BACKGROUND

**Interoceptive Bodily Awareness** describes how we attend to our body and sensations that represent our internal state, incl. emotions … **Yoga and Meditation** and other mind-body approaches train bodily awareness.

Whether health benefits of these therapies may be mediated—at least in part—by enhanced bodily awareness needs research. **MAIA** is a self-report measure for clinic and studies that aim to fill this gap.

OBJECTIVE
to review the MAIA's
- benefits,
- shortcomings, and
- controversies

METHODS

*Narrative Review*

**Measure**: the MAIA questionnaire assesses 8 dimensions of BA:
- Noticing,
- Distracting,
- Worrying,
- Attention Regulation,
- Emotional Awareness,
- Self-Regulation,
- Body-Listening,
- Trusting.

**Current version**: published Nov 2012

- 32 items on 8 scales
- 20 translations, of which
- 7 validation studies

**Version 2** is close to completion

BENEFITS

- systematic development with mind-body experienced participants, validated in in-experienced participants
- assesses multiple dimensions incl. regulatory aspects
- broad applicability for clinic and research worldwide

SHORTCOMINGS

- self-report, notoriously unrelated to objective measures of interoceptive accuracy
- in original version and numerous translations, internal consistency reliability (Cronbach’s alpha) is low in 2 of the 8 scales. Version 2 is improved.
- cross-cultural differences

CONTROVERSIES

- nomenclature of the research field is confusing, most recent taxonomy in Khalsa SS et al. (2018) *Biol. Psychiatry*
- the term ‘Interoceptive Awareness’ has had contradictory uses, confused with Interoceptive Accuracy, or operationalized as meta-cognitive error awareness of interoceptive accuracy
- self-reported interoception, e.g. by MAIA, now often labeled as measuring “Interoceptive Sensibility”

RCT FINDINGS

**Not-Distracting** mediates the effect of MBCT to comorbid depression and chronic pain.¹

**Self-Regulation + Attention Regulation** enhance the ability to decenter mediating the effect of mindfulness training on depressive symptoms.²

**Attention Regulation** decreased pain rumination anticipating birth, which in turn decreased post-partum depression.³

**Self-Regulation + Body-Listening** improved together with Arousal and PTSD symptom intensity in war veterans with PTSD⁴

TRANSLATION VALIDATION STUDIES

Completed for Chinese, German, Italian, Korean, Lithuanian, Persian, Portuguese, Spanish

Confirmed factor structure with minor modifications.

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¹ de Jong M et al. (2016) *Front. Psychol.* 7:967

www.osher.ucsf.edu/maia/