

Psychological Insight Questionnaire

Looking back on the entirety of the psychedelic experience you had after taking <<insert substance name>>, please rate the degree to which at any time during that session you experienced the following phenomena. Answer each question according to your feelings, thoughts, and experiences at the time of the session.

Response Options:

- 0 - No; not at all
- 1 - So slightly cannot decide
- 2 - Slightly
- 3 - Moderately
- 4 - Strongly
- 5 - Extremely (more than ever before in my life)

Items:

1. Awareness of uncomfortable or painful feelings I previously avoided.
2. Realized the importance of my life.
3. Discovered I could explore uncomfortable or painful feelings I previously avoided.
4. Awareness of information that helped me understand my life.
5. Awareness of dysfunctional patterns in my actions, thoughts, and/or feelings.
6. Discovered a vivid sense of the paradoxes in life.
7. Realized the nature and/or origins of my defenses or other coping strategies.
8. Awareness of my life purpose, goals, and/or priorities.
9. Realized how current feelings or perceptions are related to events from my past.
10. Discovered a clear pattern of avoidance in my life.
11. Discovered new actions that may help me achieve my goals.
12. Gained resolution or clarity about past traumas or hurtful events.
13. Experienced validation of my life, character, values, or beliefs.
14. Gained a deeper understanding of events/memories from my past.
15. Realized I could experience memories previously too difficult to experience.
16. Gained a deeper understanding of previously held beliefs and/or values.
17. Discovered how aspects of my life are affecting my well-being.
18. Realized ways my beliefs may be dysfunctional.
19. Discovered clear similarities between my past and present interpersonal relationships.
20. Discovered new insights about my work or career.
21. Realized how critical or judgmental views I hold towards myself are dysfunctional.
22. Awareness of beneficial patterns in my actions, thoughts, and/or feelings.

23. Realized the point of view or actions of others that had been difficult to understand previously.

Scoring:

Avoidance and Maladaptive Patterns Insights (AMP) subscale: mean of items 1, 3, 5, 7, 9, 10, 12, 14, 15, 17, 18, 19, 21, 23

Goals and Adaptive Patterns Insights (GAP) subscale: mean of items 2, 4, 6, 8, 11, 13, 16, 20, 22

Overall PIQ scale: mean of all items