

# PHENOMENOLOGY OF CONSCIOUSNESS INVENTORY (PCI), FORM 2

by

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## INSTRUCTIONS

With the following questionnaire, you are to rate your experience of yourself and the time period in question by means of statements like the one shown below. You are to evaluate your subjective experience according to the statements listed.

1. I felt very tranquil. 0 1 2 3 4 5 6 I felt very anxious.

You are to do this by circling the number on this inventory that best corresponds to your subjective experience during the time period in question for each of the following items. (If you are using an optical scanning sheet, then darken the number on the answer sheet that best corresponds to your subjective experience during the time period in question.) As an example, if during the time period in question, you would rate your mood as "very calm and tranquil" and not at all "very anxious", you would circle the number "0" on this questionnaire (or darken the number "0" on the answer sheet if you are using an optical scanning form) that corresponds to statement number one.

If, on the other hand, you were neither "very tranquil" nor "very anxious," that is, you were midway between the two statements, you would circle the "3" on the answer sheet. Circling the "0" means your experience is very much like the statement on the left, while circling the "6" means your experience is very much like the statement on the right. Circling the numbers between "0" and "6" means your experience was somewhere between the statement on the left and that on the right. Please feel free to choose any one of the numbers between "0" and "6."

Thus you are to circle the number (or darken in the number on the answer sheet if you are using an optical scanning form) for each statement that best corresponds to your subjective state at the time mentioned. Please do this for each of the following statements (found on the following pages) trying to be as accurate as you can.

In order to best determine your subjective experience, definitions have been provided for some of the key words used on the following pages.

1. **SENSATIONS:** are internal bodily impressions that you become aware of. Itches, pressure, pain, warmth, and coldness are examples of such sensations.

2. **PERCEPTIONS:** are impressions that you feel you receive from the external world. Perceptions come from the environment through sights, sounds, smells, etc.

3. **FEELINGS OR EMOTIONS:** are those internal impressions or moods such as happiness, joy, anger, excitement, etc.

4. **THOUGHTS:** are internal words, statements, and verbalizations that you are saying to yourself.

5. **IMAGES OR IMAGERY:** are internal visual (sights), auditory (sounds), kinesthetic (bodily), olfactory (smells), tactual (touch), or gustatory (tastes) impressions or pictures which pass before your mind, no matter how vague or dim they may be. They originate within you instead of coming from the environment.

6. **IMPRESSIONS OR EVENTS:** are any of the above, i.e., sensations, perceptions, thoughts, or images.

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## PHENOMENOLOGY OF CONSCIOUSNESS INVENTORY, FORM 2

If an optical scanning sheet is available, please complete the demographic information section of the optical scanning sheet and darken in the digits that correspond to that information. Then put your responses on the scanning sheet, darkening in the digit that best corresponds to your subjective experience for the time in question for each item.

If you will be putting your responses on this inventory, then complete the following information:

Your Name: \_\_\_\_\_ Your Sex: \_\_\_\_\_

Your Age: \_\_\_\_\_ Highest grade completed in school: \_\_\_\_\_

Your Social Security Number: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Today's Code or Condition: \_\_\_\_\_

### INSTRUCTIONS FOR COMPLETING THIS INVENTORY

YOU ARE NOW READY TO PROCEED TO THE QUESTIONNAIRE ITSELF. PLEASE READ EACH STATEMENT SLOWLY AND CAREFULLY AND ANSWER AS ACCURATELY AS YOU CAN BY CIRCLING THE NUMBER BETWEEN "0" AND "6" (OR DARKENING IN THE APPROPRIATE NUMBER ON THE OPTICAL SCANNING SHEET ) THAT BEST CORRESPONDS TO YOUR SUBJECTIVE EXPERIENCE DURING THE TIME PERIOD IN QUESTION. DO THIS FOR EACH STATEMENT.

