

# P. D. I. - 21

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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**Examples:**

Do you ever feel as if people are reading your mind?

(please circle)

NO YES →→→

Not at all distressing

1 2 3 4

Hardly ever think about it

1 2 3 4

Don't believe it's true

1 2 3 4

Very distressing

5 Think about it all the time

5 Believe it is absolutely true

5

Do you ever feel as if you can read other people's minds?

(please circle)

NO YES →→→

Not at all distressing

1 2 3 4

Hardly ever think about it

1 2 3 4

Don't believe it's true

1 2 3 4

Very distressing

5 Think about it all the time

5 Believe it is absolutely true

5

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**Please circle if answered YES**

(1) Do you ever feel as if people seem to drop hints about you or say things with a double meaning?

Not at all  
distressing  
1    2    3    4    5

Very  
distressing

(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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(2) Do you ever feel as if things in magazines or on TV were written especially for you?

Not at all  
distressing  
1    2    3    4    5

Very  
distressing

(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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(3) Do you ever feel as if some people are not what they seem to be?

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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(4) Do you ever feel as if you are being persecuted 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

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(5) Do you ever feel as if there is a conspiracy against you?

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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**Please circle if answered YES**

(6) Do you ever feel as if you are or destined to be someone very important?

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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(7) Do you ever feel that you are a very special or unusual person?

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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(8) Do you ever feel that you are especially close to God?

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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(9) Do you ever think that people can communicate telepathically?

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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(10) Do you ever feel as if electrical devices such as computers can influence the way you think?

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						
(11) Do you ever feel as if you have been chosen by God in some way?	Not at all distressing	1	2	3	4	Very distressing
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true	1	2	3	4	Believe it is absolutely true
(12) Do you believe in the power of witchcraft, voodoo or the occult?	Not at all distressing	1	2	3	4	Very distressing
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true	1	2	3	4	Believe it is absolutely true
(13) Are you often worried that your partner may be unfaithful?	Not at all distressing	1	2	3	4	Very distressing
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true	1	2	3	4	Believe it is absolutely true
(14) Do you ever feel that you have sinned more than the average person?	Not at all distressing	1	2	3	4	Very distressing
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true	1	2	3	4	Believe it is absolutely true
(15) Do you ever feel that people look at you oddly because of your appearance?	Not at all distressing	1	2	3	4	Very distressing
(please circle)	Hardly ever think about it	1	2	3	4	Think about it all the time
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true	1	2	3	4	Believe it is absolutely true

<b>Please circle if answered YES</b>					
(16) 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
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true 1	2	3	4	Believe it is absolutely true 5
(17) 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
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true 1	2	3	4	Believe it is absolutely true 5
(18) 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
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true 1	2	3	4	Believe it is absolutely true 5
(19) Have your thoughts ever been so vivid that you were worried other people would hear them?	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
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true 1	2	3	4	Believe it is absolutely true 5
(20) Do you ever feel as if your own thoughts were being echoed back to you?	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
<b>NO</b> <b>YES</b> ➡➡➡➡	Don't believe it's true 1	2	3	4	Believe it is absolutely true 5

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**Please circle if answered YES**

(21) Do you ever feel as if you are a robot or zombie without a will of your own?  (please circle)	Not at all distressing 1      2      3      4	Very distressing 5
<b>NO      YES      →→→→</b>	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

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Thank you very much for your cooperation. At a later stage we may need to contact you again to give you this questionnaire again, and we would be very grateful if you could leave your name and address below. All your answers will be treated confidentially. If you do not wish to be contacted again, however, just leave the space below blank.

Name .....

Address .....

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