

# P. D. I. - 40

This questionnaire is designed to measure beliefs and vivid mental experiences. We believe that they are much more common than has previously been supposed, and that most people have had some such experiences during their lives. Please answer the following questions as honestly as you can. There are no right or wrong answers, and there are no trick questions. **Please note that we are NOT interested in experiences people may have had when under the influence of drugs.**

**IT IS IMPORTANT THAT YOU ANSWER ALL QUESTIONS.**

**Only for the questions you answer YES to,** we are interested in: (a) how distressing these beliefs or experiences are; (b) how often you think about them; and (c) how true you believe them to be. On the right hand side of the page we would like you to circle the number which corresponds most closely to how distressing this belief is, how often you think about it, and how much you believe that it is true.

**If you answer NO, please go straight to the next question.**

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SEX ..... ETHNIC BACKGROUND ..... AGE .....

RELIGION ..... PROFESSION ..... DATE .....

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<u>Examples:</u>						
Do you ever feel as if people are reading your mind? (please circle)		Not at all distressing 1	2	3	4	Very distressing 5
+ <input checked="" type="radio"/> NO <input type="radio"/> YES    → → →		Hardly ever think about it 1	2	3	4	Think about it all the time 5
		Don't believe it's true 1	2	3	4	Believe it is absolutely true 5
- Do you ever feel as if you can read other people's minds? (please circle)		Not at all distressing 1	2	3	<input checked="" type="radio"/> 4	Very distressing 5
NO <input checked="" type="radio"/> YES    → → →		Hardly ever think about it 1	<input checked="" type="radio"/> 2	3	4	Think about it all the time 5
		Don't believe it's true 1	2	<input checked="" type="radio"/> 3	4	Believe it is absolutely true 5

<b>Please circle if answered YES</b>					
<p>(1) Do you ever feel as if you are under the control of some force or power other than yourself?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing</p> <p style="text-align: center;">1    2    3    4</p>	<p>Very distressing</p> <p style="text-align: center;">5</p>			
	<p>Hardly ever think about it</p> <p style="text-align: center;">1    2    3    4</p>	<p>Think about it all the time</p> <p style="text-align: center;">5</p>			
	<p>Don't believe it's true</p> <p style="text-align: center;">1    2    3    4</p>	<p>Believe it is absolutely true</p> <p style="text-align: center;">5</p>			
<p>(2) Do you ever feel as if you are a robot or zombie without a will of your own?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing</p> <p style="text-align: center;">1    2    3    4</p>	<p>Very distressing</p> <p style="text-align: center;">5</p>			
	<p>Hardly ever think about it</p> <p style="text-align: center;">1    2    3    4</p>	<p>Think about it all the time</p> <p style="text-align: center;">5</p>			
	<p>Don't believe it's true</p> <p style="text-align: center;">1    2    3    4</p>	<p>Believe it is absolutely true</p> <p style="text-align: center;">5</p>			
<p>(3) Do you ever feel as if you are possessed by someone or something else?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing</p> <p style="text-align: center;">1    2    3    4</p>	<p>Very distressing</p> <p style="text-align: center;">5</p>			
	<p>Hardly ever think about it</p> <p style="text-align: center;">1    2    3    4</p>	<p>Think about it all the time</p> <p style="text-align: center;">5</p>			
	<p>Don't believe it's true</p> <p style="text-align: center;">1    2    3    4</p>	<p>Believe it is absolutely true</p> <p style="text-align: center;">5</p>			
<p>(4) Do you ever feel as if your feelings or actions are not under your control?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing</p> <p style="text-align: center;">1    2    3    4</p>	<p>Very distressing</p> <p style="text-align: center;">5</p>			
	<p>Hardly ever think about it</p> <p style="text-align: center;">1    2    3    4</p>	<p>Think about it all the time</p> <p style="text-align: center;">5</p>			
	<p>Don't believe it's true</p> <p style="text-align: center;">1    2    3    4</p>	<p>Believe it is absolutely true</p> <p style="text-align: center;">5</p>			

**Please circle if answered YES**

(5) Do you ever feel as if someone or something is playing games with your mind?  (please circle)  No    Yes ----->	Not at all					Very
	distressing					distressing
	1	2	3	4		5
	Hardly ever					Think about it
	think about it					all the time
	1	2	3	4		5
	Don't believe					Believe it is
	it's true					absolutely true
	1	2	3	4		5

(6) Do you ever feel as if people seem to drop hints about you or say things with a double meaning?  (please circle)  No    Yes ----->	Not at all					Very
	distressing					distressing
	1	2	3	4		5
	Hardly ever					Think about it
	think about it					all the time
	1	2	3	4		5
	Don't believe					Believe it is
	it's true					absolutely true
	1	2	3	4		5

(7) Do you ever feel as if things in magazines or on TV were written especially for you?  (please circle)  No    Yes ----->	Not at all					Very
	distressing					distressing
	1	2	3	4		5
	Hardly ever					Think about it
	think about it					all the time
	1	2	3	4		5
	Don't believe					Believe it is
	it's true					absolutely true
	1	2	3	4		5

(8) Do you ever think that everyone is gossiping about you?  (please circle)  No    Yes ----->	Not at all					Very
	distressing					distressing
	1	2	3	4		5
	Hardly ever					Think about it
	think about it					all the time
	1	2	3	4		5
	Don't believe					Believe it is
	it's true					absolutely true
	1	2	3	4		5

**Please circle if answered YES**

(9) Do you ever feel as if some people are not what they seem to be?  
 (please circle)  
 No    Yes ----->

Not at all distressing	1	2	3	Very distressing
				4    5
Hardly ever think about it	1	2	3	4
				5
Don't believe it's true	1	2	3	4
				5

