ABSTRACT

Contexts:

The MAIA (Multidimensional Assessment of Interoceptive Awareness) consists of eight scales interrelated to its 8-factor structure. These are labelled Noticing, Not-Distracting, Not-Worrying, Attention Regulation, Emotional Awareness, Self-Regulation, Body Listening, and Trust. NonDistracting indicates the tendency to ignore oneself from sensations of pain or discomfort. NotWorrying indicates emotional distress or worry with sensations of pain or discomfort. The MAIA is a self-report measure.

Aims:

The aim of the present study is to examine the psychometric qualities of the translated Hindi version of Multidimensional Assessment of Interoceptive Awareness (MAIA). MAIA is a scale that check the awareness to evaluate the correlation between mindfulness, psychological wellbeing, and depression, happiness in a sample of college students.

Settings and Design:

The data were collected from223participants from Himachal Pradesh. All the Participants were recruited from different colleges of Himachal Pradesh.

Methods and Material:

Purpose: This study aimed to translate the MAIA from English to Hindi (MAIA-H) and to examine the psychometric properties of the MAIA-H.

The English version of MAIA is translated by three different persons who were able to understand both Hindi and English, after that we made one consolidated questionnaire in Hindi version, MAIA-H. Participants were given questionnaire packets including demographic details, Hindi version of Mindful Attention Awareness Scale (MAAS), Short Warwick-Edinburg Mental wellBeing Scale (SWEMWBS), Short Depression-Happiness Scale (SDHS) and MAIA (Multidimensional Assessment of Interoceptive Awareness).

Data analysis:

The Computation of internal consistency (Cronbach's alpha) was done across the samples. For the construct validity, Pearson correlation coefficients were calculated between the Hindi version of MAIA and other constructs, which were predicted to be moderately or strongly related (convergent validity) and weakly or not related (discriminant validity) to MAIA.

Results:

The reliability coefficient (Cronbach's alpha) of the scale was good (Overall=0.930, Factor 1=0.901, Factor2=0.907, Factor3=0.901, Factor4=0.890, Factor5=0.894, Factor6=0.898, Factor7=0.902, Factor8=0.900), which confirms the reliability of the questionnaire. Construct validity of the MAIA was adequate, as shown by the correlations between Mental wellbeing, depression-happiness scale and mindful attention awareness.

Conclusions:

In summary, the current study found that the Hindi Version of MAIA has good reliability and adequate construct validity.