

Developing the OAMM-T: A Novel Approach



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Mindfulness, Self-Compassion and Family Well-Being Conference
Innovative Approaches to Mindfulness Measurement for Families, Schools,
and Communities Pre-conference Panel

Seattle, WA - October 18, 2023

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Measuring Mindfulness: Challenges

Self-report

Context general

Limited scope

Biased

Measuring Mindfulness: Solutions

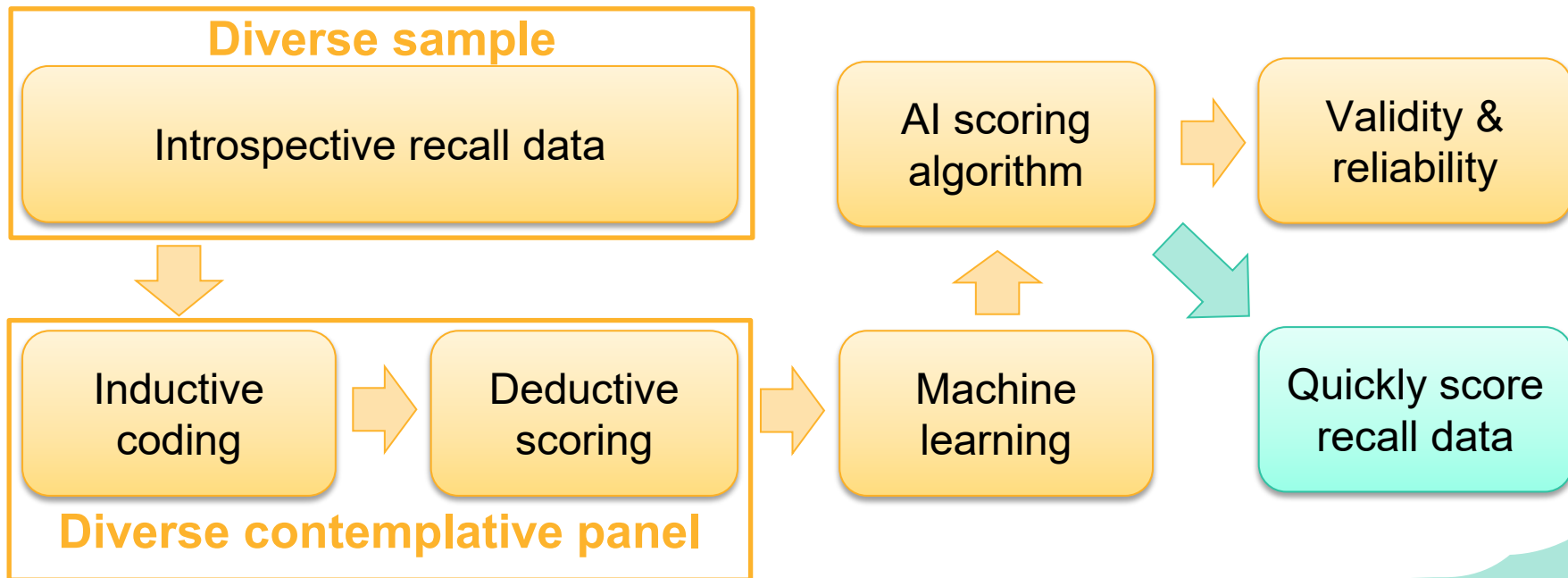
Self-report  Introspection & objective coding

Context general  Context specific

Limited scope  Inductive development

Biased  Diverse panel & sample

The Objective Awareness and Mindfulness Measure (OAMM)



The OAMM for Teachers

Contemplative Panel (n=6 of 8)

Race Representation:	Gender:
• Asian	2 Women
• Pacific islander	2 Men
• White American	2 Nonbinary
• African American	
• Middle Eastern	
• Latinx/Hispanic	

Teacher Sample (n=45 of 432)

Race Representation:
12 Black/African American
7 Latinx/Hispanic
2 Other Races/Bi-racial
24 White

School Level:
21 Elementary
9 Middle
15 High



Teacher Recall

For a Positive – Negative – Neutral Interaction

Imagine & Brief Description (beginning, middle, end)

Describe what you remember of

Physical Sources of Information:

- Saw with eyes
- Heard with ears
- Felt with body

Mental Sources of Information:

- Mental images
- Thoughts
- Emotions

Contemplative Panel **Collaborative Coding Process**

Community building & orientation

Inductive coding:

- Contemplative experience
- Evidence & counterevidence
- Identify patterns/connections

Code book development:

- Ongoing synthesis of codes
- Development of global and discrete codes

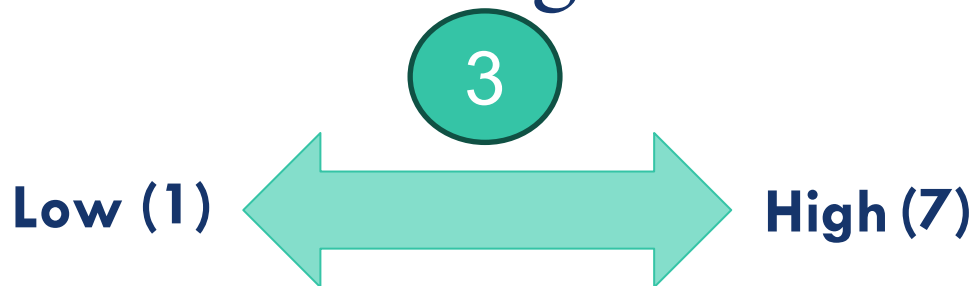
3 months, 10 1-hour meetings (7 per panelist)

Richards, K. A. R., & Hemphill, M. A. (2017). A practical guide to collaborative qualitative data analysis. *Journal of Teaching in Physical Education*, 37(2), 225-231. <https://doi.org/10.1123/jtpe.2017-0084>

