



Client Information

Client Name Chrissy Foreman
Date of birth (age) 23 October 1979 (45)

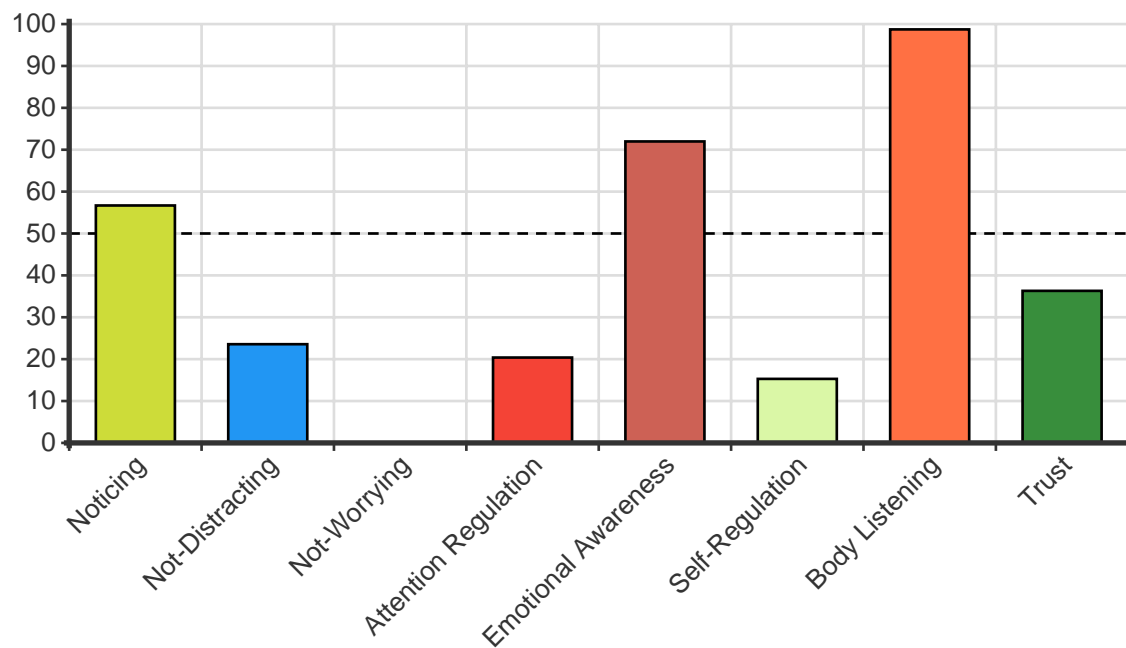
Assessment Information

Assessment Multidimensional Assessment of Interoceptive Awareness - Version 2 (MAIA-2)
Date administered 30 June 2025
Assessor Kimmy Lane
Time taken 4 minutes 25 seconds

Results

	Average Score (0-5)	Normative Percentile
Noticing	3.5	57.1
Not-Distracting	1.5	24.2
Not-Worrying	0	0.1
Attention Regulation	2.14	20.8
Emotional Awareness	4	72
Self-Regulation	1.75	15.4
Body Listening	5	99.2
Trust	3	36.9

Scale Percentiles





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Scoring and Interpretation Information

Scores are 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 a 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-2 consists of eight scales:

1. Noticing (Items 1-4): Awareness of uncomfortable, comfortable, and neutral body sensations
2. Not-Distracting (Items 5-10): 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 11-15): Higher scores indicate less rumination about discomfort. Low scores indicate emotional distress or worry with sensations of pain or discomfort
4. Attention Regulation (Items 16-22): Ability to sustain and control attention to body sensation
5. Emotional Awareness (Items 23-27): Awareness of the connection between body sensations and emotional states
6. Self-Regulation (Items 28-31): Ability to regulate psychological distress by attention to body sensations
7. Body Listening (Items 32-34): Actively listens to the body for insight
8. Trust (Items 35-37): Experiences one's body as safe and trustworthy

The results from the MAIA-2 focus upon the individual scale scores as a total score is not meaningful (Mehling et al., 2012).

Client Responses

		Never	Very Rarely	Rarely	Occasional ly	Very Frequently	Always
1	When I am tense I notice where the tension is located in my body.	0	1	2	3	4	5
2	I notice when I am uncomfortable in my body.	0	1	2	3	4	5
3	I notice where in my body I am comfortable.	0	1	2	3	4	5
4	I notice changes in my breathing, such as whether it slows down or speeds up.	0	1	2	3	4	5
5	I ignore physical tension or discomfort until they become more severe.	5	4	3	2	1	0



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Client Responses (cont.)

		Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
6	I distract myself from sensations of discomfort.	5	4	3	2	1	0
7	When I feel pain or discomfort, I try to power through it.	5	4	3	2	1	0
8	I try to ignore pain.	5	4	3	2	1	0
9	I push feelings of discomfort away by focusing on something.	5	4	3	2	1	0
10	When I feel unpleasant body sensations, I occupy myself with something else so I don't have to feel them.	5	4	3	2	1	0
11	When I feel physical pain, I become upset.	5	4	3	2	1	0
12	I start to worry that something is wrong if I feel any discomfort.	5	4	3	2	1	0
13	I can notice an unpleasant body sensation without worrying about it.	0	1	2	3	4	5
14	I can stay calm and not worry when I have feelings of discomfort or pain.	0	1	2	3	4	5
15	When I am in discomfort or pain I can't get it out of my mind.	5	4	3	2	1	0
16	I can pay attention to my breath without being distracted by things happening around me.	0	1	2	3	4	5
17	I can maintain awareness of my inner bodily sensations even when there is a lot going on around me.	0	1	2	3	4	5
18	When I am in conversation with someone, I can pay attention to my posture.	0	1	2	3	4	5
19	I can return awareness to my body if I am distracted.	0	1	2	3	4	5
20	I can refocus my attention from thinking to sensing my body.	0	1	2	3	4	5
21	I can maintain awareness of my whole body even when a part of me is in pain or discomfort.	0	1	2	3	4	5
22	I am able to consciously focus on my body as a whole.	0	1	2	3	4	5
23	I notice how my body changes when I am angry.	0	1	2	3	4	5
24	When something is wrong in my life I can feel it in my body.	0	1	2	3	4	5



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Client Responses (cont.)

		Never	Very Rarely	Rarely	Occasional ly	Very Frequently	Always
25	I notice that my body feels different after a peaceful experience.	0	1	2	3	4	5
26	I notice that my breathing becomes free and easy when I feel comfortable.	0	1	2	3	4	5
27	I notice how my body changes when I feel happy / joyful.	0	1	2	3	4	5
28	When I feel overwhelmed I can find a calm place inside.	0	1	2	3	4	5
29	When I bring awareness to my body I feel a sense of calm.	0	1	2	3	4	5
30	I can use my breath to reduce tension.	0	1	2	3	4	5
31	When I am caught up in thoughts, I can calm my mind by focusing on my body/breathing.	0	1	2	3	4	5
32	I listen for information from my body about my emotional state.	0	1	2	3	4	5
33	When I am upset, I take time to explore how my body feels.	0	1	2	3	4	5
34	I listen to my body to inform me about what to do.	0	1	2	3	4	5
35	I am at home in my body.	0	1	2	3	4	5
36	I feel my body is a safe place.	0	1	2	3	4	5
37	I trust my body sensations.	0	1	2	3	4	5