



Monroe Campus

V i r g i n i a C o m m o n w e a l t h U n i v e r s i t y

Department of Psychology

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Dear Colleague,

The trait Mindful Attention Awareness Scale (MAAS) is in the public domain and special permission is not required to use it for research or clinical purposes. The trait MAAS has been validated for use with college student and community adults (Brown & Ryan, 2003), and for individuals with cancer (Carlson & Brown, 2005). A detailed description of the trait MAAS, along with normative score information, is found below, as is the scale and its scoring. A validated state version of the MAAS is also available in Brown and Ryan (2003) or upon request.

Feel free to e-mail me with any questions about the use or interpretation of the MAAS. I would appreciate hearing about any clinical or research results you obtain using the scale.

Yours,

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Mindful Attention Awareness Scale (MAAS), trait version

Characteristics of the scale:

The trait MAAS is a 15-item scale designed to assess a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place. This is in contrast to the conceptually driven mode of processing, in which events and experiences are filtered through cognitive appraisals, evaluations, memories, beliefs, and other forms of cognitive manipulation. Across many studies conducted since 2003, the trait MAAS has shown excellent psychometric properties. Factor analyses with undergraduate, community and nationally sampled adult, and adult cancer populations have confirmed a single factor scale structure (Brown & Ryan, 2003; Carlson & Brown, 2005). Internal consistency levels (Cronbach's alphas) generally range from .80 to .90. The MAAS has demonstrated high test-retest reliability, discriminant and convergent validity, known-groups validity, and criterion validity. Correlational, quasi-experimental, and experimental studies have shown that the trait MAAS taps a unique quality of consciousness that is related to, and predictive of, a variety of emotion regulation, behavior regulation, interpersonal, and well-being phenomena. The measure takes 5 minutes or less to complete. A validated, 5-item state version of the MAAS is also available in Brown and Ryan (2003) or upon request.

MAAS norms to date:

Normative information on the trait MAAS is available for both community adults and college students, as follows:

Community adults (4 independent samples): $N = 436$; MAAS $M = 4.20$, $SD = .69$.

College students (14 independent samples): $N = 2277$; MAAS $M = 3.83$, $SD = .70$.

Appropriate validity references for the trait MAAS:

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.

Carlson, L.E. & Brown, K.W. (2005). Validation of the Mindful Attention Awareness Scale in a cancer population. *Journal of Psychosomatic Research*, *58*, 29-33.

Day-to-Day Experiences

Instructions: 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.

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

I could be experiencing some emotion and not be conscious of it until some time later.	1	2	3	4	5	6
I break or spill things because of carelessness, not paying attention, or thinking of something else.	1	2	3	4	5	6
I find it difficult to stay focused on what's happening in the present.	1	2	3	4	5	6
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	1	2	3	4	5	6
I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	1	2	3	4	5	6
I forget a person's name almost as soon as I've been told it for the first time.	1	2	3	4	5	6
It seems I am "running on automatic," without much awareness of what I'm doing.	1	2	3	4	5	6
I rush through activities without being really attentive to them.	1	2	3	4	5	6
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.	1	2	3	4	5	6
I do jobs or tasks automatically, without being aware of what I'm doing.	1	2	3	4	5	6
I find myself listening to someone with one ear, doing something else at the same time.	1	2	3	4	5	6

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

I drive places on 'automatic pilot' and then wonder why I went there.	1	2	3	4	5	6
I find myself preoccupied with the future or the past.	1	2	3	4	5	6
I find myself doing things without paying attention.	1	2	3	4	5	6
I snack without being aware that I'm eating.	1	2	3	4	5	6

MAAS Scoring

To score the scale, simply compute a mean (average) of the 15 items. Higher scores reflect higher levels of dispositional mindfulness.



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Dear Colleague,

The state Mindful Attention Awareness Scale (MAAS) is in the public domain and special permission is not required to use it for research or clinical purposes. To date, the state MAAS has been validated for use with college student and community adults (Brown & Ryan, 2003). A detailed description of the state MAAS is found below. The state MAAS has been adapted to assess both recent (e.g., past day) and current experiences of mindfulness. A validated 'current experience' version of the scale and its scoring is reproduced below. Other adaptations of the state MAAS, as well as a validated trait version of the MAAS, are available upon request.

Feel free to e-mail me with any questions about the use or interpretation of the MAAS. I would appreciate hearing about any clinical or research results you obtain using the scale.

