

Multiscale Dissociation Inventory (MDI)

The Multiscale Dissociation Inventory (MDI) is a standardized self-report questionnaire designed to measure several dimensions of dissociative symptoms, particularly in contexts of psychological trauma, complex posttraumatic stress and dissociative psychopathology. Used in clinical practice and research, it helps the psychologist identify the intensity and profile of current dissociative manifestations, including disengagement, depersonalization, derealization, emotional constriction, memory disturbance and identity dissociation. The MDI is a useful tool for screening, initial assessment, diagnostic orientation and monitoring of symptom changes, but it does not replace an in-depth clinical interview or a specialized diagnostic assessment of dissociative disorders.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Multiscale Dissociation Inventory
Target audience	Adolescents, adults
Authors	John Briere (2002)

Scoring & interpretation

The 30 items are rated on a 5-point frequency scale. Responses are summed by subscale to obtain a multidimensional dissociative profile; interpretation relies primarily on the six subscales and may include normative conversions into standard scores according to the manual. Higher scores indicate more marked dissociative symptomatology. Interpretation must take into account the traumatic context, the overall clinical picture and differential diagnoses; the MDI alone cannot establish a diagnosis.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.