DYSFUNCTIONAL INDIVIDUATION SCALE(S)

The Dysfunctional Individuation Scale comes in two forms: A 19-item scale and a 10-item scale. Both versions provide strong evidence of construct validity, and both are provided here.

19-Item DIS

The scaling of items on the 19-item version is based on the original metric of the "Pathology of Separation-Individuation Scale" (what we called PATHSEP) published by Christensen & Wilson (1985)

Here is the reference to the original paper that introduced PATHSEP

Christenson, R. M., & Wilson, W. P. (1985). Assessing pathology in the separation-individuation process by means of an inventory :A preliminary report. *Journal of Nervous and MentalDisease*, *173*, 561-565.

Note: Items 3, 4, 5 ,6 ,7, 14, 16, 17, 18, 19 below constitute the 10-item version of the DIS

Directions: How well does each of the following statements describe you? Listed below are statements that describe various feelings, attitudes and behaviors that people have. Rate how well each statement describes you using the 10-point scale below. Feel free to use any number on the continuum. Simply put the appropriate number on the line next to each statement.

Not Characteristic Very Characteristic

1 2 3 4 5 6 7 8 9 10

____ 1. When people really care for someone, they often feel worse about themselves.

____ 2. When someone gets too emotionally close to another person, they often feel worse.

_____ 3. It is when people start getting close to someone that they are most likely to get hurt.

_____ 4. People need to maintain control over others to keep them from being harmed.

_____ 5. I find that people seem to change whenever I get to know them.

_____ 6. I find that others often treat me as if I am just there to meet their every wish.

_____ 7. I need other people around me to not feel empty.

_____ 8. I sometimes feel that part of me is lost whenever I agree with someone.

_____ 9. Like others, whenever I see someone I really respect and to whom I look up, I often feel worse about myself.

_____ 10. I find it difficult to form mental pictures of people important to me.

_____ 11. Whenever I am angry with someone, I feel worthless.

_____ 12. If I were able to tell my deepest thoughts, I would feel empty.

_____ 13. In my experiences, people always seem to hate me.

_____ 14. Often, when I am in a close relationship, I find that my sense of who I am gets lost.

_____ 15. I find that when I get emotionally close to someone, I sometimes feel that I have lost a part of who I am.

_____ 16. Getting physical affection itself seems more important to me than who gives it to me.

_____ 17. I find it difficult to really know another person.

_____ 18. I must admit that whenever I see someone else's faults I feel better

____19. I am tempted to try to control other people in order to keep them close to me.

For more information:

Lapsley, D. K., Aalsma, M. C., & Varshney, N. M. (2001). A factor analytic and psychometric examination of pathology of separation-individuation. *Journal of Clinical Psychology*, *57*, 915-932.

10-Item DIS

For more information:

Stey, P., Hill, P. & Lapsley, D. (2014). Factor structure and psychometric properties of a brief measure of dysfunctional individuation. *Assessment*, *21*, 452-462. doi.org/10.1177/1073191113517261

Note. There is a difference in how each item is scaled on the 10-item version (1-7) versus the 19-item version (1-10). This has certain psychometric advantages. On the other hand, when reducing the DIS from 19- to 10-items, the "splitting" content is no longer represented on the 10-item version. In an unpublished paper our research does show, however, that the 10-item DIS is strongly correlated with the Splitting Index.

Listed below are statements that describe various feelings, attitudes and behaviors that people have. Using the scale below, please rate the extent to which you agree or disagree with the following statements.

1: Strongly Disagree
2: Disagree
3: Slightly Disagree
4: Neither Agree Nor Disagree
5: Slightly Agree
6: Agree
7: Strongly Agree

1. It is when people start getting close to someone that they are most likely to get hurt.
2. People need to maintain control over others to keep them from being harmed.
3. I find that people seem to change whenever I get to know them.
4. I find that others often treat me as if I am just there to meet their every wish.
5. I need other people around me to not feel empty.
6. Often, when I am in a close relationship, I find that my sense of who I am gets lost.
7. Getting physical affection itself seems more important to me than who gives it to me.
8. I find it difficult to really know another person.
9. I must admit that whenever I see someone else's faults I feel better.
10. I am tempted to try to control other people in order to keep them close to me.