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:

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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.

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