



Monroe Campus

V i r g i n i a C o m m o n w e a l t h U n i v e r s i t y

Department of
Psychology
White House
806 West Franklin Street
P.O. Box 842018
Richmond, Virginia 23284-2018

804 828-6754
Fax: 804 828-2237
TDD: 1-800-828-1120

Dear Colleague,

The state Mindful Attention Awareness Scale (MAAS) is in the public domain and special permission is not required to use it for research or clinical purposes. To date, the state MAAS has been validated for use with college student and community adults (Brown & Ryan, 2003). A detailed description of the state MAAS is found below. The state MAAS has been adapted to assess both recent (e.g., past day) and current experiences of mindfulness. A validated 'current experience' version of the scale and its scoring is reproduced below. Other adaptations of the state MAAS, as well as a validated trait version of the MAAS, are available upon request.

Feel free to e-mail me with any questions about the use or interpretation of the MAAS. I would appreciate hearing about any clinical or research results you obtain using the scale.

Yours,

Kirk Warren Brown, PhD
Department of Psychology
Virginia Commonwealth University
806 West Franklin St.
Richmond, VA 23284-2018
e-mail kwbrown@vcu.edu

Mindful Attention Awareness Scale (MAAS), state version

Characteristics of the scale:

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. 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 state MAAS draws items drawn from the trait form of the MAAS (e.g., “I’m finding it difficult to stay focused on what’s happening in the present”). Though not as frequently used as the trait MAAS, the state MAAS has shown excellent psychometric properties (e.g., Cronbach’s $\alpha = .92$; Brown & Ryan, 2003). Trait MAAS scores have been shown to predict state MAAS scores, and state scores have been related to psychological well-being outcomes (Brown & Ryan, 2003), both of these findings providing evidence for the construct validity of the state measure. Trait and state MAAS scores have been shown to have independent effects on well-being outcomes, suggesting that the state measure has incremental validity in relation to the trait scale.

Appropriate validity reference for the state MAAS:

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.

Experiences at Time of Signal

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.

	not at all			some what			very much
1. I was finding it difficult to stay focused on what was happening.	0	1	2	3	4	5	6
2. I was doing something without paying attention.	0	1	2	3	4	5	6
3. I was preoccupied with the future or the past.	0	1	2	3	4	5	6
4. I was doing something automatically, without being aware of what I was doing.	0	1	2	3	4	5	6
5. I was rushing through something without being really attentive to it.	0	1	2	3	4	5	6

MAAS Scoring

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