

THE BETTS QMI VIVIDNESS OF IMAGERY SCALE

Instructions for Doing Test

The aim of this test is to determine the vividness of your imagery. The items of the test will bring certain images to your mind. You are to rate the vividness of each image by reference to the accompanying rating scale, which is shown at the bottom of the page. For example, if your image is "vague and dim" you give it a rating of 5. Record your answer in the brackets provided after each item. Just write the appropriate number after each item. Before you turn to the items on the next page, familiarize yourself with the different categories on the rating scale. Throughout the test, refer to the rating scale when judging the vividness of each image. A copy of the rating scale will be printed on each page. Please do not turn to the next page until you have completed the items you are doing, and do not turn back to check on other items you have done. Complete each page before moving on to the next page. Try to do each item separately, independent of how you may have done other items.

The image aroused by an item of this test may be -

Perfectly clear and as vivid as the actual experience	Rating 1
Very clear and comparable in vividness to the actual experience	Rating 2
Moderately clear and vivid	Rating 3
Not clear or vivid, but recognizable	Rating 4
Vague and dim	Rating 5
So vague and dim as to be hardly discernible	Rating 6
No image present at all, you only "knowing" that you are thinking of the object	Rating 7

An example of an item on the test would be one which asked you to consider an image which comes to your mind's eye of a red apple. If your visual image was moderately clear and vivid you would check the rating scale and mark a "3" in the brackets as follows:

<u>Item</u>	<u>Rating</u>
5. A red apple	(3)

Now turn to the next page when you have understood these instruction and begin the test.

Think of a relative or friend whom you frequently see, considering carefully the picture that rises before your mind's eye. Classify the images suggested by each of the following questions as indicated by the degrees of clearness and vividness specified on the Rating scale.

<u>Item</u>	<u>Rating</u>
1. The exact countour of face, head, shoulder and body	()
2. Characteristic poses of head, attitudes of body, etc.	()
3. The precise carriage, length of step, etc. in walking	()
4. The different colours worn in some familiar costume	()

Think of seeing each of the following, considering carefully the picture which comes before your mind's eye; and classify the image suggested by each of the following questions as indicated by the degrees of clearness and vividness specified on the Rating Scale.

5. The sun as it is sinking below the horizon ()

Rating Scale

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Think of each of the following sounds, considering carefully the image which comes to your mind's ear, and classify the images suggested by each of the following questions as indicated by the degrees of clearness and vividness specified on the Rating Scale.

<u>Item</u>	<u>Rating</u>
6. The whistle of a locomotive	()
7. The honk of an automobile	()
8. The mewling of a cat	()
9. The sound of escaping steam	()
10. The clapping of hands in applause	()

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Think of "feeling" or touching each of the following, considering carefully the image which comes to your mind's touch, and classify the images suggested by each of the following questions as indicated by the degrees of clearness and vividness specified on the Rating Scale.

<u>Item</u>	<u>Rating</u>
11. Sand	()
12. Linen	()
13. Fur	()
14. The prick of a pin	()
15. The warmth of a tepid bath	()

Rating Scale

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Think of performing each of the following acts, considering carefully the image which comes to your mind's arms, legs, lips, etc., and classify the images suggested as indicated by the degrees of clearness and vividness specified by the Rating Scale

<u>Item</u>	<u>Rating</u>
16. Running upstairs	()
17. Springing across a gutter	()
18. Drawing a circle on paper	()
19. Reaching up to a high shelf	()
20. Kicking something out of your way	()

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Think of tasting each of the following considering carefully the image which comes to your mind's mouth, and classify the images suggested by each of the following questions as indicated by the degrees of clearness and vividness specified on the Rating Scale.

<u>Item</u>	<u>Rating</u>
21. Salt	()
22. Granulated (white) sugar	()
23. Oranges	()
24. Jelly	()
25. Your favorite soup	()

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Think of smelling each of the following, considering carefully the image which comes to your mind's nose and classify the images suggested by each of the following questions as indicated by the degrees of clearness and vividness specified on the Rating Scale.

<u>Item</u>	<u>Rating</u>
26. An ill-ventilated room	()
27. Cooking cabbage	()
28. Roast beef	()
29. Fresh paint	()
30. New leather	()

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Think of each of the following sensations, considering carefully the image which comes before your mind, and classify the images suggested as indicated by the degrees of clearness and vividness specified on the Rating Scale.

<u>Item</u>	<u>Rating</u>
31. Fatigue	()
32. Hunger	()
33. A sore throat	()
34. Drowsiness	()
35. Repletion as from a very full meal	()

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