**Multidimensional Assessment of Interoceptive Awareness (MAIA)**

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# Multidimensional Assessment of Interoceptive Awareness

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* 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).
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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.**

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 =

1. **Emotional Awareness:** Awareness of the connection between body sensations and emotional states Q18 + Q19 + Q20 + Q21 + Q22 / 5 =
2. **Self-Regulation:** Ability to regulate distress by attention to body sensations Q23 + Q24 + Q25 + Q26 / 4=
3. **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**

.

body.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Never** |  |  |  |  | **Always** |
| 1. When I am tense I notice where the tension is located in my 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 0 | 1 | 2 | 3 | 4 | 5 |
| 5. I do not notice (I ignore) physical tension or discomfort 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 0 | 1 | 2 | 3 | 4 | 5 |
| 11. I can pay attention to my breath without being distracted by 0 | 1 | 2 | 3 | 4 | 5 |
| 12. I can maintain awareness of my inner bodily sensations even 0 | 1 | 2 | 3 | 4 | 5 |
| 13. When I am in conversation with someone, I can pay attention 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 |
| 16. I can maintain awareness of my whole body even when a 0 | 1 | 2 | 3 | 4 | 5 |

down or speeds up.

until they become more severe.

about it.

things happening around me.

when there is a lot going on around me. to my posture.

part of me is in pain or discomfort.

## 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 |