

Client Information

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| <i>Client Name</i> | Dummy Client |
| <i>Date of birth (age)</i> | 1 January 2000 (24) |

Assessment Information

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|--------------------------|---|
| <i>Assessment</i> | Multidimensional Assessment of Interoceptive Awareness – Youth Version (MAIA-Y) |
| <i>Date administered</i> | 10 February 2024 |
| <i>Assessor</i> | Mr Jimmy Whispers |
| <i>Time taken</i> | 1 minutes 2 seconds |

Results

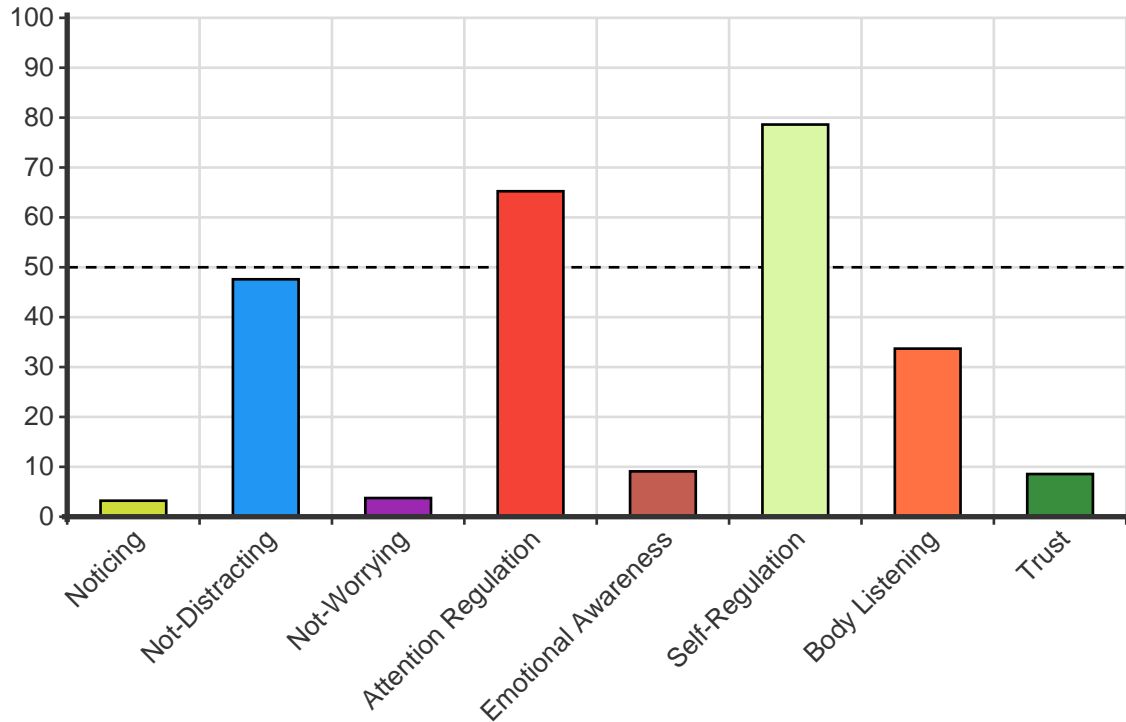
| | Average Score (0-5) | Normative Percentile |
|----------------------|---------------------|----------------------|
| Noticing | 1.75 | 3.4 |
| Not-Distracting | 2 | 47.6 |
| Not-Worrying | 0.67 | 4 |
| Attention Regulation | 3.14 | 65.7 |
| Emotional Awareness | 2.2 | 9.6 |
| Self-Regulation | 3.5 | 79 |
| Body Listening | 1.67 | 33.7 |
| Trust | 2.33 | 8.7 |

Interpretive Text

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| Note. Given no age was specified for this client (or the client was outside the 7-17 y.o. age range), a combined (7-17 y.o.) age group norm was used. |
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Scale Percentiles



Scoring and Interpretation Information

The results from the MAIA-Y focuses upon the individual scale scores (between 0 and 5), where higher score equates to more awareness of bodily sensation. A percentile is also calculated, indicating how the responded scored in comparison to an age related normative sample. Interpretation using percentiles helps contextualise scores. For example, percentile below 50 indicate that the individual scored below what is typical. Extreme percentile scores (below 10 or above 90) are of particular clinical significance. The MAIA consists of eight scales:

1. Noticing (Items 1-4): Awareness of uncomfortable, comfortable, and neutral body sensations
2. Not-Distracting (Items 5-7): Higher scores suggest a more tuned in relationship to unpleasant sensations, and is typically considered to be adaptive. Lower scores indicate the tendency to ignore or distract oneself from sensations of pain or discomfort.
3. Not-Worrying (Items 8-10): Emotional distress or worry with sensations of pain or discomfort
4. Not-Worrying (Items 8-10): Higher scores indicate less rumination about discomfort. Low scores indicate emotional distress or