- |                                                                                         |               |                                                                                  |
|-----------------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------|
| 1. I can recall nothing that happened to me.                                            | 0 1 2 3 4 5 6 | I can recall everything that happened to me.                                     |
| 2. I was continually conscious and well aware of myself.                                | 0 1 2 3 4 5 6 | I lost consciousness of myself.                                                  |
| 3. My bodily feelings seemed to expand into the world around me.                        | 0 1 2 3 4 5 6 | My bodily feelings were confined to the area within my skin.                     |
| 4. My imagery was very vague and dim.                                                   | 0 1 2 3 4 5 6 | My imagery was as clear and vivid as objects in the real world.                  |
| 5. My attention was totally directed toward the environment around me.                  | 0 1 2 3 4 5 6 | My attention was totally directed toward my own internal, subjective experience. |
| 6. I felt no feelings of being scared or afraid.                                        | 0 1 2 3 4 5 6 | I felt very scared and afraid.                                                   |
| 7. I had an experience of awe and reverence toward the world.                           | 0 1 2 3 4 5 6 | I had no experience of awe and reverence toward the world.                       |
| 8. I experienced no or very few images.                                                 | 0 1 2 3 4 5 6 | My experience was made up almost completely of images.                           |
| 9. I had complete control over what I was paying attention to.                          | 0 1 2 3 4 5 6 | I had no control over what I was paying attention to.                            |
| 10. I experienced no feelings of ecstasy or extreme happiness beyond my usual feelings. | 0 1 2 3 4 5 6 | I felt feelings of ecstasy and extreme happiness.                                |
| 11. Time seemed to greatly speed up or slow down.                                       | 0 1 2 3 4 5 6 | Time was experienced with no changes in its rate of passage.                     |
| 12. I was not aware of any sexual feelings.                                             | 0 1 2 3 4 5 6 | I experienced very strong sexual feelings.                                       |

13. I was not distracted, but was able to be completely absorbed in what I was experiencing.	0 1 2 3 4 5 6	I was continually distracted by extraneous impressions or events.
14. I felt very angry and upset.	0 1 2 3 4 5 6	I felt no feelings of being angry or upset.
15. I felt no feelings of tension or tightness at all.	0 1 2 3 4 5 6	I felt tense and tight.
16. I experienced no sense of sacredness or deep meaning in existence beyond my usual feelings.	0 1 2 3 4 5 6	Existence became deeply sacred or meaningful.
17. I felt no feelings of unhappiness or dejection.	0 1 2 3 4 5 6	I felt unhappy and dejected.
18. My state of awareness was very different from what I usually experience.	0 1 2 3 4 5 6	My state of awareness was no different than usual.
19. The world around me became extremely different in color or form.	0 1 2 3 4 5 6	I noticed no changes in the color or form of the world around me.
20. I did not engage in any silent talking to myself.	0 1 2 3 4 5 6	I was silently talking to myself a great deal.
21. Conceptually, my thinking was clear and distinct.	0 1 2 3 4 5 6	Conceptually, my thinking was confused and muddled.
22. I felt intense feelings of loving-kindness.	0 1 2 3 4 5 6	I felt no feelings of loving-kindness.
23. I experienced no profound insights besides my usual cognitive understanding of things.	0 1 2 3 4 5 6	I experienced very profound and enlightening insights of certain ideas or issues.
24. I continually maintained a very strong sense of separation between myself and the environment.	0 1 2 3 4 5 6	I experienced intense unity with the world; the boundaries between me and the environment dissolved away.
25. I maintained a very strong sense of self-awareness the whole time.	0 1 2 3 4 5 6	I did not maintain a very strong sense of self-awareness at all.
26. My memory of the events I experienced is extremely clear and vivid.	0 1 2 3 4 5 6	My memory of the events I experienced is extremely blurred and hazy.
27. I relinquished control and became receptive and passive to what I was experiencing.	0 1 2 3 4 5 6	I was willfully controlling what I was experiencing.
28. I noticed no changes in the size, shape, or perspective of the objects in the world around me.	0 1 2 3 4 5 6	Objects in the world around me changed in size, shape, or perspective.
29. My attention was completely inner-directed.	0 1 2 3 4 5 6	My attention was completely outer-directed.
30. My thought processes were nonrational and very hard to comprehend.	0 1 2 3 4 5 6	My thought processes were rational and easy to comprehend.
31. I felt no sense of timelessness; time flowed as I usually experience it.	0 1 2 3 4 5 6	Time stood still; there was no movement of time at all.
32. I felt no emotions of rage whatsoever.	0 1 2 3 4 5 6	I felt enraged.
33. I was forever distracted and unable to concentrate on anything.	0 1 2 3 4 5 6	I was able to concentrate quite well and was not distracted.
34. I felt very, very sad.	0 1 2 3 4 5 6	I felt no feelings of sadness whatsoever.

