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Dear Colleague,

The trait Mindful Attention Awareness Scale-Adolsecent (MAAS-A) is in the public domain and special permission is not required to use it for *non-commercial* research and clinical purposes. The MAAS-A has been validated for use with community and clinical population adolescent aged 14-18 years (Brown, West, Loverich, & Biegel, 2011). A detailed description of the trait MAAS-A is found below, as is the scale and its scoring.

Feel free to e-mail me with any questions about the use or interpretation of the MAAS-A. 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-A), trait version

Characteristics of the scale:

The MAAS-A is a 14-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. The MAAS-A has shown excellent psychometric properties in initial research studies (Brown, West, Loverich, & Biegel, 2011). Exploratory and confirmatory factor analyses with community sampled adolescents aged 14-18 years have confirmed a single factor scale structure (cf., Brown & Ryan, 2003; Carlson & Brown, 2005). Internal consistency levels (Cronbach's alphas) have been above .80 in both healthy and psychiatric samples. The MAAS has demonstrated high internal consistency, test-retest reliability, and both concurrent and incremental validity. The initial Brown et al. (2011) studies showed that the MAAS-A is related to a variety of emotion regulation, behavior regulation, mental health, and well-being phenomena. The measure takes 5 minutes or less to complete.

Appropriate validity reference for the MAAS-A:

Brown, K.W., West, A.M., Loverich, T.M., & Biegel, G.M. (2011). Assessing adolescent mindfulness: Validation of an adapted Mindful Attention Awareness Scale in adolescent normative and psychiatric populations. *Psychological Assessment*, 23, 1023-1033.

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.

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 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-A Scoring

To score the scale, simply compute a mean of the 14 items. Higher scores reflect higher levels of dispositional mindfulness.