

Multidimensional Assessment of Interoceptive Awareness (MAIA)

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- We recommend including entire subscales when selecting items from the MAIA to retain the psychometric features of these subscales (rather than selecting items from subscales).
- If you translate the MAIA into another language, please send us a copy for our records.
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Scoring Instructions

Take the average of the items on each scale.

Note: Reverse-score items 5, 6, and 7 on Not-Distracting, and items 8 and 9 on Not-Worrying.

1. **Noticing:** Awareness of uncomfortable, comfortable, and neutral body sensations
Q1 _____ + Q2 _____ + Q3 _____ + Q4 _____ / 4 = _____
2. **Not-Distracting:** Tendency not to ignore or distract oneself from sensations of pain or discomfort
Q5(reverse) _____ + Q6(reverse) _____ + Q7(reverse) _____ / 3 = _____
3. **Not-Worrying:** Tendency not to worry or experience emotional distress with sensations of pain or discomfort
Q8(reverse) _____ + Q9(reverse) _____ + Q10 _____ / 3 = _____
4. **Attention Regulation:** Ability to sustain and control attention to body sensations
Q11 _____ + Q12 _____ + Q13 _____ + Q14 _____ + Q15 _____ + Q16 _____ + Q17 _____ / 7 = _____
5. **Emotional Awareness:** Awareness of the connection between body sensations and emotional states
Q18 _____ + Q19 _____ + Q20 _____ + Q21 _____ + Q22 _____ / 5 = _____
6. **Self-Regulation:** Ability to regulate distress by attention to body sensations
Q23 _____ + Q24 _____ + Q25 _____ + Q26 _____ / 4 = _____
7. **Body Listening:** Active listening to the body for insight
Q27 _____ + Q28 _____ + Q29 _____ / 3 = _____
8. **Trusting:** Experience of one's body as safe and trustworthy
Q30 _____ + Q31 _____ + Q32 _____ / 3 = _____

Below you will find a list of statements. Please indicate how often each statement applies to you generally in daily life.

	Circle one number on each line					
	Never					Always
1. When I am tense I notice where the tension is located in my body.	0	1	2	3	4	5
2. I notice when I am uncomfortable in my body.	0	1	2	3	4	5
3. I notice where in my body I am comfortable.	0	1	2	3	4	5
4. I notice changes in my breathing, such as whether it slows down or speeds up.	0	1	2	3	4	5
5. I do not notice (I ignore) physical tension or discomfort until they become more severe.	0	1	2	3	4	5
6. I distract myself from sensations of discomfort.	0	1	2	3	4	5
7. When I feel pain or discomfort, I try to power through it.	0	1	2	3	4	5
8. When I feel physical pain, I become upset.	0	1	2	3	4	5
9. I start to worry that something is wrong if I feel any discomfort.	0	1	2	3	4	5
10. I can notice an unpleasant body sensation without worrying about it.	0	1	2	3	4	5
11. I can pay attention to my breath without being distracted by things happening around me.	0	1	2	3	4	5
12. I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	0	1	2	3	4	5
13. When I am in conversation with someone, I can pay attention to my posture.	0	1	2	3	4	5
14. I can return awareness to my body if I am distracted.	0	1	2	3	4	5
15. I can refocus my attention from thinking to sensing my body.	0	1	2	3	4	5
16. I can maintain awareness of my whole body even when a part of me is in pain or discomfort.	0	1	2	3	4	5

Please indicate how often each statement applies to you generally in daily life.

	Circle one number on each line					
	Never					Always
17. I am able to consciously focus on my body as a whole.	0	1	2	3	4	5
18. I notice how my body changes when I am angry.	0	1	2	3	4	5
19. When something is wrong in my life I can feel it in my body.	0	1	2	3	4	5
20. I notice that my body feels different after a peaceful experience.	0	1	2	3	4	5
21. I notice that my breathing becomes free and easy when I feel comfortable.	0	1	2	3	4	5
22. I notice how my body changes when I feel happy / joyful.	0	1	2	3	4	5
23. When I feel overwhelmed I can find a calm place inside.	0	1	2	3	4	5
24. When I bring awareness to my body I feel a sense of calm.	0	1	2	3	4	5
25. I can use my breath to reduce tension.	0	1	2	3	4	5
26. When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.	0	1	2	3	4	5
27. I listen for information from my body about my emotional state.	0	1	2	3	4	5
28. When I am upset, I take time to explore how my body feels.	0	1	2	3	4	5
29. I listen to my body to inform me about what to do.	0	1	2	3	4	5
30. I am at home in my body.	0	1	2	3	4	5
31. I feel my body is a safe place.	0	1	2	3	4	5

32. I trust my body sensations.

0

1

2

3

4

5