

Mindful Attention Awareness Scale (MAAS)

Category: Mindfulness | Items: 15 | Time: ~2-3 min

Description / When to Use

15-item measure of dispositional mindfulness assessing open or receptive awareness of and attention to what is taking place in the present.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 15 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. I could be experiencing some emotion and not be conscious of it until some time 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 with what I'm doing right now to get there.
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 Guide

Score according to instrument-specific rules. See original publication.

Cutoff Interpretation

Score Range	Severity	Recommended Action
1-3	Low mindfulness	Consider mindfulness training
3.1-4.5	Moderate mindfulness	Monitor
4.6-6	High mindfulness	Maintain

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

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.

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URL: <https://pubmed.ncbi.nlm.nih.gov/12703651/>

Disclaimer: Items scored 1-6 (almost always to almost never). All items are reverse-coded so that higher scores indicate greater mindfulness. Compute the mean of all 15 items. Range 1-6.