

day-to-day experiences (maas)

Below is a collection of statements about your everyday experience. Using the 1–6 scale below, please indicate, in the box to the right of each statement, how frequently or infrequently you have had each experience in the last week (or other agreed time period). Please answer according to what really reflects your experience rather than what you think your experience should be.

almost always **very frequently** **somewhat frequently** **somewhat infrequently** **very infrequently** **almost never**
1 **2** **3** **4** **5** **6**

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 am 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, while 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	

total score =

average statement score =

typical scores on the maas

The table below gives figures for typical scores on the Mindful Attention Awareness Scale (MAAS).

group	undergraduates	zen meditators	matched adults	cancer sufferers
number	90	42	42	58
total score	57.75	65.7	59.25	64.05
average score	3.85	4.38	3.95	4.27

Interesting points to note:

- ✧ Higher scores on the MAAS are associated with fewer & less intense current unpleasant & negative emotional states. We also know from Teasdale et al's work on reducing depressive relapse, that mindfulness training protects against slipping into unpleasant & negative emotional states (specifically depression, but probably also anxiety & anger) in the future.
 - ✧ Higher scores on the MAAS are also associated with increased 'autonomy' – the sense that one is able to choose how one wants to react and lead one's life, rather than simply being buffeted around by outer circumstances or inner thoughts & feelings.
 - ✧ Higher scores on the MAAS 'trait' general questionnaire are associated with higher scores on the shorter experience sampling 'state' MAAS diary. Higher moment to moment scores on the MAAS diary are associated with more frequent & more intense current pleasant & positive emotional states (this is not so 'significantly' the case with the general 'state' questionnaire).
 - ✧ Zen meditators scored higher on the MAAS than age, gender & geographical area matched controls. Although more time per day practising meditation was not significantly associated with increased MAAS scores amongst meditators, more years of meditation practice was. Encouragingly, increased scores were also associated with the meditator's sense that their practice was carried over into daily life.
 - ✧ Sufferers from breast or prostate cancer (these people were selected at a stage of their disease that gave some grounds for hope and at least 3 months post surgery) also showed high scores on the MAAS – supporting the notion that an awareness of one's mortality may help to wake us up to appreciating our lives.
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