(10) Do things around you ever feel unreal, as though it was all part of an experiment?  
 (please circle)  
 No    Yes ----->

Not at all distressing	1	2	3	4	Very distressing
					5
Hardly ever think about it	1	2	3	4	5
					Think about it all the time
Don't believe it's true	1	2	3	4	5
					Believe it is absolutely true

(11) Do you ever feel as if someone is deliberately trying to harm you?  
 (please circle)  
 No    Yes ----->

Not at all distressing	1	2	3	4	Very distressing
					5
Hardly ever think about it	1	2	3	4	5
					Think about it all the time
Don't believe it's true	1	2	3	4	5
					Believe it is absolutely true

(12) Do you ever feel as if you are being persecuted in some way?  
 (please circle)  
 No    Yes ----->

Not at all distressing	1	2	3	4	Very distressing
					5
Hardly ever think about it	1	2	3	4	5
					Think about it all the time
Don't believe it's true	1	2	3	4	5
					Believe it is absolutely true

**Please circle if answered YES**

<p>(13) Do you ever feel as if there is a conspiracy against you?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(14) Do you ever feel as if some organisation or institution has it in for you?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(15) Do you ever feel as if someone or something is watching you?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(16) Do you ever feel as if you have special abilities or powers?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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**Please circle if answered YES**

<p>(17) Do you ever feel as if there is a special purpose or mission to your life?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(18) Do you ever feel as if there is a mysterious power working for the good of the world?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(19) Do you ever feel as if you are or destined to be someone very important?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(20) Do you ever feel that you are a very special or unusual person?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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**Please circle if answered YES**

<p>(21) Do you ever feel that you are especially close to God?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(22) Do you ever think that people can communicate telepathically?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(23) Do you ever feel as if electrical devices such as computers can influence the way you think?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(24) Do you ever feel as if there are forces around you which affect you in strange ways?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>

**Please circle if answered YES**

<p>(25) Do you ever feel as if you have been chosen by God in some way?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
<p>(26) Do you believe in the power of witchcraft, voodoo or the occult?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
<p>(27) Are you often worried that your partner may be unfaithful?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
<p>(28) Do you ever think that you smell very unusual to other people?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1      2      3      4</p> <p>Hardly ever think about it 1      2      3      4</p> <p>Don't believe it's true 1      2      3      4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>



**Please circle if answered YES**

(29) Do you ever feel as if your body is changing in a peculiar way?  (please circle)  No    Yes ----->	Not at all distressing					Very distressing
	1	2	3	4	5	
	Hardly ever think about it					Think about it all the time
	1	2	3	4	5	
	Don't believe it's true					Believe it is absolutely true
	1	2	3	4	5	

(30) Do you ever think that strangers want to have sex with you?  (please circle)  No    Yes ----->	Not at all distressing					Very distressing
	1	2	3	4	5	
	Hardly ever think about it					Think about it all the time
	1	2	3	4	5	
	Don't believe it's true					Believe it is absolutely true
	1	2	3	4	5	

(31) Do you ever feel that you have sinned more than the average person?  (please circle)  No    Yes ----->	Not at all distressing					Very distressing	
		1	2	3	4	5	
	Hardly ever think about it					Think about it all the time	
	1	2	3	4	5		
	Don't believe it's true					Believe it is absolutely true	
	1	2	3	4	5		

(32) Do you ever feel that people look at you oddly because of your appearance?  (please circle)  No    Yes ----->	Not at all distressing					Very distressing
	1	2	3	4	5	
	Hardly ever think about it					Think about it all the time
	1	2	3	4	5	
	Don't believe it's true					Believe it is absolutely true
	1	2	3	4	5	

		Please circle if answered YES				
(33) Do you ever feel as if you had no thoughts in your head at all?	Not at all distressing	1	2	3	4	Very distressing 5
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time 5
No    Yes ----->	Don't believe it's true	1	2	3	4	Believe it is absolutely true 5
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(34) Do you ever feel as if your insides might be rotting?	Not at all distressing	1	2	3	4	Very distressing 5
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time 5
No    Yes ----->	Don't believe it's true	1	2	3	4	Believe it is absolutely true 5
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(35) Do you ever feel as if the world is about to end?	Not at all distressing	1	2	3	4	Very distressing 5
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time 5
No    Yes ----->	Don't believe it's true	1	2	3	4	Believe it is absolutely true 5
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(36) Do your thoughts ever feel alien to you in some way?	Not at all distressing	1	2	3	4	Very distressing 5
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time 5
No    Yes ----->	Don't believe it's true	1	2	3	4	Believe it is absolutely true 5

**Please circle if answered YES**

<p>(37) Have your thoughts ever been so vivid that you were worried other people would hear them?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1    2    3    4</p> <p>Hardly ever think about it 1    2    3    4</p> <p>Don't believe it's true 1    2    3    4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(38) Do you ever feel as if your own thoughts were being echoed back to you?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1    2    3    4</p> <p>Hardly ever think about it 1    2    3    4</p> <p>Don't believe it's true 1    2    3    4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
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<p>(39) Do you ever feel as if your thoughts were blocked by someone or something else?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1    2    3    4</p> <p>Hardly ever think about it 1    2    3    4</p> <p>Don't believe it's true 1    2    3    4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>
<hr/>		
<p>(40) Do you ever feel as if other people can read your mind?</p> <p>(please circle)</p> <p>No    Yes -----&gt;</p>	<p>Not at all distressing 1    2    3    4</p> <p>Hardly ever think about it 1    2    3    4</p> <p>Don't believe it's true 1    2    3    4</p>	<p>Very distressing 5</p> <p>Think about it all the time 5</p> <p>Believe it is absolutely true 5</p>