



Multidimensional Assessment of Interoceptive Awareness - Youth Version (MAIA-Y)

Instructions:

Below there are a list of sentences. How often do you do what the sentence says? Never? Always? Or somewhere in between? Choose a description to tell us how often you do what the sentence says.

		Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
1	When I am nervous I can tell where in my body the feelings come from.	0	1	2	3	4	5
2	I can tell when I am uncomfortable in my body.	0	1	2	3	4	5
3	I can tell where in my body I am comfortable.	0	1	2	3	4	5
4	I can tell when my breathing changes, like if it slows down or speeds up.	0	1	2	3	4	5
5	I ignore bad feelings in my body until they become very strong.	5	4	3	2	1	0
6	I distract myself when I feel uncomfortable or feel pain.	5	4	3	2	1	0
7	When I feel uncomfortable or feel pain, I try to get over it.	5	4	3	2	1	0
8	When I feel pain in my body, I become upset.	5	4	3	2	1	0
9	I get worried if I feel pain or if I feel uncomfortable.	5	4	3	2	1	0
10	I can tell if I have a bad feeling in my body but I don't worry about it.	0	1	2	3	4	5
11	I can focus on how I breathe without thinking about anything else.	0	1	2	3	4	5
12	I can focus on the feelings in my body, even when there is a lot going on around me.	0	1	2	3	4	5
13	When I am talking to someone, I can focus on the way I am standing or sitting	0	1	2	3	4	5
14	Even if I am distracted I can go back to thinking how my body feels.	0	1	2	3	4	5
15	I can return my focus from thinking about things to feeling my body.	0	1	2	3	4	5
16	I can pay attention to my whole body even when a part of it is in pain.	0	1	2	3	4	5



		Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
17	I can focus on my entire body when I try.	0	1	2	3	4	5
18	I can feel 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	After a peaceful moment, I can feel my body is different.	0	1	2	3	4	5
21	I can feel that my breathing becomes free and easy when I am comfortable.	0	1	2	3	4	5
22	I can feel how my body changes when I feel happy.	0	1	2	3	4	5
23	I can feel calm even if there is a lot going on.	0	1	2	3	4	5
24	When I focus on how I feel in my body, I calm down.	0	1	2	3	4	5
25	I can use my breath to help me calm down and relax.	0	1	2	3	4	5
26	When I am thinking too much, I can calm my mind by focusing on my body / breathing.	0	1	2	3	4	5
27	I listen for clues from my body about my emotions.	0	1	2	3	4	5
28	When I am upset, I take time to check how my body feels.	0	1	2	3	4	5
29	I listen to my body to help me choose what to do.	0	1	2	3	4	5
30	I feel good 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 the way my body feels.	0	1	2	3	4	5

Developer Reference:

Jones, A., Silas, J., Todd, J., Stewart, A., Acree, M., Coulson, M., & Mehling, W. E. (2021). Exploring the Multidimensional Assessment of Interoceptive Awareness in youth aged 7-17 years. *Journal of Clinical Psychology*, 77(3), 661–682. <https://doi.org/10.1002/jclp.23067>



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