

How Mindfully Aware and Attentive are You? (Mindful Attention Awareness Scale; MAAS)

Instructions

Being mindful means being consciously, deliberately attentive towards your present circumstances and environment, and being curious and non-judgmental towards the thoughts and emotions that arise as a result of one's situation. This 15-item measure of mindfulness, called the Mindful Attention Awareness Scale (MAAS) is designed to assess how mindful you generally are.

	Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never
1. I could be experiencing some emotion and not be conscious of it until sometime later.						
2. I break or spill things because of carelessness, not paying attention, or thinking of something else.						
3. I find it difficult to stay focused on what's happening in the present.						
4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.						
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.						
6. I forget a person's name almost as soon as I've been told it for the first time.						
7. It seems I am "running on automatic" without much awareness of what I'm doing.						
8. I rush through activities without being really attentive to them.						
9. I get so focused on the goal I want to achieve that I lose touch of what I'm doing.						
10. I do jobs or tasks automatically, without being aware of what I'm doing.						
11. I find myself listening to someone with one ear, doing something else at the same time.						
12. I drive places on "automatic pilot" and then wonder why I went there.						

13. I find myself preoccupied with the future or the past.						
14. I find myself doing things without paying attention.						
15. I snack without being aware that I'm eating.						

Scoring

Almost always = 1, Very frequently = 2, Somewhat frequently = 3, Somewhat infrequently = 4, Very infrequently = 5, Almost never = 6

Total mindfulness score = Average items 1-15

Interpretation

A higher score suggests enhanced attention and awareness of the present situation and overall, higher levels of mindfulness. The average score from a sample of 313 undergraduate students is 3.72.

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*(4), 822-848.