Multidimensional Inventory of Dissociation (MID-60)

Patient's full name:

Date assessed:

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.

Experiences	0	1	2	3	4	5	6	7	8	9	10
1. Forgetting what you did earlier in the day											
2. Having an emotion (e.g., fear, sadness, anger, happiness) that doesn't feel like it is "yours.")											
3. Hearing the voice of a child in your head											
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")											
5. Having difficulty swallowing (for no known medical reason)											
 Having trance-like episodes where you stare off into space and lose awareness of what is going on around you 											
7. Being told of things that you had recently done, but with absolutely no memory of having done those things											
8. Not remembering what you ate at your last meal-or even whether you ate											
9. Things around you feeling unreal											
10. Not being able to see for a while (as if you are blind) for no known medical reason											
11. Feeling very detached from your behavior as you "go through the motions" of daily life											

Experiences	0	1	2	3	4	5	6	7	8	9	10
12. Feeling uncertain about who you really are											
13. Feeling that other people, objects, or the world around you are not real											
14. Being paralyzed or unable to move (for no known medical reason)											
15. Being so bothered by flashbacks that it was hard to get out of bed and face the day											
16. Not remembering large parts of your childhood after age 5											
17. Feeling disconnected from everything around you											
18. Not being able to hear for a while (as if you are deaf) (for no known medical reason)											
19. Feeling that pieces of your past are missing											
20. Immediately forgetting what other people tell you											
21. Having difficulty walking (for no known medical reason)											
22. Hearing a voice in your head that wants you to hurt yourself											
23. Feeling very confused about who you really are											
24. Feeling that important things happened to you earlier in your life, but you cannot remember them											
25. Feeling as if you were looking at the world through a fog so that people and objects felt far away or unclear											
26. Having seizures for which your doctor can find no reason											
27. Going into trance so much (or for so long) that it interferes with your daily activities and responsibilities											
28. Words just flowing from your mouth as if they were not in your control											
29. Feeling that there are large gaps in your memory											
30. Going into trance for hours											

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 is 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:				9	% (ave	erage	of all	60 re	espor	ises 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. <u>https://doi.org/10.1080/15299732.2020.1792024</u>