



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	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	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 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 you are deaf) (for no known medical 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 to you earlier in your life, but you cannot remember them	0	1	2	3	4	5	6	7	8	9	10
25	Feeling as if you were looking at the world through a fog so that people and 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 long) that it interferes with your daily 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 - 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.
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