

The Mindful Attention Awareness Scale (MAAS) - State

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.

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.

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.

0	1	2	3	4	5	6
not at all			somewhat			very much

- _____ 1. I was finding it difficult to stay focused on what was happening.
- _____ 2. I was doing something without paying attention.
- _____ 3. I was preoccupied with the future or the past.
- _____ 4. I was doing something automatically, without being aware of what I was doing.
- _____ 5. I was rushing through something without being really attentive to it.

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