

Multidimensional Assessment of Interoceptive Awareness

MAIA

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BACKGROUND

Interoceptive Bodily Awareness describes how we attend to our body and sensations that represent our internal state, incl. emotions ...

Yoga and Meditation and other mind-body approaches train bodily awareness.

Whether health benefits of these therapies may be mediated—at least in part—by enhanced bodily awareness needs research.

MAIA is a self-report measure for clinic and studies that aim to fill this gap.

OBJECTIVE

to review the MAIA's

- benefits,
- shortcomings, and
- controversies

METHODS

Narrative Review

Measure: the MAIA questionnaire assesses 8 dimensions of BA :

**Noticing,
Distracting,
Worrying,
Attention Regulation,
Emotional Awareness,
Self-Regulation,
Body-Listening,
Trusting.**

Current version: published Nov 2012

32 items on 8 scales

20 translations, of which

7 validation studies

Version 2 is close to completion

BENEFITS

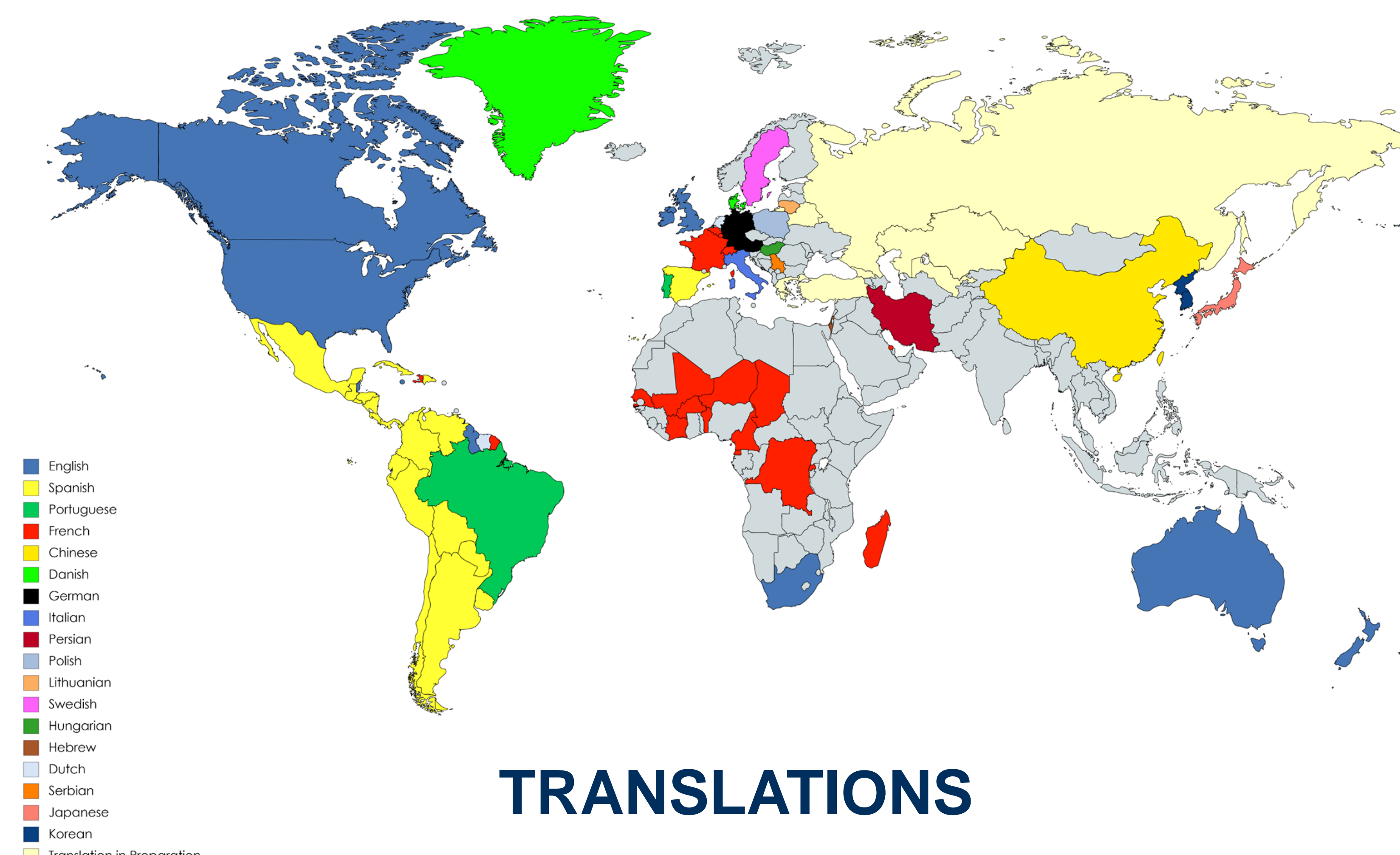
- systematic development with mind-body experienced participants, validated in in-experienced participants
- assesses multiple dimensions incl. regulatory aspects
- broad applicability for clinic and research worldwide

SHORTCOMINGS

- self-report, notoriously unrelated to objective measures of interoceptive **accuracy**
- in original version and numerous translations, internal consistency reliability (Cronbach's alpha) is low in 2 of the 8 scales. Version 2 is improved.
- cross-cultural differences

CONTROVERSIES

- nomenclature of the research field is confusing, most recent taxonomy in Khalsa SS et al. (2018) *Biol. Psychiatry*
- the term 'Interoceptive Awareness' has had contradictory uses, confused with Interoceptive Accuracy, or operationalized as meta-cognitive error awareness of interoceptive accuracy
- self-reported interoception, e.g. by MAIA, now often labeled as measuring "Interoceptive Sensibility"



TRANSLATIONS

RCT FINDINGS

Not-Distracting mediates the effect of MBCT to comorbid depression and chronic pain.¹

Self-Regulation + Attention Regulation enhance the ability to decenter mediating the effect of mindfulness training on depressive symptoms.²

Attention Regulation decreased pain rumination anticipating birth, which in turn decreased post-partum depression.³

Self-Regulation + Body-Listening improved together with Arousal and PTSD symptom intensity in war veterans with PTSD⁴

TRANSLATION VALIDATION STUDIES

Completed for Chinese, German, Italian, Korean, Lithuanian, Persian, Portuguese, Spanish

Confirmed factor structure with minor modifications.

1) de Jong M et al. (2016) *Front. Psychol.* 7:967

2) Fissler M et al (2016) *Mindfulness* 7(5) 1170–1181

3) Duncan L et al.: (2017) *BMC Pregnancy Childbirth.* 17(1):140.

4) Mehling WE et al.: (2017) *J. Clin. Psychol.* 2017;1–12