35. I felt ecstatic and joyful.	0 1 2 3 4 5 6	I felt no feelings of being ecstatic or joyful.
36. I experienced no feelings of love.	0 1 2 3 4 5 6	I experienced very strong feelings of love.
37. My state of awareness was not unusual or different from what it ordinarily is.	0 1 2 3 4 5 6	I felt in an extraordinarily unusual and nonordinary state of awareness.
38. I cannot remember what I experienced.	0 1 2 3 4 5 6	I can remember just about everything that I experienced.
39. I became aware of very intense sexual feelings.	0 1 2 3 4 5 6	I experienced no sexual feelings.
40. My visual imagery was so vivid and three-dimensional, it seemed real.	0 1 2 3 4 5 6	My visual imagery was so vague and diffuse, it was hard to get an image of anything.
41. I felt very frightened.	0 1 2 3 4 5 6	I felt no emotions of being frightened.
42. I experienced a great deal of visual imagery.	0 1 2 3 4 5 6	I experienced no visual imagery at all.
43. I was not aware of being aware of myself at all; I had no self-awareness.	0 1 2 3 4 5 6	I was very aware of being aware of myself; my self-awareness was intense.
44. I was silently talking to myself a great deal.	0 1 2 3 4 5 6	I did not engage in any silent talking to myself.
45. My thinking was clear and understandable.	0 1 2 3 4 5 6	My thinking was unclear and not easy to understand.
46. My body ended at the boundary between my skin and the world.	0 1 2 3 4 5 6	I felt my body greatly expanded beyond the boundaries of my skin.
47. My attention was completely directed toward my own internal, subjective experience.	0 1 2 3 4 5 6	My attention was completely directed toward the world around me.
48. The muscles of my body felt very tense and tight.	0 1 2 3 4 5 6	The muscles of my body felt very loose and relaxed.
49. My perception of the flow of time changed drastically.	0 1 2 3 4 5 6	I noticed no changes in my perception of the flow of time.
50. My perception of the world changed drastically.	0 1 2 3 4 5 6	I noticed no changes in my perception of the world.
51. I had an experience which I would label as very religious, spiritual, or transcendental.	0 1 2 3 4 5 6	I did not have any experience which I would label as religious, spiritual, or transcendental.
52. The thoughts and images I had were under my control; I decided what I thought or imagined.	0 1 2 3 4 5 6	Images and thoughts popped into my mind without my control.
53. My state of consciousness was not any different or unusual from what it ordinarily is.	0 1 2 3 4 5 6	I felt in an extremely different and unusual state of consciousness.

*Information on manual scoring sheets for this inventory may be obtained by writing to the Mid-Atlantic Educational Institute, Inc., 309 North Franklin Street, West Chester, PA 19380-2765. Information on the reliability and validity of this instrument, how to computer score and use it, past research, and clinical applications are contained in the book, **Quantifying Consciousness: An Empirical Approach**, published by Plenum Publishing Corporation, 1991 (and available from Mid-Atlantic). Individuals interested in workshop information concerning the research and clinical applications of self-report psychophenomenological state instruments in mapping the structures and patterns of consciousness, and states and altered states of consciousness, are encouraged to write to Mid-Atlantic.*



## PHENOMENOLOGY OF CONSCIOUSNESS INVENTORY (PCI) FORM 1, SCORING SHEET AND INSTRUCTIONS

This PCI scoring sheet allows for the PCI to be hand scored. To score the PCI, Form 1, complete the inside of this form as follows:

1. Open up the inside page, rotate the sheet 90 degrees, and fill in the person's identification number or name, the date, and the code used (at the top or bottom of the sheet). (When using the scoring sheet, you may want to fold it in half and transfer the first 30 items to the top half of the sheet. Flip the form over and transfer the remaining items to the bottom half of the sheet. Then unfold the sheet to total up the items.)
2. You will notice that the scoring sheet is divided into rows and column. The rows correspond to a particular item number on the PCI while the columns correspond to the (sub)dimension to which an item belongs. At the intersection of an item row and its corresponding (sub)dimension column is a scoring block "□." For those scoring blocks not preceded by "6 - \_\_\_" = "merely transfer the number circled for a particular item of the PCI (which will consist of a number from "0" to "6") to the block on the scoring sheet corresponding to that item. For any item whose scoring block is preceded by "6 - \_\_\_" = "write in the number circled on the PCI in the blank, subtract from "6," and put the result in the scoring block.

As an example, for item number one of the PCI, if the person has circled the "3," write a "3" in row one in the scoring block that is in column AB. If the person has circled the "4" for item number two, put a "4" in the blank before the equals sign of item number two, subtract from "6," and put a "2" in the scoring block corresponding to column RA.

