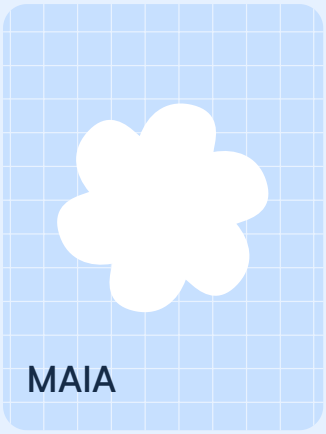


Multidimensional Assessment of Interoceptive Awareness (MAIA)

The MAIA is a self-report tool that measures different aspects of interoceptive awareness. It is used to assess a person's bodily perception and awareness, which can be useful for understanding their relationship with their internal sensations and their overall well-being.

Number of questions	32 questions
Estimated duration	15 minutes
Language	English
Original name	Multidimensional Assessment of Interoceptive Awareness
Target audience	Adults
Authors	Wolf E. Mehling, Cynthia Price, John Daubenmier, Jonathan Acree, Elizabeth Bartmess, Anita Stewart (2012)
Category	General

Preview of the 32 questions

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

0 - Never | 1 | 2 | 3 | 4 | 5 - Always

I notice when I am uncomfortable in my body.

0 - Never | 1 | 2 | 3 | 4 | 5 - Always

I notice where in my body I am comfortable.

0 - Never | 1 | 2 | 3 | 4 | 5 - Always

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

0 - Never | 1 | 2 | 3 | 4 | 5 - Always

I do not notice physical tension or discomfort until they become more severe.

0 - Never | 1 | 2 | 3 | 4 | 5 - Always

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Scoring & interpretation

The MAIA includes several subscales that assess different aspects of interoceptive awareness, such as the perception of internal signals and self-regulation. Each item is rated on a 5-point Likert scale, with higher scores indicating greater awareness and competence in each domain.

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 Julie V. - Online Psychologist