# Multidimensional Assessment of Interoceptive Awareness (MAIA)

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#### **Multidimensional Assessment of Interoceptive Awareness**

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- Please refer to the survey using its complete name Multidimensional Assessment of Interoceptive Awareness and provide the appropriate citation.
- Modifications may be made without our written permission. However, please clearly identify any modifications in any publications as having been made by the users. If you modify the survey, please let us know for our records.
- 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.
- If other investigators are interested in obtaining the survey, please refer them to the source document (PLoS-ONE 2012, and www.osher.ucsf.edu/maia/) to assure they obtain the most recent version and scoring instructions.

#### **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  O30 + O31 + O32 / 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	
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		