



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 - 0	1	2	3	4	5	6	7	8	9	10 - Always
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 lose contact with where you actually are (that is, 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 stare off into space and lose awareness 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 done, but with absolutely no memory of 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 you are blind) for no known medical reason	0	1	2	3	4	5	6	7	8	9	10
11	Feeling very detached from your behaviour as you "go through the 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 - 0	1	2	3	4	5	6	7	8	9	10 - Always
15	0	1	2	3	4	5	6	7	8	9	10
16	0	1	2	3	4	5	6	7	8	9	10
17	0	1	2	3	4	5	6	7	8	9	10
18	0	1	2	3	4	5	6	7	8	9	10
19	0	1	2	3	4	5	6	7	8	9	10
20	0	1	2	3	4	5	6	7	8	9	10
21	0	1	2	3	4	5	6	7	8	9	10
22	0	1	2	3	4	5	6	7	8	9	10
23	0	1	2	3	4	5	6	7	8	9	10
24	0	1	2	3	4	5	6	7	8	9	10
25	0	1	2	3	4	5	6	7	8	9	10
26	0	1	2	3	4	5	6	7	8	9	10
27	0	1	2	3	4	5	6	7	8	9	10
28	0	1	2	3	4	5	6	7	8	9	10
29	0	1	2	3	4	5	6	7	8	9	10
30	0	1	2	3	4	5	6	7	8	9	10
31	0	1	2	3	4	5	6	7	8	9	10
32	0	1	2	3	4	5	6	7	8	9	10
33	0	1	2	3	4	5	6	7	8	9	10
34	0	1	2	3	4	5	6	7	8	9	10



	Never - 0	1	2	3	4	5	6	7	8	9	10 - Always
35	0	1	2	3	4	5	6	7	8	9	10
36	0	1	2	3	4	5	6	7	8	9	10
37	0	1	2	3	4	5	6	7	8	9	10
38	0	1	2	3	4	5	6	7	8	9	10
39	0	1	2	3	4	5	6	7	8	9	10
40	0	1	2	3	4	5	6	7	8	9	10
41	0	1	2	3	4	5	6	7	8	9	10
42	0	1	2	3	4	5	6	7	8	9	10
43	0	1	2	3	4	5	6	7	8	9	10
44	0	1	2	3	4	5	6	7	8	9	10
45	0	1	2	3	4	5	6	7	8	9	10
46	0	1	2	3	4	5	6	7	8	9	10
47	0	1	2	3	4	5	6	7	8	9	10
48	0	1	2	3	4	5	6	7	8	9	10
49	0	1	2	3	4	5	6	7	8	9	10
50	0	1	2	3	4	5	6	7	8	9	10
51	0	1	2	3	4	5	6	7	8	9	10
52	0	1	2	3	4	5	6	7	8	9	10
53	0	1	2	3	4	5	6	7	8	9	10
54	0	1	2	3	4	5	6	7	8	9	10



		Never - 0	1	2	3	4	5	6	7	8	9	10 - Always
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 different memories, behaviors, and feelings than you do	0	1	2	3	4	5	6	7	8	9	10
58	There were times when you "woke up" and found pills or a razor blade (or something 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 out" and says and does things that you 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>