

Brief MAIA-2

(Mehling et al., 2018; Rogowska et al., 2023)

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	I notice when I am uncomfortable in my body.	0	1	2	3	4	5
2	I notice where in my body I am comfortable.	0	1	2	3	4	5
3	I notice changes in my breathing, such as whether it slows down or speeds up.	0	1	2	3	4	5
4*	I push feelings of discomfort away by focusing on something.	0	1	2	3	4	5
5*	I push feelings of discomfort away by focusing on something.	0	1	2	3	4	5
6*	When I feel unpleasant body sensations, I occupy myself with something else so I don't have to feel them.	0	1	2	3	4	5
7*	When I feel physical pain, I become upset.	0	1	2	3	4	5
8*	I start to worry that something is wrong if I feel any discomfort.	0	1	2	3	4	5
9*	When I am in discomfort or pain I can't get it out of my mind.	0	1	2	3	4	5
10	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
11	I can return awareness to my body if I am distracted.	0	1	2	3	4	5
12	I can refocus my attention from thinking to sensing my body.	0	1	2	3	4	5
13	I notice that my body feels different after a peaceful experience.	0	1	2	3	4	5
14	I notice that my breathing becomes free and easy when I feel comfortable.	0	1	2	3	4	5
15	I notice how my body changes when I feel happy / joyful.	0	1	2	3	4	5
16	When I bring awareness to my body I feel a sense of calm.	0	1	2	3	4	5
17	I can use my breath to reduce tension.	0	1	2	3	4	5
18	When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.	0	1	2	3	4	5
19	I listen for information from my body about my emotional state.	0	1	2	3	4	5
20	When I am upset, I take time to explore how my body feels.	0	1	2	3	4	5
21	I listen to my body to inform me about what to do.	0	1	2	3	4	5
22	I am at home in my body.	0	1	2	3	4	5
23	I feel my body is a safe place.	0	1	2	3	4	5
24	I trust my body sensations.	0	1	2	3	4	5

SCORING

Note: *(R) Reverse-score (0=5, 1=4, 2=3, 3=2, 4=1, 5=0) in items 4, 5, 6, 7, 8, and 9.

SCORING IN SCALES:

1. Noticing: Awareness of uncomfortable, comfortable, and neutral body sensations

Q1 _____ + Q2 _____ + Q3 _____ / 3 = _____

2. Not-Distracting: Tendency not to ignore or distract oneself from sensations of pain or discomfort

Q4(R) _____ + Q5(R) _____ + Q6(R) _____ / 3 = _____

3. Not-Worrying: Tendency not to worry or experience emotional distress with sensations of pain or discomfort

Q7(R) _____ + Q8(R) _____ + Q9(R) _____ / 3 = _____

4. Attention Regulation: Ability to sustain and control attention to body sensations

Q10 _____ + Q11 _____ + Q12 _____ / 3 = _____

5. Emotional Awareness: Awareness of the connection between body sensations and emotional states

Q13 _____ + Q14 _____ + Q15 _____ / 3 = _____

6. Self-Regulation: Ability to regulate distress by attention to body sensations

Q16 _____ + Q17 _____ + Q18 _____ / 3 = _____

7. Body Listening: Active listening to the body for insight

Q19 _____ + Q20 _____ + Q21 _____ / 3 = _____

8. Trusting: Experience of one's body as safe and trustworthy

Q22 _____ + Q23 _____ + Q24 _____ / 3 = _____

References:

- Mehling, W. E., Acree, M., Stewart, A., Silas, J. & Jones, A. (2018). The multidimensional assessment of interoceptive awareness, version 2 (MAIA-2). *PLoS One* 13(12), e0208034. <https://doi.org/10.1371/journal.pone.0208034>
- Rogowska, A. M., Tataruch, R. & Klimowska, K. (2023). Validation of the shortened 24-item multidimensional assessment of interoceptive awareness, version 2 (Brief MAIA-2). *Scientific Reports* 13(1), 21270. <https://doi.org/10.1038/s41598-023-48536-0>