***psychological insight questionnaire (piq)***

This *PIQ* questionnaire was *“created to assess the degree to which respondents experienced acute insight (e.g. gained an awareness into their emotions, behaviors, beliefs, memories, or relation-ships) that sometimes occur after taking a psychedelic. Respondents were asked to think back on their experience with a psychedelic and then rate the intensity with which they experienced each of 28 insight experiences at any point during their session.”* They were asked to rate each item on a six-point scale from: ***0*** *no/not at all;* ***1*** *so slight cannot decide;* ***2*** *slight;* ***3*** *moderate;* ***4*** *strong (equivalent in degree to any other strong experience);* ***5*** *extreme (more than any other time in my life and stronger than* ***4)****.* Use *‘half-point in-between scores’* if appropriate*.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | ***0*** | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** |
| *1* | Realized how current feelings or perceptions are related to events from the past. |  |  |  |  |  |  |
| *2* | Awareness of uncomfortable or painful feelings I previously avoided. |  |  |  |  |  |  |
| *3* | Realized ways my beliefs may be dysfunctional. |  |  |  |  |  |  |
| *4* | Discovered how aspects of my life are affecting my well-being. |  |  |  |  |  |  |
| *5* | Gained a deeper understanding of events/memories from my past. |  |  |  |  |  |  |
| *6* | Experienced validation of my life, character, values, or beliefs. |  |  |  |  |  |  |
| *7* | Realized the importance of my life. |  |  |  |  |  |  |
| *8* | Awareness of dysfunctional patterns in my actions, thoughts, and/or feelings. |  |  |  |  |  |  |
| *9* | Discovered specific techniques for coping with difficulties. |  |  |  |  |  |  |
| *10* | Realized how critical or judgmental views I hold towards myself are dysfunctional. |  |  |  |  |  |  |
| *11* | Discovered I could explore uncomfortable or painful feelings I previously avoided. |  |  |  |  |  |  |
| *12* | Gained a deeper understanding of previously held beliefs and/or values. |  |  |  |  |  |  |
| *13* | Discovered a vivid sense of the paradoxes in life. |  |  |  |  |  |  |
| *14* | Realized I could experience memories previously too difficult to experience. |  |  |  |  |  |  |
| *15* | Awareness of beneficial patterns in my actions, thoughts, and/or feelings. |  |  |  |  |  |  |
| *16* | Discovered a clear pattern of avoidance in my life. |  |  |  |  |  |  |
| *17* | Realized the nature and/or origins of my defences or other coping strategies. |  |  |  |  |  |  |
| *18* | Discovered new insights about my work or career. |  |  |  |  |  |  |
| *19* | Gained resolution or clarity about past traumas or hurtful events. |  |  |  |  |  |  |
| *20* | Discovered clear similarities between my past and present interpersonal relationships. |  |  |  |  |  |  |
| *21* | Discovered new feelings or perspectives about significant relationships in my life. |  |  |  |  |  |  |
| *22* | Realized certain actions I should take in regards to important relationships in my life. |  |  |  |  |  |  |
| *23* | Discovered new actions that may help me achieve my goals. |  |  |  |  |  |  |
| *24* | Realized the point of view or actions of others that had been difficult to understand previously |  |  |  |  |  |  |
| *25* | Discovered clarity or creative solutions about how to solve a problem in my life. |  |  |  |  |  |  |
| *26* | Awareness of information that helped me understand my life. |  |  |  |  |  |  |
| *27* | Discovered ways to see my problems with more clarity. |  |  |  |  |  |  |
| *28* | Awareness of my life purpose, goals, and/or priorities. |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

***total score = /140; average score per item = total/28 = (0-5).***

Davis, A. K., et al. (2020). *"Psychological flexibility mediates the relations between acute psychedelic effects and subjective decreases in depression and anxiety."* J Context Behav Science 15: 39-45.