Yours,

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Mindful Attention Awareness Scale (MAAS), state version

Characteristics of the scale:

The state MAAS is a 5-item scale designed to assess the short-term or current expression of a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place. This is in contrast to the conceptually driven mode of processing, in which events and experiences are filtered through cognitive appraisals, evaluations, memories, beliefs, and other forms of cognitive manipulation. The state MAAS draws items drawn from the trait form of the MAAS (e.g., “I’m finding it difficult to stay focused on what’s happening in the present”). Though not as frequently used as the trait MAAS, the state MAAS has shown excellent psychometric properties (e.g., Cronbach’s alpha = .92; Brown & Ryan, 2003). Trait MAAS scores have been shown to predict state MAAS scores, and state scores have been related to psychological well-being outcomes (Brown & Ryan, 2003), both of these findings providing evidence for the construct validity of the state measure. Trait and state MAAS scores have been shown to have independent effects on well-being outcomes, suggesting that the state measure has incremental validity in relation to the trait scale.

Appropriate validity reference for the state MAAS:

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.

Experiences at Time of Signal

Instructions: Using the 0-6 scale shown, please indicate to what degree were you having each experience described below *when you were paged*. Please answer according to what *really reflected* your experience rather than what you think your experience should have been.

	not at all			some what			very much
1. I was finding it difficult to stay focused on what was happening.	0	1	2	3	4	5	6
2. I was doing something without paying attention.	0	1	2	3	4	5	6
3. I was preoccupied with the future or the past.	0	1	2	3	4	5	6
4. I was doing something automatically, without being aware of what I was doing.	0	1	2	3	4	5	6
5. I was rushing through something without being really attentive to it.	0	1	2	3	4	5	6

MAAS Scoring

To have high scores reflect higher state mindfulness, reverse score all items then average all 5 values.

EXPERIENCIAS COTIDIANAS

Instrucciones: A continuación aparece un conjunto de afirmaciones sobre su experiencia diaria. Utilizando la escala del 1 al 6 mostrada más abajo, indique con qué frecuencia tiene usted dichas experiencias. Por favor, responda según su experiencia real, en vez de lo que usted cree que su experiencia debería ser. Por favor, considere por separado cada una de las cuestiones.

1	2	3	4	5	6
Casi siempre	Con mucha frecuencia	Con cierta frecuencia	Con poca frecuencia	Con muy poca frecuencia	Casi nunca

1. Puedo estar experimentando una emoción y no ser consciente de ello hasta algo más tarde.	1	2	3	4	5	6
2. Rompo o derramo cosas por descuido, por no prestar atención o por estar pensando en otra cosa.	1	2	3	4	5	6
3. Me es difícil permanecer centrado en lo que ocurre en el momento actual.	1	2	3	4	5	6
4. Tiendo a caminar deprisa hacia donde me dirijo sin prestar atención a lo que voy experimentando por el camino.	1	2	3	4	5	6
5. Tiendo a no darme cuenta de las sensaciones de tensión física o malestar hasta que realmente me llaman la atención.	1	2	3	4	5	6
6. Se me olvida el nombre de una persona casi tan pronto como me lo dicen por primera vez.	1	2	3	4	5	6
7. Parece que voy “con el piloto automático puesto”, sin ser muy consciente de lo que estoy haciendo.	1	2	3	4	5	6
8. Hago las cosas deprisa y corriendo sin estar muy atento a lo que hago.	1	2	3	4	5	6
9. Me centro tanto en el objetivo que quiero alcanzar que pierdo la noción de lo que estoy haciendo para conseguirlo.	1	2	3	4	5	6
10. Hago trabajos o tareas de forma automática, sin ser consciente de lo que estoy haciendo.	1	2	3	4	5	6
11. Me sorprendo escuchando a medias a alguien, mientras hago otra cosa al mismo tiempo.	1	2	3	4	5	6
12. Voy conduciendo a los sitios “con el piloto automático puesto” y después me pregunto qué hago allí.	1	2	3	4	5	6
13. Me sorprendo preocupado por el futuro o el pasado.	1	2	3	4	5	6
14. Me sorprendo haciendo cosas sin prestar atención.	1	2	3	4	5	6
15. Pico cosas de comer sin darme cuenta de que estoy comiendo.	1	2	3	4	5	6

Adaptación española de la MAAS (Mindful Attention Awareness Scale; Brown y Ryan, 2003).
 Barajas y Garra (2014). Mindfulness and psychopathology: Adaptation of the Mindful Attention Awareness Scale (MAAS) in a Spanish sample. *Clínica y Salud*, 25, 49-56.

Distribución de las puntuaciones de la MAAS en los grupos estudiados.

				GRUPO PACIENTES		
	Pacientes	Controles	Estudiantes	Depresión	Ansiedad	TLP
N	100	100	54	39	50	11
M	3.57	4.64	4.08	3.42	3.76	3.25
SD	.77	.61	.68	.66	.79	.90
Md	3.57	4.73	4.10	3.40	3.87	3.07
P25	3.04	4.24	3.60	3.00	3.13	2.67
P75	4.13	5.07	4.54	3.93	4.33	4.00

M=Media Md=mediana SD=desviación típica P25=percentil 25 P75=percentil 75