**Multidimensional Assessment of Interoceptive Awareness**

**(MAIA)**

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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.**

# 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. 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 |
| 16. 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 |