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Scoring and Interpretation Information (cont.)

worry
 with sensations of pain or discomfort
 4. Attention Regulation (Items 11-17): Ability to sustain and control attention to body sensation
 5. Emotional Awareness (Items 18-22): Awareness of the connection between body sensations and emotional states
 6. Self-Regulation (Items 23-26): Ability to regulate psychological distress by attention to body sensations
 7. Body Listening (Items 27-29): Actively listens to the body for insight
 8. Trust (Items 30-32): Experiences one's body as safe and trustworthy

Client Responses

| | | Never | Very Rarely | Rarely | Occasional ly | Very Frequently | Always |
|----|--|-------|-------------|--------|---------------|-----------------|--------|
| 1 | When I am nervous I can tell where in my body the feelings come from. | 0 | 1 | 2 | 3 | 4 | 5 |
| 2 | I can tell when I am uncomfortable in my body. | 0 | 1 | 2 | 3 | 4 | 5 |
| 3 | I can tell where in my body I am comfortable. | 0 | 1 | 2 | 3 | 4 | 5 |
| 4 | I can tell when my breathing changes, like if it slows down or speeds up. | 0 | 1 | 2 | 3 | 4 | 5 |
| 5 | I ignore bad feelings in my body until they become very strong. | 5 | 4 | 3 | 2 | 1 | 0 |
| 6 | I distract myself when I feel uncomfortable or feel pain. | 5 | 4 | 3 | 2 | 1 | 0 |
| 7 | When I feel uncomfortable or feel pain, I try to get over it. | 5 | 4 | 3 | 2 | 1 | 0 |
| 8 | When I feel pain in my body, I become upset. | 5 | 4 | 3 | 2 | 1 | 0 |
| 9 | I get worried if I feel pain or if I feel uncomfortable. | 5 | 4 | 3 | 2 | 1 | 0 |
| 10 | I can tell if I have a bad feeling in my body but I don't worry about it. | 0 | 1 | 2 | 3 | 4 | 5 |
| 11 | I can focus on how I breathe without thinking about anything else. | 0 | 1 | 2 | 3 | 4 | 5 |
| 12 | I can focus on the feelings in my body, even when there is a lot going on around me. | 0 | 1 | 2 | 3 | 4 | 5 |
| 13 | When I am talking to someone, I can focus on the way I am standing or sitting | 0 | 1 | 2 | 3 | 4 | 5 |

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Client Responses (cont.)

| | | Never | Very Rarely | Rarely | Occasional ly | Very Frequently | Always |
|----|---|-------|-------------|--------|------------------|--------------------|--------|
| 14 | Even if I am distracted I can go back to thinking how my body feels. | 0 | 1 | 2 | 3 | 4 | 5 |
| 15 | I can return my focus from thinking about things to feeling my body. | 0 | 1 | 2 | 3 | 4 | 5 |
| 16 | I can pay attention to my whole body even when a part of it is in pain. | 0 | 1 | 2 | 3 | 4 | 5 |
| 17 | I can focus on my entire body when I try. | 0 | 1 | 2 | 3 | 4 | 5 |
| 18 | I can feel how my body changes when I am angry. | 0 | 1 | 2 | 3 | 4 | 5 |
| 19 | When something is wrong in my life I can feel it in my body | 0 | 1 | 2 | 3 | 4 | 5 |
| 20 | After a peaceful moment, I can feel my body is different. | 0 | 1 | 2 | 3 | 4 | 5 |
| 21 | I can feel that my breathing becomes free and easy when I am comfortable. | 0 | 1 | 2 | 3 | 4 | 5 |
| 22 | I can feel how my body changes when I feel happy. | 0 | 1 | 2 | 3 | 4 | 5 |
| 23 | I can feel calm even if there is a lot going on. | 0 | 1 | 2 | 3 | 4 | 5 |
| 24 | When I focus on how I feel in my body, I calm down. | 0 | 1 | 2 | 3 | 4 | 5 |
| 25 | I can use my breath to help me calm down and relax. | 0 | 1 | 2 | 3 | 4 | 5 |
| 26 | When I am thinking too much, I can calm my mind by focusing on my body / breathing. | 0 | 1 | 2 | 3 | 4 | 5 |
| 27 | I listen for clues from my body about my emotions. | 0 | 1 | 2 | 3 | 4 | 5 |
| 28 | When I am upset, I take time to check how my body feels. | 0 | 1 | 2 | 3 | 4 | 5 |
| 29 | I listen to my body to help me choose what to do. | 0 | 1 | 2 | 3 | 4 | 5 |
| 30 | I feel good in my body. | 0 | 1 | 2 | 3 | 4 | 5 |
| 31 | I feel my body is a safe place. | 0 | 1 | 2 | 3 | 4 | 5 |
| 32 | I trust the way my body feels. | 0 | 1 | 2 | 3 | 4 | 5 |