

THE MINDFUL ATTENTION AWARENESS SCALE

The Mindful Attention Awareness Scale (MAAS) assesses a person's level of dispositional mindfulness in terms of two components of consciousness: awareness and attention. It measures an individual's tendency to enter a state of mindfulness through the individual's frequency of having certain experiences related to mindfulness and mindlessness.

The scale shows strong psychometric properties and has been validated with college, community, and cancer patient samples.

INSTRUCTIONS FOR SCORING

Find the average of your score for all 15 items (i.e. sum up your scores for all 15 items and divide the total by 15).

AUTHOR(S)

This scale is developed by Kirk Warren Brown, PH.D. and Richard M. Ryan, PH.D.

KEY REFERENCE

Brown, K.W. & Ryan, R.M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

TIME TAKEN TO COMPLETE

5 minutes

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Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.

- 6** = Almost Never
- 5** = Very Infrequently
- 4** = Somewhat Infrequently
- 3** = Somewhat Frequently
- 2** = Very Frequently
- 1** = Almost Always

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

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

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

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

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

_____ I forget a person's name almost as soon as I've been told it for the first time.

_____ It seems I am "running on automatic," without much awareness of what I'm doing.

SOFIAWELLNESSCLINIC

I rush through activities without being really attentive to them.

I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.

I do jobs or tasks automatically, without being aware of what I'm doing.

I find myself listening to someone with one ear, doing something else at the same time.

I drive places on 'automatic pilot' and then wonder why I went there.

I find myself preoccupied with the future or the past.

I find myself doing things without paying attention.

I snack without being aware that I'm eating.

_____ **Total Score**