MAAS_state

Below is a collection of statements about your experience. Please indicate to what extent you were having each experience.

	Not at all			Somewhat			Very much
1. I found it difficult to stay focused on what was happening.	☐	☐	☐	☐	☐	☐	☐
2. I rushed through the activity without really being attentive to them.	☐	☐	☐	☐	☐	☐	☐
3. I did the activities automatically, without being aware of what I am doing.	☐	☐	☐	☐	☐	☐	☐
4. I was preoccupied with the future or the past.	☐	☐	☐	☐	☐	☐	☐
5. I was doing things without paying attention.	☐	☐	☐	☐	☐	☐	☐