



## Scoring

\*Please note that items 3 and 6 are reverse scored.

The MIDAS is designed to yield 2 subscale scores rather than a total score. Each subscale is comprised of 6 items, and subscale scores may range from 6 to 30.

To obtain the “Focused” subscale score, sum the scores from items 1, 2, 4, 7, 10, and 11.

To obtain the “Automatic” subscale score, sum the scores from items 3, 5, 6, 8, 9, and 12. Use the reverse score for items 3 and 6 in your calculations. For example, if the respondent chose a “1” for item 3, it would be reverse scored as an “8,” which would then be used in calculating the “automatic” subscale score.

## Interpretation

As reported in Walther et al. (in press), means and standard deviations for the subscales are as follows:

”Focused” subscale:  $M=18.93$  ( $SD=5.15$ )

“Automatic” subscale:  $M=17.09$  ( $SD=4.60$ )