

Instructions for clients

MID-60

Multidimensional Inventory of
Dissociation 60-item version

Thank you for agreeing to complete the MID-60.

Before you begin

- Give yourself about 20 minutes to complete all the items. Some people take less than this, and some take a bit longer than that. It is best to complete the MID-60 in one sitting, if at all possible.
- We recommend you complete the MID-60 at a time when a supportive person, such as a friend or partner, is available to stay with you during and after completing the questionnaire as you may find certain questions confronting or upsetting.
- Please complete the MID-60 on your own in a safe and quiet environment that is as free from distractions as possible, i.e. preferably without television, music, social media, or other people (aside from your support person).
- The instructions for completing the MID-60 are:

How often do you have the following experiences when you are not under the influence of alcohol or drugs? Please write the number that best describes you. Write a “0” if the experience never happens to you; write a “10” if it is always happening to you. If it happens sometimes, but not all the time, choose a number between 1 and 9 that best describes how often it happens to you.

Helpful hints for completing the MID-60

- The timeframe for the experiences described in the MID-60 includes your entire life. Maybe you only experienced something once, in childhood. Or,

maybe you used to experience it all the time, but now it's rare or never happens. If an item describes something that has happened for you at least once in your life, then your response must be at least '1.'

- If you have no easy recall of experiencing something the MID-60 describes, but you can't be certain that it has never happened, feel free to respond with a '0' and take note of the item so that we can return to it during the follow-up interview.
- Each item means exactly what it says and says exactly what it means. If an item doesn't make sense to you, perhaps you may be unfamiliar with the experience described.
- All items in the MID-60 that refer to gender were written in language suggesting a man/woman gender binary. Please feel free to think of these items in a way that honors your overall experience of gender in comparison to intrusive, foreign, or jarring experiences of gender, regardless of whether you use gendered labels to describe yourself.
- There are no 'right' or 'wrong' answers to any of these items, because the MID-60 isn't a test or quiz. If you can't recall whether you've had an experience the MID-60 describes, that's ok. We'll work together to clear up questions about anything that seems unclear for you during the follow-up interview.

Thanks for your willingness to help us gain a better understanding of your experiences.

This advice from D. Michael Coy, MA, LICSW on completing the MID-60 (available <http://www.mid-assessment.com/wp-content/uploads/2020/04/MID-Directions-03-2020R.pdf>) has been adapted by Mary-Anne Kate to suit the MID-60.