

MAIA-YCD

Multidimensional Assessment of Interoceptive Awareness: Youth Card Deck



NEW COMPREHENSION-BASED SCORING

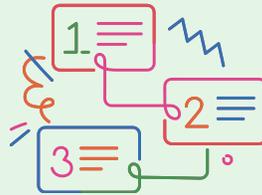
Strengthening the reliability and validity of the MAIA-YCD

WHY COMPREHENSION-BASED SCORING?

The MAIA-Y questionnaire¹ requires children to rate every item on a 0–5 scale with no option for "I don't know."



This creates a fundamental problem: **When youth don't know they must guess.**



BETTER SCORES = BETTER INSIGHTS

Forced-choice scoring assumes comprehension.

Comprehension-based scoring verifies it.

The result is more reliable scores when comprehension is adequate and protected validity when it isn't.

BETTER SCORES = TRUER PROFILES

The MAIA-YCD computes interoceptive awareness scores for scales that meet a comprehension threshold and reports comprehension rates.



INTEROCEPTIVE AWARENESS IS DEVELOPMENTAL

The capacity to recognize and interpret internal body signals depends on various developmental factors, such as age, mental health, literacy skills, and social experiences.

Youth receiving therapeutic services often struggle with interoceptive concepts. Not because they lack reading skills, but because they cannot yet access or describe internal experiences. Comprehension-based scoring captures meaningful data that tracks progress in ways traditional scoring cannot.



This provides two types of change scores:

- Shifts in interoceptive awareness
- Gains in interoceptive literacy

Gains in interoceptive literacy is a meaningful outcome and shows a growing capacity to understand and engage with one's internal experience, the foundation for interoceptive awareness.

PREVENT MISTAKING GUESSING FOR "LOW" INTEROCEPTION

Forced-choice scoring with children can turn guesses and random responses into numbers that look like valid data. Comprehension-based scoring tells you when a child can't engage with a concept instead of providing a potentially misleading score.



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