3. After the circled numbers for items one through fifty-three of the PCI have been transferred to the scoring sheet, you now need to total the results. Simply add up the numbers of each column that are in the scoring blocks in that column, and put the total in the block underneath the darkened horizontal black line associated with the row labeled "TOT." Blocks with a " - " in the TOT row are PCI major dimensions that are not associated with any numbers taken directly from the PCI questionnaire.

As an example, for the first column to the left (associated with the column labeled AE), no number would be written in, since the block here in the TOT row is associated with a " - ." For column two, associated with the column labeled BI, total the numbers written in scoring blocks associated with rows 11, 26, and 51, and put the total in the block associated with the row TOT and the column BI.

4. You are now ready to compute the PCI major dimensions that are composed of two or more subdimensions. In the row marked "SUM", notice the "Xs." To the left of each group of "Xs" is a blank "\_\_\_." Sum the numbers above each group of "Xs" and put the total to the line to the left of each group of "Xs." There are five groups of "Xs" corresponding to 5 major dimensions of the PCI, that of Altered Experience, Positive Affect, Negative Affect, Attention, and Imagery. These are major dimensions that are composed of two or more subdimensions.

As an example, for the column at the bottom labeled AE total the numbers in the TOT row corresponding to the subdimensions BI, TS, PE, and MN, and put that total sum to the left of the four "Xs" on the blank corresponding to the column AE and row SUM.

5. To compute the numbers for the "AVE" row, divide the number in either the TOT or the SUM row by the number listed in the "DIV" row. (You may want to write the numbers in sideways.)

**NOTE: THE NUMBERS IN EACH OF THE SQUARES OF THE "AVE" ROW REPRESENT THE (SUB)DIMENSION INTENSITY SCORES FOR THE PCI (SUB)DIMENSION LISTED AT THE BOTTOM OF THE SHEET.**

The PCI (sub)dimension and its abbreviation are as follows: AE = altered experience; BI = body image; TS = time sense; PE = perception; MN = unusual meanings; PA = positive affect; JY = joy; SE = sexual excitement; LO = love; NA = negative affect; AN = anger; SD = sadness; FE = fear; ATT = attention; DR = direction of attention; AB = absorption; IM = imagery; IA = imagery amount; IV = imagery vividness; SA = self-awareness; AS = altered state of awareness; AR = arousal (decreased relaxation); RA = rationality; VC = volitional control; ME = memory; and ID = internal dialogue.

6. It is now necessary to compute the reliability index score. The next row under the AVE row is entitled "REL." This row consists of five sets of bolded blocks with a diagonal "■." Above the column with the bisected square at the bottom of the page, are two scoring blocks with a bolded "R" above or below them. These two scoring blocks with the associated "Rs" are the reliability item-pairs. In the upper half of the bisected square, put the number in the upper scoring block associated with an "R", and in the lower half of the bisected square, put the number in the lower scoring block associated with an "R."

Now take the absolute difference between these two numbers (which means to drop the minus sign if the result is a negative number) and put this number in the block associated with the row labeled "SCOR." Add up the numbers in the five bolded squares of the SCOR row (associated with PCI (sub)dimensions SE, DR, IA, AS, and ID) and put the total in the bolded rectangle to the far right. Take the number in that bolded rectangle, divide by five, and put the obtained average in the bolded block above the label "RI."

As an example, if the numbers in the scoring blocks associated with Rs for the column SE are "5" and "6," in the upper half of the bisected square of the REL row, you would write in a "5;" in the lower bisected square, you would write in a "6." Subtracting "6" from "5" leaves minus "1." However, you drop the minus sign. Thus, in the bolded square associated with the row SCOR and column SE, you would write in a "1." If the other four numbers were "2," "1," "3," and "4," then the sum would be "11" and this number would be put in the rectangle to the far right above the "/5." Eleven divided by "5" equals "2.2," and hence this number would be written in the bolded rectangle above the bolded RI.

**NOTE: THIS NUMBER REPRESENTS THAT SUBJECT'S RELIABILITY INDEX SCORE. SCORES CAN RUN BETWEEN 0 AND 6. A SCORE OF 3 REPRESENTS RANDOM RESPONDING. GENERALLY, THE SUBJECT'S RELIABILITY INDEX SCORE SHOULD BE LESS THAN 2.0.**