MID-60

Multidimensional Inventory of Dissociation (MID-60)

The MID-60 is a self-report questionnaire for screening dissociative symptoms in adults aged 18 and over. Developed in 2020 from the full 218-item version of the MID, it comprises 60 questions and 12 subscales covering, in particular, dissociative amnesia, derealization/depersonalization, ego-state intrusions, flashbacks, trance, certain somatic symptoms, and identity confusion. It is designed to identify presentations consistent with the DSM-5-TR dissociative disorders, as well as associated phenomena such as certain symptoms of PTSD or functional neurological symptom disorder.

Number of questions	60 questions
Estimated duration	20 minutes
Language	English
Original name	Multidimensional Inventory of Dissociation
Target audience	Adults
Authors	Mary-Anne Kate, Graham Jamieson, Martin J. Dorahy, Warwick Middleton (2020)

Preview of the 60 questions

How often do you have the following experiences when you are not under the influence of alcohol or drugs?

Forgetting what you did earlier in the day

Never 1 2 3 4 5 6 7 8 9 Always

How often do you have the following experiences when you are not under the influence of alcohol or drugs?

Having an emotion (e.g., fear, sadness, anger, happiness) that doesn't feel like it is "yours"

Never 1 2 3 4 5 6 7 8 9 Always

How often do you have the following experiences when you are not under the influence of alcohol or drugs?

Hearing the voice of a child in your head

Never 1 2 3 4 5 6 7 8 9 Always

How often do you have the following experiences when you are not under the influence of alcohol or drugs?

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")

Never 1 2 3 4 5 6 7 8 9 Always

How often do you have the following experiences when you are not under the influence of alcohol or drugs?

Having difficulty swallowing (for no known medical reason)

Never 1 2 3 4 5 6 7 8 9 Always

Scoring & interpretation

Each item is rated from 0 to 10 according to the frequency of the reported experience. The total score is the mean of the 60 responses multiplied by 10, giving a result from 0 to 100, interpreted as the approximate percentage of time during which the person reports dissociative experiences. The 12 subscales are examined separately and are considered clinically elevated when their mean score reaches or exceeds their clinical cutoff. For the total score, the suggested benchmarks are: 0—6 no dissociative experiences, 7—14 few clinically significant experiences, 15—20 mild symptoms, 21—30 possible dissociative disorder and/or PTSD, 31—40 probable dissociative disorder, 41—63 probable DID or severe dissociative disorder, 64—79 severe symptoms, 80+ exceptionally high score. Any elevation must be interpreted using clinical judgment and, if necessary, supplemented by a structured interview.