Below you will find a list of statements. Please indicate how often each statement applies to you generally in daily life. Mark one number for each statement

1. When I am tense I notice where the tension is located in my body.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

2. I notice when I am uncomfortable in my body.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

3. I notice where in my body I am comfortable.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

4. I notice changes in my breathing, such as whether it slows down or speeds up.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

5. I ignore physical tension or discomfort until they become more severe.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

6. I distract myself from sensations of discomfort.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

7. When I feel pain or discomfort, I try to power through it.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

8. I try to ignore pain

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

9. I push feeling of discomfort away by focusing on something

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

10. When I feel unpleasant body sensations, I occupy myself with something else so I don’t have to feel them.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

11. When I feel physical pain, I become upset.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

12. I start to worry that something is wrong if I feel any discomfort.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

13. I can notice an unpleasant body sensation without worrying about it.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

14. I can stay calm and not worry when I have feelings of discomfort or pain.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

15. When I am in discomfort or pain I can’t get it out of my mind

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

16. I can pay attention to my breath without being distracted by things happening around me

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

17. I can maintain awareness of my inner bodily sensations even when there is a lot going on around me

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

18. When I am in conversation with someone, I can pay attention to my posture.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

19. I can return awareness to my body if I am distracted.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

20. I can refocus my attention from thinking to sensing my body.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

21. I can maintain awareness of my whole body even when a part of me is in pain or discomfort.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

22. I am able to consciously focus on my body as a whole.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

23. I notice how my body changes when I am angry.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

24. When something is wrong in my life I can feel it in my body.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

25. I notice that my body feels different after a peaceful experience.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

26. I notice that my breathing becomes free and easy when I feel comfortable.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

27. I notice how my body changes when I feel happy/joyful.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

28. When I feel overwhelmed I can find a calm place inside.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

29. When I bring awareness to my body I feel a sense of calm.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

30. I can use my breath to reduce tension.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

31. When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

32. I listen for information from my body about my emotional state.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

33. When I am upset, I take time to explore how my body feels.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

34. I listen to my body to inform me about what to do.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

35. I am at home in my body.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

36. I feel my body is a safe place.

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

37. I trust my body sensations

\_0. Never \_1. \_2. \_3. \_4. \_5. Always

Notes: Although the MAIA survey is copyrighted, it is available without charge and no written permission is required for its use. This assumes agreement with the following as a consequence of using a MAIA survey:

* 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.
(R): reverse-score (5 – x) items 5, 6, 7, 8, 9 and 10 on Not-Distracting, and items 11, 12 and 15 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(R) \_\_ + Q6(R) \_\_+ Q7(R) \_\_ + Q8(R) \_\_ +Q9(R) \_\_ +Q10(R) \_\_ / 6 = \_\_
3. Not-Worrying: Tendency not to worry or experience emotional distress with sensations of pain or discomfort
Q11(R) \_\_ + Q12(R) \_\_ + Q13 \_\_ + Q14 \_\_ + Q15 (R) \_\_ / 5 = \_\_
4. Attention Regulation: Ability to sustain and control attention to body sensations
Q16 \_\_ + Q17\_\_+ Q18\_\_+ Q19\_\_+ Q20\_\_+ Q21\_\_+ Q22\_\_ / 7 = \_\_
5. Emotional Awareness: Awareness of the connection between body sensations and emotional states
Q23 \_\_+ Q24 \_\_+ Q25 \_\_+ Q26 \_\_ + Q27 \_\_ / 5 = \_\_
6. Self-Regulation: Ability to regulate distress by attention to body sensations
Q28 \_\_ + Q29 \_\_ + Q30 \_ \_+ Q31 \_\_ / 4= \_\_
7. Body Listening: Active listening to the body for insight
Q32 \_\_ + Q33 \_\_ + Q34 \_\_ / 3= \_\_
8. Trusting: Experience of one’s body as safe and trustworthy
Q35 \_\_ + Q36 \_\_ + Q37 \_\_ / 3= \_\_

Reference

Mehling WE, Acree M, Stewart A, Silas J, Jones A (2018) The Multidimensional Assessment of Interoceptive Awareness, Version 2 (MAIA-2). PLoS ONE 13(12): e0208034.

Copyright Information:

The Multidimensional Assessment of Interoceptive Awareness - MAIA is protected by copyright.

Please review the license or permission information in this link

https://osher.ucsf.edu/sites/osher.ucsf.edu/files/inline-files/maia1.pdf, under “Permission and

Copyright”.

Please keep this information for your records. We request your cooperation in citing the measure.