

# Mystical Experience Questionnaire (MEQ30)

RESPONDENT ID <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	SESSION DATE (YYYY-MM-DD) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	SESSION ID <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
---	--	---

**Instructions.** Looking back on the entirety of your psilocybin session, please rate the degree to which at any time during that session you experienced the following phenomena. Fill in **one bubble per row** using the scale below. Use a dark pen and fill bubbles completely.

<b>0</b> NONE not at all	<b>1</b> CANNOT DECIDE so slight cannot decide	<b>2</b> SLIGHT	<b>3</b> MODERATE	<b>4</b> STRONG equivalent to any other strong experience	<b>5</b> EXTREME more than any other time in life
-----------------------------	--	-----------------	-------------------	--	---



Vertical column of 50 circles for rating responses.

10 Gain of insightful knowledge experienced at an intuitive level.

11 Certainty of encounter with ultimate reality (in the sense of being able to “know” and “see” what is really real).

12 You are convinced now, as you look back on your experience, that in it you encountered ultimate reality.

13 Sense of being at a spiritual height.

14 Sense of reverence.

15 Feeling that you experienced something profoundly sacred and holy.

SUM (FACTOR 1)  MEAN

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

Factor 02 · Positive Mood

6 items

#	ITEM	0	1	2	3	4	5	
16	Experience of amazement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
17	Feelings of tenderness and gentleness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
18	Feelings of peace and tranquility.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
19	Experience of ecstasy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
20	Sense of awe or awesomeness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
21	Feelings of joy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
SUM (FACTOR 2)		<input type="text"/>						MEAN <input type="text"/>

# Factor 03 · Transcendence of Time & Space

6 items

#	ITEM	0	1	2	3	4	5
22	Loss of your usual sense of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Loss of your usual sense of space.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Loss of usual awareness of where you were.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Sense of being “outside of” time, beyond past and future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	Being in a realm with no space boundaries.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	Experience of timelessness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SUM (FACTOR 3)		<input type="text"/>					
MEAN		<input type="text"/>					

# ITEM 0 1 2 3 4 5

28 Sense that the experience cannot be described adequately in words.

29 Feeling that you could not do justice to your experience by describing it in words.

30 Feeling that it would be difficult to communicate your own experience to others who have not had similar experiences.

Vertical column of 30 circles for rating items 28, 29, and 30.

SUM (FACTOR 4)  MEAN

FOR DATA ENTRY — TOTALS & MEANS		
	SUM	MEAN
Mystical (15 items)	<input type="text"/>	<input type="text"/>
Positive Mood (6 items)	<input type="text"/>	<input type="text"/>
Transcendence T/S (6 items)	<input type="text"/>	<input type="text"/>
Ineffability (3 items)	<input type="text"/>	<input type="text"/>
<b>Total MEQ30 (30 items)</b>	<input type="text"/>	<input type="text"/>