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## Investigating the Relationship Between Déjà Vu Phenomena and Dimensional Assessments of Psychopathology: Evidence for Differential Associations with Internalizing and Externalizing Symptomatology

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Appendix III - Inventory for Déjà vu Experiences Assessment (IDEA):

**INTRODUCTION**

This questionnaire is about a feeling of which we think most people are familiar with. Almost everyone of us at one time or another have had the feeling that we experienced some event, thought or feeling before in exactly the same way, even though in actual fact it is the first time. It seems as if we are recognizing something, even though we know this is impossible.

This feeling of 'recognition' is called '**déjà vu** experience'.  
'**Déjà vu**' literally means 'already seen'.

**When you answer a question, the important thing is to give your first impression. There is no need to think about it for a long time! Be sure to read the INTRODUCTION before every new set of questions. Please do NOT skip any questions!**

To answer a question, please mark the circle before the answer.

**For example:** If you want to answer 'Yes':     Yes

**A**

- 1. Have you ever had the feeling of having experienced a sensation or situation before in exactly the same way when in fact you are experiencing it for the first time?**

**(Note: If you are not sure about it, please answer 'Never!')**

- Never
- Yes, very infrequently (less than once per year)
- Yes, sometimes (a few times per year)
- Yes, often (a few times a month)
- Yes, more frequently (at least weekly)
- Don't know

**2. Have you ever had the feeling that it seems as if everything around is not real, as if it is not really happening?**

- Never
- Very infrequently (less than once per year)
- Sometimes (a few times a year)
- Often (a few times a month)
- More frequently (at least weekly)
- Don't know

**3. *This question is about the opposite of the feeling of 'recognition'!* Have you ever had the feeling that you had never experienced something before, when in fact you had experienced it before? For example: You see something or someone you know very well, but you feel as if you have never seen it or him before!**

- Never
- Very infrequently (less than once per year)
- Sometimes (a few times a year)
- Often (a few times a month)
- More frequently (at least weekly)
- Don't know

**4. Has it ever happened to you that you experienced something that had occurred before in a dream?**

- Never
- Very infrequently (less than once per year)
- Sometimes (a few times a year)
- Often (a few times a month)
- More frequently (at least weekly)
- Don't know

**5. Have you ever had the feeling while something was happening to you that it was not happening to yourself, but to someone else, as if you were looking at yourself?**

- Never
- Very infrequently (less than once per year)
- Sometimes (a few times a year)
- Often (a few times a month)
- More frequently (at least weekly)
- Don't know

- 6. Do you consider yourself a person with paranormal qualities?**  
(*'Paranormal qualities' includes clairvoyance, telepathic or psychic abilities and so forth.*)
- No
  - No, but I am not sure
  - Yes, but I am not sure
  - Yes
  - Don't know
- 7. How often can you remember a dream so well that you can tell someone about it?**
- Never
  - Very infrequently (less than once per year)
  - Sometimes (a few times a year)
  - Often (a few times a month)
  - More frequently (at least weekly)
  - Don't know
- 8. How many times a year do you travel a distance of about a hundred miles or more from your home locality?**
- Never
  - Very infrequently (less than once per year)
  - Sometimes (a few times a year)
  - Often (a few times a month)
  - More frequently (at least weekly)
  - Don't know
- 9. Do you ever experience daydreaming?**
- Never
  - Very infrequently (less than once per year)
  - Sometimes (a few times a year)
  - Often (a few times a month)
  - More frequently (at least weekly)
  - Don't know

**Only answer the following questions if you answered 'Yes,...' to the first question on page 1.** These questions are about the feeling of '*recognition*'. '*Recognition*' means the feeling that we have experienced something before in exactly the same way, although in fact it is now the first time it has ever happened to us.

## B

### INTRODUCTION

If you answered '**Never**' or '**Don't know**' to the first question on page 1, there is no need for you to answer the following questions.

Please **check** to see whether you have answered all the questions.

**Thank you very much** for your co-operation!

If you answered '**Yes,..**' to the first question on page 2, please continue to the next page.

1. A person can have a feeling of '*recognition*' in many different ways. It can have to do with a specific place, a situation, an activity, an event, meeting someone, a conversation, a thought, reading a book or a newspaper...  
**Have you ever had this feeling of '*recognition*' in one or more of the following ways?**

**(Note: You can answer 'Yes' to more than one topic of this question. Please answer all the topics, including the ones you answer 'No' to. If you are *not sure* whether something is applicable to you, answer "No.")**

- |   |            |
|---|------------|
| a. In a certain <b>place</b> .....                                      | O Yes O No |
| b. In a certain <b>situation</b> .....                                  | O Yes O No |
| c. Engaging in a certain <b>activity</b> .....                          | O Yes O No |
| d. At a certain <b>event</b> .....                                      | O Yes O No |
| e. When <b>meeting</b> someone.....                                     | O Yes O No |
| f. While <b>telling</b> someone about something.....                    | O Yes O No |
| g. While <b>listening</b> to a conversation, music, or a statement..... | O Yes O No |
| h. While having a certain <b>thought</b> .....                          | O Yes O No |
| i. While <b>reading</b> something.....                                  | O Yes O No |
| j. In some <b>other way</b> than in question a – i.....                 | O Yes O No |

