

## Ego-Dissolution Inventory (EDI)

Matthew M Nour, Lisa Evans, David Nutt, Robin L Carhart-Harris (2016), 'Ego-Dissolution and Psychedelics: Validation of the Ego-Dissolution Inventory (EDI)', *Frontiers in Human Neuroscience*

### Instructions:

Please rate to what extent each of the following statements applies to the experience in question.

Below each statement is a line with the endpoints "No, not more than usually" and "Yes, I experienced this completely/entirely." The line is used to assess alterations from your normal state. Your normal state corresponds to a mark at the very left end of the scale, i.e. "No, not more than usually."

Only rate at the extreme ends if this **truly** applies.

**EDI Items** (see next page for questions with VAS)

<i>1. I experienced a dissolution of my "self" or ego</i>
<i>2. I felt at one with the universe</i>
<i>3. I felt a sense of union with others</i>
<i>4. I experienced a decrease in my sense of self-importance</i>
<i>5. I experienced a disintegration of my "self" or ego</i>
<i>6. I felt far less absorbed by my own issues and concerns</i>
<i>7. I lost all sense of ego</i>
<i>8. All notion of self and identity dissolved away</i>

### Scoring

Each item scored on a visual analogue scale (VAS) from 0 to 100 with the following statements at the lower and upper end, respectively: "No, not more than usually" and "Yes, I experienced this completely/entirely."

Total EDI score is the mean score of all 8 items (i.e. 0 = minimum to 100 = maximum).

1. I experienced a dissolution of my "self" or ego

No, not more  
than usually

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Yes, entirely or  
completely

2. I felt at one with the universe

No, not more  
than usually

---

Yes, entirely or  
completely

3. I felt a sense of union with others

No, not more  
than usually

---

Yes, entirely or  
completely

4. I experienced a decrease in my sense of self-importance

No, not more  
than usually

---

Yes, entirely or  
completely

5. I experienced a disintegration of my "self" or ego

No, not more  
than usually

---

Yes, entirely or  
completely

6. I felt far less absorbed by my own issues and concerns

No, not more  
than usually

---

Yes, entirely or  
completely

7. I lost all sense of ego

No, not more  
than usually

---

Yes, entirely or  
completely

8. All notion of self and identity dissolved away

No, not more  
than usually

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Yes, entirely or  
completely