OAMM-T Scoring

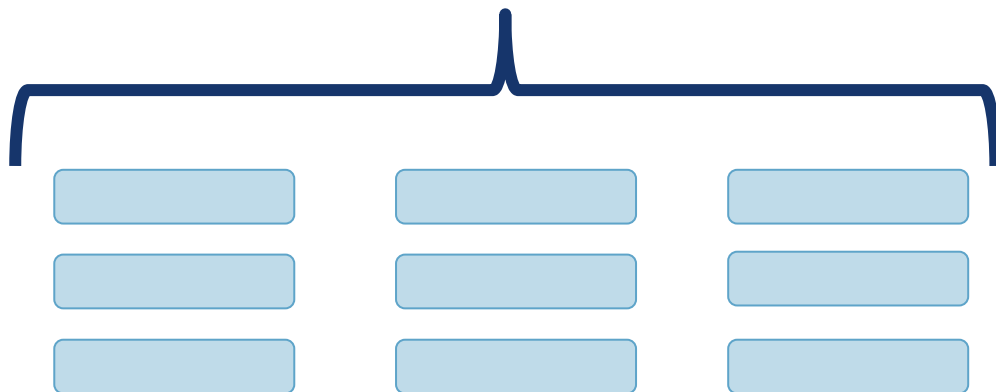
Global Codes

- Weighted score (1-7)
- One score per recall



Discrete Codes

- Descriptive
- Many per recall
- Inform global score



OAMM-T Preliminary Global Codes

Self-awareness

Observation

Presence

Compassion

Curiosity

Self-actualization

Discernment

Responsivity

Self-Awareness

(Internal present-moment awareness)

A reflection and knowing of bodily sensations, emotions, and thoughts.

Observation

(External present-moment awareness)

Descriptions of externally observable information.

Note: These are preliminary codes.

Presence

(Relationship to the past-present-future)

Connecting to what is currently occurring
(vs. being connected in what is not currently
happening).

Compassion

(Other oriented feelings)

A desire to relieve the suffering of others (compassion).

Curiosity

(Other oriented cognitions)

Reflecting a curious and open orientation toward sources of information.

Self-actualization

(Self oriented feelings)

Confidence and trust in ones abilities.

Discernment

(Assessment continuum)

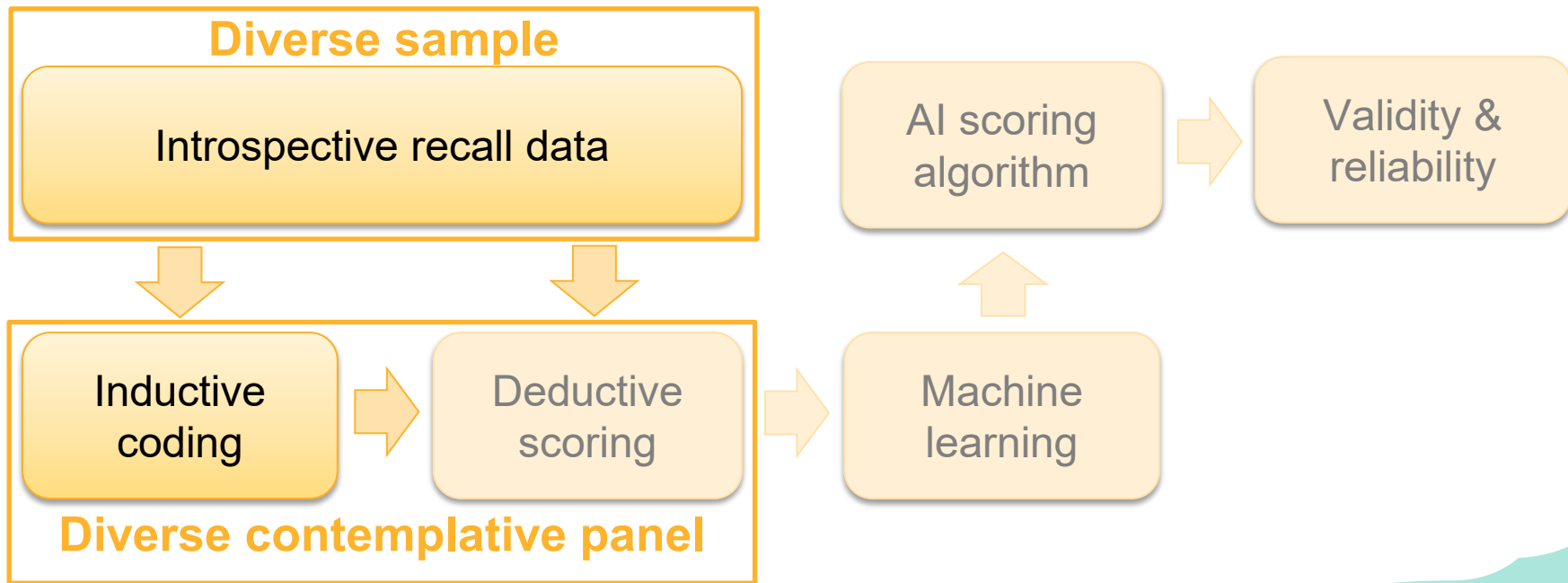
Assessing information in
a mindful, non-judgmental
way.

Responsivity

(Reactivity continuum)

Being responsive to the
current situation.

The Objective Awareness and Mindfulness Measure for Teachers: Next Steps



Teachers, get a
\$50* gift card
for sharing your classroom
experiences!

*while supplies last.



AFTER school, go to



bit.ly/TeacherRecall

to complete the survey.



There is a lot going
on when you teach!

How you think about it
makes a difference.



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