by promoting a positive emotional context within the family (Meppelink et al., 2016). Thus, the lack of significant relationship between non-judgmental response in mindfulness and parental stress may be attributed to the indirect mechanisms through which non-judgmental reactivity functions. Additional research is necessary to investigate these potential associations and better comprehension of the intricate interactions between different facets of mindfulness and parental stress.

All subscales demonstrated significant positive correlations with the total score, indicating that mindful parenting is primarily dependent on the presence of awareness and present-centered attention, non-judgmental attitudes of parents, and remaining non-reactive. Pakistani mothers who exhibited non-judgmental and non-reactive behavior are more likely to respond with compassion and regulation, leading to fewer critical relationships with their children. This promotes improved parent-child interactions (Duncan et al., 2009; Kabat-Zinn & Kabat-Zinn, 2014). To summarize, our findings offer preliminary evidence that the Urdu IM-P maintains satisfactory psychometric properties. Moreover, according to the current validation, we strongly urge researchers, psychologists, therapists, and policymakers who engage with children and families to utilize this measure for evaluating mindful parenting. In addition, the IM-P Urdu version could be utilized for future mindfulness-based intervention initiatives and for making more cross-cultural comparisons.

Limitations and Future Directions

There are certain limitations to our study. Firstly, as the IM-P validation was exclusively carried out with mothers, the results are restricted to mothers alone and cannot be extended to fathers. There is a notable gap in research regarding factor structure of IM-P in samples consisting primarily of males. There is limited research available on how fathers define mindful parenting. This problem is significant because it addresses the need to develop separate programs for mothers and fathers in case of gender variations in mindful parenting. In addition, our study involved mothers from the community who had a higher level of education. It is possible that there may be cultural differences among mothers from lower socioeconomic categories, with less education, and with diverse family backgrounds. Conducting a comprehensive study could unveil the potential impact of these factors on parenting practices within Pakistani families and families from other countries. In addition, the IM-P is a self-report tool, which means it is vulnerable to reporting biases. In order to analyze the psychometric characteristics of the IM-P, future research efforts should include assessments from parents and qualitative investigations to thoroughly study the mindfulness parenting phenomena.

Conclusion

Despite its limitations, our study is the first to demonstrate that mindful parenting can be measured through IM-P which turned out to be a reliable instrument for the said purpose in mothers recruited from

the Pakistani community. Specifically, the non-judgmental receptivity of child's behaviors, awareness, and present-centered attention towards the child are associated with the mother's self-compassion and mindfulness and reduced parental stress. Mindfulness-based parenting programs have the potential to benefit a significant number of families with mothers experiencing parental stress.

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Conflict of Interest

Authors have no conflict of interest.

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