

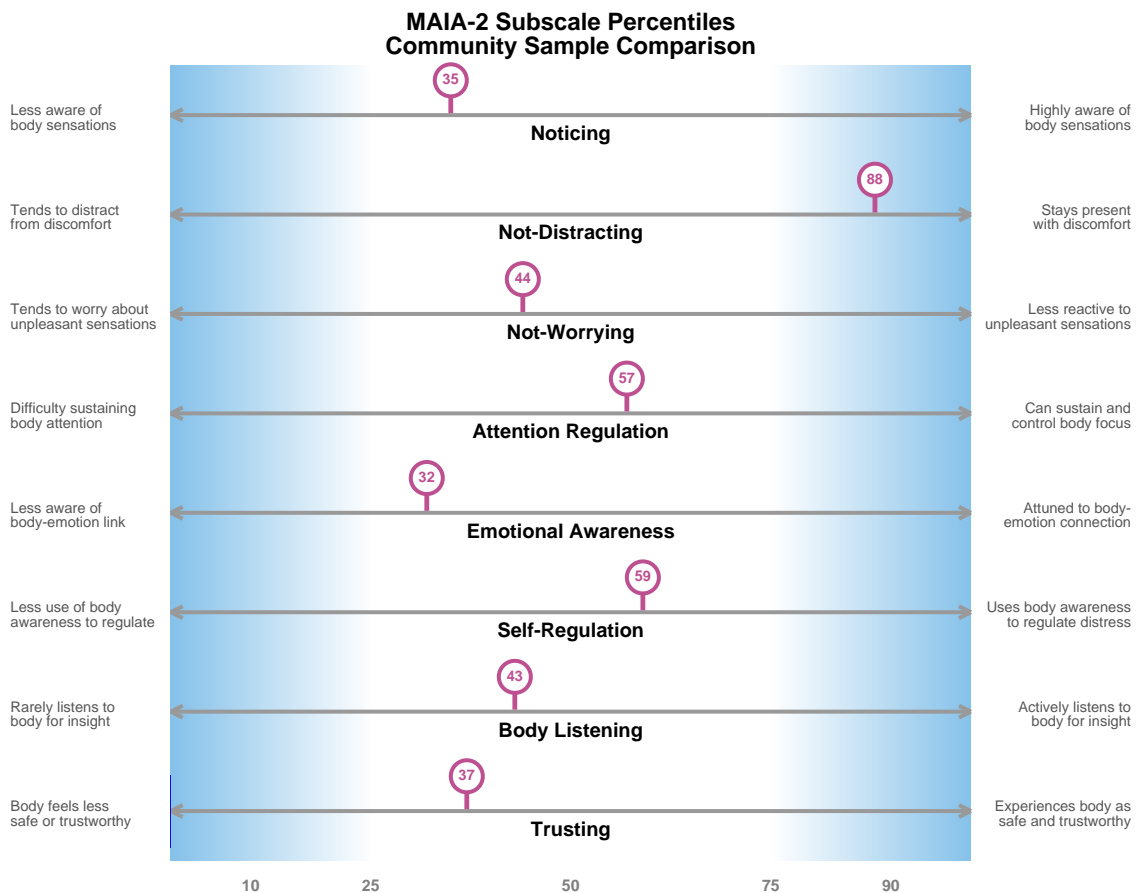


## Multidimensional Assessment of Interoceptive Awareness - Version 2 (MAIA-2)

<i>Client Name</i>	Generic Jenny	<i>Date administered</i>	16 Mar 2026
<i>Date of birth (age)</i>	1 Jan 1900 (126)	<i>Time taken</i>	1 min 48s
<i>Assessor</i>	Joseph Phillips		

### MAIA-2 Subscale Scores

	Average Score (0-5)	Community Percentile
Noticing	3	35
Not-Distracting	3	88
Not-Worrying	2.4	44
Attention Regulation	3	57
Emotional Awareness	3	32
Self-Regulation	3	59
Body Listening	2	43
Trust	3	37





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## Interpretation

The Multidimensional Assessment of Interoceptive Awareness, Version 2 (MAIA-2) was administered on 16 March 2026. Subscale average scores range from 0 (Never) to 5 (Always), with higher scores indicating greater interoceptive awareness on that dimension. Of the eight MAIA-2 subscales, 1 subscale was identified as falling outside the average range (below the 25th or above the 75th percentile).

