

Experiences	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											
32. Drifting into trance without even realizing that it is happening											
33. Words come out of your mouth, but you didn't say them; you don't know where those words came from											
34. Being able to remember very little of your past											
35. When you are angry, doing or saying things that you don't remember (after you calm down)											
36. Feeling that you have multiple personalities											
37. Hearing a voice in your head that calls you names (e.g., wimp, stupid, whore, slut, bitch, etc.)											
38. Poor memory causing serious difficulty for you											
39. Having other people (or parts) inside you who have their own names											
40. Reliving a past trauma so vividly that you see it, hear it, smell it, etc.											
41. Going into trance several days in a row											
42. Discovering that you have changed your appearance (e.g., cut your hair, or changed your hairstyle, or changed what you are wearing, or put on cosmetics, etc.) with no memory of having done so											
43. Being bothered or upset by how much you forget											
44. Hearing a voice in your head that wants you to die											
45. Suddenly finding yourself somewhere odd at home (e.g., inside the closet, under a bed, curled up on the floor, etc.) with no knowledge of how you got there											
46. Feeling as if there is something inside you that takes control of your behavior and speech											

Experiences	0	1	2	3	4	5	6	7	8	9	10
47. Totally forgetting how to do something that you know very well how to do (e.g., how to drive, how to read, how to use the computer, how to play the piano, etc.)											
48. Suddenly finding yourself somewhere (e.g., at the beach, at work, in a nightclub, in your car, etc.) with no memory of how you got there											
49. Feeling that there is another person inside who can come out and speak if it wants											
50. "Coming to" and finding that you have done something you don't remember doing (e.g., smashed something, cut yourself, cleaned the whole house, etc.)											
51. Having difficulty staying out of trance											
52. Suddenly not knowing how to do your job											
53. Your body suddenly feeling as if it isn't really yours											
54. Being bothered by flashbacks for several days in a row											
55. Being confused or puzzled by your emotions											
56. Hearing a voice in your head that tells you to "shut up"											
57. Having another part inside that has different memories, behaviors, and feelings than you do											
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											
59. Hearing a voice in your head that calls you no good, worthless, or a failure											
60. Having a very angry part that "comes out" and says and does things that you would never do or say											
Total mean score:	% (average of all 60 responses x 10)										

Score ranges

- **0–7:** Does not have dissociative experiences.
- **7–14:** Has few diagnostically significant dissociative experiences.
- **15–20:** Mild dissociative symptoms and experiences. PTSD or a mild dissociative disorder (such as dissociative amnesia, depersonalization/derealization disorder) are possible.
- **21–30:** May have dissociative disorder and/or PTSD.
- **31–40:** May have a dissociative disorder (such as OSDD-1 or DID) and PTSD.
- **41–64:** Probably has DID or a severe dissociative disorder and PTSD.
- **64+:** Severe dissociative and post-traumatic symptoms. High scores may also reflect neuroticism, attention-seeking behavior, exaggeration or malingering of symptoms, or psychosis.

Subscales

- DID: Amnesia (for recent events) – items 42, 45, 48, 58. Clinical cutoff = 10
- DID / OSDD-1: Subjective awareness of alter personalities and self-states – items 3, 36, 39, 49, 57. Clinical cutoff = 20
- DID / OSDD-1: Angry intrusions – items 28, 33, 35, 46, 60. Clinical cutoff = 18
- DID / OSDD-1: Persecutory intrusions – items 22, 37, 44, 56, 59. Clinical cutoff = 18
- Derealization/Depersonalization – items 2, 7, 9, 13, 25, 47, 50, 53. Clinical cutoff = 20
- Dissociative Amnesia: Distress about severe memory problems – items 1, 8, 20, 38, 43, 52. Clinical cutoff = 30
- Dissociative Amnesia: Loss of autobiographical memory – items 16, 19, 24, 29, 34. Clinical cutoff = 34
- PTSD: Flashbacks – items 4, 15, 31, 40, 54. Clinical cutoff = 16
- Conversion Disorder: Body symptoms – items 5, 10, 14, 18. Clinical cutoff = 10
- Conversion Disorder: Pseudo-Seizures (Psychogenic non-epileptic seizures) – item 26. Clinical cutoff = 10
- General Subscales: Trance – items 21, 27, 30, 32, 41, 51. Clinical cutoff = 11.7
- General Subscales: Self-confusion – items 6, 11, 12, 17, 23, 55. Clinical cutoff = 33.3

Notes

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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