MAAS

Mindful Attention Awareness Scale (MAAS)

The MAAS is a self-report questionnaire on dispositional mindfulness, focused on attention to and awareness of the present moment in daily life. Its 15 items mainly explore episodes of inattention, distraction, and functioning on autopilot rather than complex meditative skills. The tool is unidimensional, quick to administer, and useful in clinical practice as well as research to identify the general level of mindful attention, monitor progress during psychotherapy or a mindfulness-based program, and objectify changes between two assessment points.

Number of questions	15 questions
Estimated duration	10 minutes
Language	English
Original name	Mindful Attention Awareness Scale
Target audience	Adults
Authors	Kirk Warren Brown, Richard M. Ryan (2003)
Category	General

Preview of the 15 questions

I could be experiencing some emotion and not be conscious of it until some time later.

Almost always | Very frequently | Somewhat frequently | Somewhat infrequently | Very infrequently | Almost never

I break or spill things because of carelessness, not paying attention, or thinking of something else.

Almost always | Very frequently | Somewhat frequently | Somewhat infrequently | Very infrequently | Almost never

I find it difficult to stay focused on what's happening in the present.

Almost always | Very frequently | Somewhat frequently | Somewhat infrequently | Very infrequently | Almost never

I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.

Almost always | Very frequently | Somewhat frequently | Somewhat infrequently | Very infrequently | Almost never

I tend not to notice feelings of physical tension or discomfort until they really grab my attention.

Almost always | Very frequently | Somewhat frequently | Somewhat infrequently | Very infrequently | Almost never

Scoring & interpretation

Each item is scored from 1 to 6 according to the frequency of experiences of distraction or inattention. Since the items describe a lack of mindfulness, a high score means these experiences are rarer and therefore reflects greater dispositional mindfulness. The standard method is to calculate the mean of the 15 items, giving a final score between 1 and 6. A raw sum from 15 to 90 can also be used if the same scoring method is kept from one administration to the next. There is no universal reference diagnostic cutoff. Interpretation is mainly dimensional, comparative, and used for pre- and post-intervention monitoring.