**Multidimensional Assessment of Interoceptive Awareness**

**(MAIA)**

**Chinese Mandarin Mainland**

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**Multidimensional Assessment of Interoceptive Awareness**

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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.**

# Noticing: Awareness of uncomfortable, comfortable, and neutral body sensations

Q1\_\_\_\_\_\_ + Q2\_\_\_\_\_\_ + Q3\_\_\_\_\_\_ + Q4\_\_\_\_\_\_ / 4 = \_\_\_\_\_\_\_\_\_\_\_

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

Q5(**reverse**)\_\_\_\_\_\_ + Q6(**reverse**)\_\_\_\_\_\_ + Q7(**reverse**)\_\_\_\_\_\_ / 3 = \_\_\_\_\_\_\_\_\_\_\_

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

Q8(**reverse**)\_\_\_\_\_\_ + Q9(**reverse**)\_\_\_\_\_\_ + Q10\_\_\_\_\_\_ / 3 = \_\_\_\_\_\_\_\_\_\_\_

# Attention Regulation: Ability to sustain and control attention to body sensations

Q11\_\_\_\_\_ + Q12\_\_\_\_\_ + Q13\_\_\_\_\_ + Q14\_\_\_\_\_ + Q15\_\_\_\_\_ + Q16\_\_\_\_\_ + Q17\_\_\_\_\_ / 7 = \_\_\_\_\_\_\_\_

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

Q18\_\_\_\_\_ + Q19\_\_\_\_\_ + Q20\_\_\_\_\_ + Q21\_\_\_\_\_ + Q22\_\_\_\_\_ / 5 = \_\_\_\_\_\_\_\_\_\_\_

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

Q23\_\_\_\_\_ + Q24\_\_\_\_\_ + Q25\_\_\_\_\_ + Q26\_\_\_\_\_ / 4= \_\_\_\_\_\_\_\_\_\_\_

1. **Body Listening:** Active listening to the body for insight

Q27\_\_\_\_\_ + Q28\_\_\_\_\_ + Q29\_\_\_\_\_ / 3= \_\_\_\_\_\_\_\_\_\_\_

1. **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. 当我紧张的时候，我清楚我身体内张力的位置 | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. 当我身体不舒服的时候，我能察觉到它 | 0 | 1 | 2 | 3 | 4 | 5 |
| 3.当我很舒适的时候，我可以察觉到它的位置 | 0 | 1 | 2 | 3 | 4 | 5 |
| 4.我可以感知到我呼吸频率的加快或者减慢 | 0 | 1 | 2 | 3 | 4 | 5 |
| 5.我察觉不到，或者会选择去忽视身体的紧张感或者不舒适，直到这些症状变的更严重。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. 当我感觉到身体的不舒适时，我会转移注意力到别的事情上去。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. 当我感觉到疼痛或者不舒适时，我尝试挺过去。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. 当我感觉到身体疼痛的时候，我会变得很不安或者心烦。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 9.当我不舒服的时候我会担心一些事情会出岔子。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. 我可以感知到身体的不舒适而且做到不去担心它。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. 我可以把注意力集中到我的呼吸上而不被外界的事物打扰 | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. 即使身边有很多事情发生，我依然对我身体内部的感觉有清楚的认识。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. 当我和人对话的时候，我可以注意到我讲话时的手势和姿势。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. 当注意力被分散的时候，我可以将注意力集中回我的身体上 | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. 我可以在思考的时候把注意力转回到我的身体上。. | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. 即使在疼痛或者不适的时候，我也清楚我的整个身体感受。 | 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. 我可以有意识的把我的身体当做一个整体去感知它 | 0 | 1 | 2 | 3 | 4 | 5 |
| 18. 当我生气的时候我能察觉到我身体的变化 | 0 | 1 | 2 | 3 | 4 | 5 |
| 19. 当生活不顺利的时候我的身体也可以感受到。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 20. 在一些平和的体验过后，我能感知到我的身体和过去有些不一样。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 21.当我觉得舒服的时候我能感觉到我的呼吸是简单而轻松的。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 22. 当我幸福快乐的时候我能感知到我身体的变化 | 0 | 1 | 2 | 3 | 4 | 5 |
| 23. 哪怕当我不堪重负的时候，我的内心也会有一丝宁静。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 24. 当我去感知我的身体的时候我觉得内心很平静 | 0 | 1 | 2 | 3 | 4 | 5 |
| 25. 我可以通过呼吸的方式使自己放松 | 0 | 1 | 2 | 3 | 4 | 5 |
| 26. 当我冥思苦想的时候，我也可以放松下来并把注意力集中在我的身体或呼吸上。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 27. 我会留意我的身体信号来监控我的情绪 | 0 | 1 | 2 | 3 | 4 | 5 |
| 28. 当我心烦意乱的时候，我会花时间去探索和了解我身体的感受。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 29. 当我身体告诉我要做什么的时候，我会听从 | 0 | 1 | 2 | 3 | 4 | 5 |
| 30. 我在我的身体里感到自在。 | 0 | 1 | 2 | 3 | 4 | 5 |
| 31. 我觉得我的身体是安全的 | 0 | 1 | 2 | 3 | 4 | 5 |
| 32. 我相信我身体的知觉 | 0 | 1 | 2 | 3 | 4 | 5 |