**BACKGROUND**

**Interoception**

is the sense of the state of the body.

**Interoceptive Bodily Awareness**

the awareness of sensations from inside the body, incl. emotions, and describes how we attend to them.

**Yoga, TaiChi, Meditation**

and other mind-body approaches train interoceptive bodily awareness.

**MAIA**

Multidimensional Assessment of Interoceptive Awareness is a self-report measure for clinic and studies of Mind-Body Therapies.

**OBJECTIVE**

to review some of the best research that applied the MAIA.

**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 2**: Dec 2018

- 37 items on 8 scales
- 20+ translations, of which 11 validation studies

+ systematic developed with mind-body experienced, validated in in-experienced participants
+ assesses multiple dimensions incl. regulatory aspects
+ notoriously unrelated to objective measures of interoceptive accuracy
+ cross-cultural differences

**RESULTS**

- 3 months of contemplative training improves regulatory aspects of interoceptive awareness
  - Bornemann, Herbert, Mehling, Singer (2014) *Front Psychol*

- 8 weeks of Mindful Awareness in Body-oriented Therapy (MABT) for women with chemical dependency improves interoceptive awareness and abstinence from drugs
  - Price, Thompson et al. (2018) *Subst Abuse*

- 8 weeks of Mindfulness-Based Cognitive Therapy (MBCT) for comorbid depression + chronic pain improve interoceptive awareness, mediating improvements in depression
  - De Yong, … Gard (2016) *Front. Psychol*

- 12 weeks of Integrative Group Exercise for war veterans with PTSD improve interoceptive awareness and PTSD CAPS scores.
  - Mehling, Chesney,… Neylan (2017) *J Clin Psychol*

- 2 ½-day workshop *Mind in Labor*, based on Mindfulness-Based Childbirth and Parenting (MBCP), improved interoceptive awareness mediating a reduction in postpartum depression
  - Duncan et al.(2017) *BMC Pregnancy Childbirth*

- A 7-day 25 minutes mindfulness training for depression improves interoceptive awareness mediating improvement in depression.
  - Fissler, Winnebeck,… Barnhofer (2016) *Mindfulness*

- Neural correlates (fMRI) of MAIA scores in healthy subjects and in obsessive compulsive disorder
  - Stern, Grimaldi et al. (2017) *Human Brain Mapping*

- MAIA scores at baseline predict treatment responses in patients with chronic low back pain

- MAIA scores are associated with eating disorder symptoms
  - Brown et al (2017) *Eur Eat Disorder Rev*

- Interpersonal relationships (e.g., attachment styles) are associated with later interoceptive awareness.
  - Oldroid, Pasupathi, Wainryb (2019) *Front Psych*

**CONCLUSION:**

- Interoceptive bodily awareness is a key parameter in mind-body therapies.
- The MAIA is an appropriate self-report measure for its assessment.