The following subscale was identified as higher relative to a community sample:

**Not-Distracting.** The respondent scored 3 on average, indicating they *sometimes* stayed present with sensations of pain or discomfort without distracting themselves. This falls at the 88th percentile relative to a community population.

## Scoring and Interpretation Information

### Scoring the MAIA-2

Each item is rated from 0 (Never) to 5 (Always), with some items reverse-scored. Scoring consists of calculating the average score for each of the eight subscales (sum of responses to the items in the subscale divided by the number of items, then rounded to 2 decimal places). The resulting subscale score ranges from 0 to 5, where higher scores indicate greater interoceptive awareness in that dimension.

There is no total score calculated as higher scores do not uniformly indicate better outcomes across all subscales, and the pattern of scores across the profile is often more clinically informative than any individual subscale score. For example, elevated Noticing combined with low Not-Worrying may reflect distress rather than adaptive awareness. A total score would collapse these clinically important distinctions into a single number.

### Interpreting MAIA-2 Subscales

For all MAIA-2 subscales, higher scores indicate greater interoceptive awareness, generally reflecting adaptive capacities. Items marked (R) are reverse-scored. Low scores may be particularly clinically informative, as they can indicate reduced body awareness, avoidant coping, or a disrupted relationship with bodily experience.

While higher scores generally reflect more adaptive interoceptive functioning, scores should be interpreted in the context of the full subscale profile. The pattern of scores across subscales is often more clinically informative than any individual score considered in isolation.

1. Noticing (Items 1, 2, 3, 4): Awareness of uncomfortable, comfortable, and neutral body sensations. A low score suggests the individual may have limited conscious awareness of what is happening in their body, potentially resulting in difficulties recognising early signs of stress, fatigue, or emotional shifts. A high score may indicate strong sensory awareness of bodily states, though in some individuals this may co-occur with heightened vigilance to physical sensations.
2. Not-Distracting (Items 5(R), 6(R), 7(R), 8(R), 9(R), 10(R)): Tendency not to ignore or distract from sensations of pain or discomfort. A low score suggests the individual may tend to suppress or avoid uncomfortable body signals rather than attending to them, which may limit their capacity to use bodily information adaptively. A high score indicates a willingness to stay present with discomfort rather than turning away from it.
3. Not-Worrying (Items 11(R), 12(R), 13, 14, 15(R)): Tendency not to worry or experience emotional distress with sensations of pain or discomfort. A low score suggests the individual



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may become emotionally distressed when they notice uncomfortable physical sensations, potentially amplifying pain or anxiety through worry. A high score indicates the ability to notice discomfort without it triggering an escalating emotional response.

4. Attention Regulation (Items 16, 17, 18, 19, 20, 21, 22): Ability to sustain and control attention to body sensations. A low score suggests difficulty deliberately directing, holding, or shifting attention to bodily signals, which may limit the use of body-based coping strategies. A high score indicates the individual can intentionally focus on, broaden, or redirect their bodily attention as needed.

5. Emotional Awareness (Items 23, 24, 25, 26, 27): Awareness of the connection between body sensations and emotional states. A low score suggests the individual may have difficulty recognising how emotions manifest physically, which may present as alexithymia or difficulty labelling emotional states. A high score indicates strong awareness that body sensations and emotions are connected, though in some presentations this may be accompanied by heightened sensitivity to the physical aspects of anxiety.

6. Self-Regulation (Items 28, 29, 30, 31): Ability to regulate psychological distress by attending to body sensations. A low score suggests the individual may not use body awareness as a tool for managing distress, for example, using breath to reduce tension or calm down, and may represent a useful target for therapeutic intervention. A high score indicates the individual may actively draw on bodily attention to regulate their emotional state.

7. Body Listening (Items 32, 33, 34): Active listening to the body for insight and decision-making. A low score suggests the individual may not generally consult their body for information when making decisions or trying to understand how they feel. A high score indicates they may actively seek out and use bodily signals to guide their responses and choices.

8. Trusting (Items 35, 36, 37): Experience of one's body as safe and trustworthy. A low score suggests the individual may not feel at home in their body, or may experience their body as unreliable or threatening. This may be particularly relevant in trauma, chronic pain, and depersonalisation presentations. A high score indicates a felt sense of safety and reliability in one's bodily experience.

