

The Multidimensional Inventory of Dissociation

Thank you for agreeing to complete the Multidimensional Inventory of Dissociation (MID).

Before you begin...

- Please complete the MID *on your own*, in an environment that is as free from distraction (television, music, social media, other people, etc.) as possible.
- Give yourself about an hour to complete all the items. Some people take less than 60 minutes, some take a bit longer than that. It is best to complete the MID in one sitting, if at all possible.
- The instructions for completing the MID are:

How often do you have the following experiences when you are not under the influence of alcohol or drugs? Please write the number that best describes you. Write a "0" if the experience never happens to you; write 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.

Helpful hints for completing the MID:

- The timeframe for the experiences described in the MID includes your entire life. Maybe you only experienced something once, in childhood. Or, maybe you used to experience it all the time, but now it's rare or never happens. If an item describes something that has happened for you at least once in your life, then your response must be at least '1.' If you have no easy recall of experiencing something the MID describes, but you can't be certain that it has never happened, feel free to respond with a '0' and take note of the item so that we can return to it during our follow-up interview.
- Each item means exactly what it says and says exactly what it means. If an item doesn't make sense to you, perhaps you may be unfamiliar with the experience described.
- All items in the MID that refer to gender were written in language suggesting a man/woman gender binary. Please feel free to think of these items in a way that honors you overall experience of gender in comparison to intrusive, foreign, or jarring experiences of gender, regardless of whether you use gendered labels to describe yourself.
- There are no 'right' or 'wrong' answers to any of these items, because the MID isn't a test or quiz. If you can't recall whether you've had an experience the MID describes, that's ok. We'll work together to clear up questions about anything that seems unclear for you during the follow-up interview.

Thanks for your willingness to help us gain a better understanding of your experiences.