MAAS

Rating Scale

1 = Almost Always; 2 = Very Frequently; 3 = Somewhat Frequently; 4 = Somewhat infequnetly; 5 = very frequently; 6 = almost never

Please indicate the degree to which you agree with each of the following items using the scale below.

1. I could be experiencing some emotion and not be conscious of it until sometime later.
2. I break or sill 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 feeling 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 o what I am doing.
8. I rush through activities without being really attentive to them.
9. I get so focused on the goal I want to achieve 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 am doing.
11. I find myself listening to someone with one ear, 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.

AAQ

Below you will find a list of statements. Please rate how true each statement is for you.

Rating Scale

1 = Never True; 2 = Very seldom true; 3 seldom true; 4 = sometimes true; 5= frequently true; 6 = almost always true; 7 = always true

1. I am able to take action on a problem even if I am uncertain what is the right thing to do.
2. When I feel depressed or anxious, I am unable to take care of my responsibilities.
3. I try to suppress thoughts and feelings that I don’t like by just not thinking about them.
4. It’s okay to feel depressed or anxious.
5. I rarely worry about getting my anxieties, worries, and feelings under control.
6. In order for me to do something important, I have to have all my doubts worked out.
7. I’m not afraid of my feelings.
8. I try hard to avoid feeling depressed or anxious.
9. Anxiety is bad.
10. Despite doubts, I feel as though I can set a course in my life and then stick to it.
11. If I could magically remove all the painful experiences I’ve had in my life, I would do so.
12. I am in control of my life.
13. If I get bored with a task, I can still complete it.
14. Worries can get in the way of my success.
15. I should act according to my feelings all the time.
16. If I promised to do something, I’ll do it, even if I later don’t feel like it.
17. I often catch myself daydreaming about things I’ve done and what I would do differently next time.
18. When I evaluate something negatively, I usually recognize that this is just a reaction, not an objective fact.
19. When I compare myself to other people, it seems that most of them are handling their lives better than I do.