#### MAIA-2 Percentiles

Each MAIA-2 subscale average score is converted to a community percentile, indicating how a respondent's score compares with the general population. A percentile of 50 means the respondent scored at the community sample average on that subscale, while a percentile of 75 means they scored higher than 75% of the community sample. Percentiles are interpreted as follows: low (below the 25th percentile), average (25th to 75th percentile), and high (above the 75th percentile).

Scores within the average range indicate that the respondent's interoceptive awareness on that facet is broadly comparable to the general population and is unlikely to require specific clinical attention. The MAIA-2 is most clinically informative at the extremes of the distribution, where scores fall outside the average range. Low scores may point to reduced body awareness or avoidant patterns that are relevant to case formulation, while high scores may reflect strengths that can be leveraged therapeutically, or in some profiles, heightened sensitivity that warrants further exploration.

#### MAIA-2 Results Table

Results are presented in a summary table reporting each subscale average score and corresponding community percentile.

#### MAIA-2 Graphs

For single administrations, a horizontal bar graph displays each subscale's percentile, with



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shaded zones indicating Low (below 25th percentile) and High (above 75th percentile) regions used by the interpretive text flagging criteria. For multiple administrations, each subscale is presented as a separate line graph plotting average scores over time, allowing clinicians to monitor progress during treatment.

### Client Responses

		Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
1	When I am tense I notice where the tension is located in my body.	0	1	2	3	4	5
2	I notice when I am uncomfortable in my body.	0	1	2	3	4	5
3	I notice where in my body I am comfortable.	0	1	2	3	4	5
4	I notice changes in my breathing, such as whether it slows down or speeds up.	0	1	2	3	4	5
5	I ignore physical tension or discomfort until they become more severe.	5	4	3	2	1	0
6	I distract myself from sensations of discomfort.	5	4	3	2	1	0
7	When I feel pain or discomfort, I try to power through it.	5	4	3	2	1	0
8	I try to ignore pain.	5	4	3	2	1	0
9	I push feelings of discomfort away by focusing on something.	5	4	3	2	1	0
10	When I feel unpleasant body sensations, I occupy myself with something else so I don't have to feel them.	5	4	3	2	1	0
11	When I feel physical pain, I become upset.	5	4	3	2	1	0
12	I start to worry that something is wrong if I feel any discomfort.	5	4	3	2	1	0
13	I can notice an unpleasant body sensation without worrying about it.	0	1	2	3	4	5
14	I can stay calm and not worry when I have feelings of discomfort or pain.	0	1	2	3	4	5
15	When I am in discomfort or pain I can't get it out of my mind.	5	4	3	2	1	0



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### Client Responses (cont.)

		Never	Very Rarely	Rarely	Occasional ly	Very Frequently	Always
16	I can pay attention to my breath without being distracted by things happening around me.	0	1	2	3	4	5
17	I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	0	1	2	3	4	5
18	When I am in conversation with someone, I can pay attention to my posture.	0	1	2	3	4	5
19	I can return awareness to my body if I am distracted.	0	1	2	3	4	5
20	I can refocus my attention from thinking to sensing my body.	0	1	2	3	4	5
21	I can maintain awareness of my whole body even when a part of me is in pain or discomfort.	0	1	2	3	4	5
22	I am able to consciously focus on my body as a whole.	0	1	2	3	4	5
23	I notice how my body changes when I am angry.	0	1	2	3	4	5
24	When something is wrong in my life I can feel it in my body.	0	1	2	3	4	5
25	I notice that my body feels different after a peaceful experience.	0	1	2	3	4	5
26	I notice that my breathing becomes free and easy when I feel comfortable.	0	1	2	3	4	5
27	I notice how my body changes when I feel happy / joyful.	0	1	2	3	4	5
28	When I feel overwhelmed I can find a calm place inside.	0	1	2	3	4	5
29	When I bring awareness to my body I feel a sense of calm.	0	1	2	3	4	5
30	I can use my breath to reduce tension.	0	1	2	3	4	5
31	When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.	0	1	2	3	4	5
32	I listen for information from my body about my emotional state.	0	1	2	3	4	5
33	When I am upset, I take time to explore how my body feels.	0	1	2	3	4	5
34	I listen to my body to inform me about what to do.	0	1	2	3	4	5



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### Client Responses (cont.)

		Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
35	I am at home in my body.	0	1	2	3	4	5
36	I feel my body is a safe place.	0	1	2	3	4	5
37	I trust my body sensations.	0	1	2	3	4	5