

# Multidimensional Inventory of Dissociation 60-item version (MID-60)

### Instructions:

How often do you have the following experiences when you are not under the influence of alcohol or drugs? Please select the number that best describes you.

Select a "0" if the experience never happens to you; select 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.

|    |   | Never<br>- 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 -<br>Alway<br>s |
|----|---|--------------|---|---|---|---|---|---|---|---|---|--------------------|
| 1  | Forgetting what you did earlier in the day  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 2  | Having an emotion (e.g., fear, sadness, anger, happiness) that doesn't feel like it is "yours.")  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 3  | Hearing the voice of a child in your head   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 4  | Reliving a traumatic event so vividly that you totally<br>lose contact with where you actually are (that is,<br>you think that you are "back there and then") | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 5  | Having difficulty swallowing (for no known medical reason)  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 6  | Having trance-like episodes where you<br>stare off into space and lose awareness<br>of what is going on around you  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 7  | Being told of things that you had recently<br>done, but with absolutely no memory of<br>having done those things  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 8  | Not remembering what you ate at your last meal-or even whether you ate  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 9  | Things around you feeling unreal  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 10 | Not being able to see for a while (as if<br>you are blind) for no known medical<br>reason   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 11 | Feeling very detached from your<br>behaviour as you "go through the<br>motions" of daily life   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 12 | Feeling uncertain about who you really are  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 13 | Feeling that other people, objects, or the world around you are not real  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 14 | Being paralysed or unable to move (for no known medical reason)   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |



|    |   | Never | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 -<br>Alway |
|----|---|-------|---|---|---|---|---|---|---|---|---|---------------|
| 15 | Being so bothered by flashbacks that it was hard to get out of bed and face the day                                 | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | s<br>10       |
| 16 | Not remembering large parts of your childhood after age 5   | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 17 | Feeling disconnected from<br>everything around you  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 18 | Not being able to hear for a while (as if<br>you are deaf) (for no known medical<br>reason)                         | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 19 | Feeling that pieces of your past are missing  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 20 | Immediately forgetting what other people tell you   | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 21 | Having difficulty walking (for no known medical reason)   | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 22 | Hearing a voice in your head that wants you to hurt yourself  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 23 | Feeling very confused about who you really are  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 24 | Feeling that important things happened<br>to you earlier in your life, but you cannot<br>remember them              | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 25 | Feeling as if you were looking at the<br>world through a fog so that people and<br>objects felt far away or unclear | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 26 | Having seizures for which your doctor can find no reason  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 27 | Going into trance so much (or for so<br>long) that it interferes with your daily<br>activities and responsibilities | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 28 | Words just flowing from your mouth as if they were not in your control  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 29 | Feeling that there are large gaps in your memory  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 30 | Going into trance for hours   | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 31 | Bad memories coming into your mind and you can't get rid of them  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 32 | Drifting into trance without even realising that it is happening  | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 33 | Words come out of your mouth, but you didn't say them; you don't know where those words came from                   | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 34 | Being able to remember very little of your past   | 0     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |



|    |  | Never<br>- 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 -<br>Alway |
|----|--|--------------|---|---|---|---|---|---|---|---|---|---------------|
| 35 | When you are angry, doing or saying<br>things that you don't remember (after<br>you calm down)   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | s<br>10       |
| 36 | Feeling that you have multiple personalities   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 37 | Hearing a voice in your head that calls<br>you names (e.g., wimp, stupid, whore,<br>slut, bitch, etc.)   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 38 | Poor memory causing serious difficulty for you   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 39 | Having other people (or parts) inside you who have their own names   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 40 | Reliving a past trauma so vividly that you see it, hear it, smell it, etc  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 41 | Going into trance several days in a row  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 42 | Discovering that you have changed your appearance<br>(e.g., cut your hair, or changed your hairstyle, or<br>changed what you are wearing, or put on cosmetics,<br>etc.) with no memory of having done so | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 43 | Being bothered or upset by how much you forget   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 44 | Hearing a voice in your head that wants you to die   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 45 | Suddenly finding yourself somewhere odd at home<br>(e.g., inside the closet, under a bed, curled up on the<br>floor, etc.) with no knowledge of how you got there  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 46 | Feeling as if there is something inside<br>you that takes control of your behaviour<br>and speech  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 47 | Totally forgetting how to do something that you know<br>very well how to do (e.g., how to drive, how to read,<br>how to use the computer, how to play the piano, etc.)                                   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 48 | Suddenly finding yourself somewhere (e.g., at<br>the beach, at work, in a nightclub, in your car,<br>etc.) with no memory of how you got there   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 49 | Feeling that there is another person<br>inside who can come out and speak if it<br>wants   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 50 | "Coming to" and finding that you have done<br>something you don't remember doing (e.g., smashed<br>something, cut yourself, cleaned the whole house,<br>etc.)  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 51 | Having difficulty staying out of trance  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 52 | Suddenly not knowing how to do your job  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 53 | Your body suddenly feeling as if it isn't really yours   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |
| 54 | Being bothered by flashbacks for several days in a row   | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10            |



## NovoPsych

|    |   | Never<br>- 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 -<br>Alway<br>s |
|----|---|--------------|---|---|---|---|---|---|---|---|---|--------------------|
| 55 | Being confused or puzzled by your emotions  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 56 | Hearing a voice in your head that tells you to "shut up"  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 57 | Having another part inside that has<br>different memories, behaviors, and<br>feelings than you do                                 | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 58 | There were times when you "woke up" and<br>found pills or a razor blade (or something<br>else to hurt yourself with) in your hand | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 59 | Hearing a voice in your head that calls you no good, worthless, or a failure  | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |
| 60 | Having a very angry part that "comes<br>out" and says and does things that you<br>would never do or say                           | 0            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                 |

### Developer Reference:

Kate, M.-A., Jamieson, G., Dorahy, M. J., & Middleton, W. (2021). Measuring Dissociative Symptoms and Experiences in an Australian College Sample Using a Short Version of the Multidimensional Inventory of Dissociation. Journal of Trauma & Dissociation, 22(3), 265-287. https://doi.org/10.1080/15299732.2020.1792024