**2. While you have this feeling of 'recognition', can you remember exactly where and when you had the same experience or feeling before?**

- No
- I vaguely remember
- Yes, I can remember exactly
- Don't know

**3. When did this feeling of 'recognition' occur for the last time?**

- More than 5 years ago
- 1 to 5 years ago
- 6 months to 1 year ago
- 2 to 6 months ago
- 1 to 2 months ago
- Last month
- Don't know

**4. How long does this feeling of 'recognition' usually last?**

- One second or less
- A few seconds
- One minute or a couple of minutes
- Half an hour to one hour
- A few hours
- More than a few hours
- Don't know

5. **Is the feeling of '*recognition*' usually related to some part of an experience or situation, or to the whole thing?**
- Total
  - Some part of it
  - It depends
  - Don't know
6. **Do you usually have this feeling of '*recognition*' at a certain time of day?**
- No
  - In the morning shortly after awakening
  - In the Daytime
  - When it gets dark
  - In the evening (with the lights on)
  - Just before or after going to bed
  - Don't know
7. **While having this feeling of '*recognition*', did you ever have the idea you could predict what was going to happen in the next few minutes?**
- Never
  - Very infrequently (less than once per year)
  - Sometimes (a few times a year)
  - Often (a few times a month)
  - More frequently (at least weekly)
  - Don't know
8. **While having this feeling of '*recognition*', did you ever have the feeling it was not happening to you but to someone else, as if you were looking at yourself?**
- No
  - Vague feeling it was not happening to me
  - Clear feeling it was not happening to me
  - Vague feeling I was looking at myself
  - Clear feeling I was looking at myself
  - Don't know
9. **Does this feeling of '*recognition*' usually pertain to an exact repetition of the past or to approximately the same thing?**
- Exactly the same
  - Almost exactly the same
  - The same
  - Approximately the same
  - Vaguely the same
  - Don't know

**10. While having this feeling of 'recognition' have you also ever felt that it looked as if everything around you was not real, as if it was not really happening?**

- Never
- Yes, a little unreal
- Yes, vaguely unreal
- Yes, unreal
- Yes, totally unreal
- Don't know

**INTRODUCTION**

You can answer 'Yes' to more than one topic of the following questions.  
 If you are *not sure*, answer 'No'.  
 Please answer all the topics of the questions, including the ones you answer 'No' to.

**11. In general, how does this feeling of 'recognition' affect you? (check all that apply)**

- |  |                           |                          |
|--|---------------------------|--------------------------|
| a. It leaves me indifferent .....          | <input type="radio"/> Yes | <input type="radio"/> No |
| b. It frightens me.....                    | <input type="radio"/> Yes | <input type="radio"/> No |
| c. It is reassuring.....                   | <input type="radio"/> Yes | <input type="radio"/> No |
| d. It is nice and pleasant.....            | <input type="radio"/> Yes | <input type="radio"/> No |
| e. It is uncomfortable or oppressive ..... | <input type="radio"/> Yes | <input type="radio"/> No |
| f. It is surprising, amazing.....          | <input type="radio"/> Yes | <input type="radio"/> No |
| g. It interrupts whatever I am doing ..... | <input type="radio"/> Yes | <input type="radio"/> No |

**12. What do you feel is the main explanation of this feeling of 'recognition' ?**

a. Anxiety or tension .....	<input type="radio"/> Yes	<input type="radio"/> No
b. Poor memory .....	<input type="radio"/> Yes	<input type="radio"/> No
c. Unconscious memories .....	<input type="radio"/> Yes	<input type="radio"/> No
d. Reincarnation .....	<input type="radio"/> Yes	<input type="radio"/> No
e. Concentration problems .....	<input type="radio"/> Yes	<input type="radio"/> No
f. Paranormal qualities .....	<input type="radio"/> Yes	<input type="radio"/> No
g. Desire to escape from reality .....	<input type="radio"/> Yes	<input type="radio"/> No

**13. How do you usually feel before you have this feeling of 'recognition' ? (check all that apply)**

a. Mentally fatigued.....	<input type="radio"/> Yes	<input type="radio"/> No
b. Gloomy or depressed .....	<input type="radio"/> Yes	<input type="radio"/> No
c. Nervous or under stress .....	<input type="radio"/> Yes	<input type="radio"/> No
d. Physically fatigued .....	<input type="radio"/> Yes	<input type="radio"/> No
e. Cheerful and happy.....	<input type="radio"/> Yes	<input type="radio"/> No
f. Confused or absent-minded .....	<input type="radio"/> Yes	<input type="radio"/> No
g. Relaxed .....	<input type="radio"/> Yes	<input type="radio"/> No
h. Angry .....	<input type="radio"/> Yes	<input type="radio"/> No
i. Frightened .....	<input type="radio"/> Yes	<input type="radio"/> No
j. Drowsy.....	<input type="radio"/> Yes	<input type="radio"/> No
k. Physically ill .....	<input type="radio"/> Yes	<input type="radio"/> No

14. Have you ever had this feeling of '*recognition*' in one of the following conditions? (Check all that apply)

a. Headache.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
b. 'Black out'.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
c. Epileptic seizure .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
d. Concentrated activity .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
e. Drinking alcohol .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Question 14 was the last question.  
Would you please **check** and see whether you have answered all the questions?  
**Thank you** for your co-operation!