NDE Scale

Description of the NDE Scale

The NDE Scale has been derived from a previous questionnaire including 80 manifestations commonly described in the phenomenological literature of NDEs. Among these 80 manifestations, the 40 items most commonly reported were selected. A later analysis lead to the exclusion of further seven items because of their redundancy or ambiguity, with the remaining 33 items being reworded into questions with 3-point-scaled answers, to allow the scoring of each item as definitely present, questionable or atypical, and definitively absent (Greyson, 1983). This preliminary 33-item questionnaire was administered to 67 subjects two times in order to assess internal consistency and test–retest reliability. The final NDE Scale resulting from this process included 16 questions grouped into four psychologically meaningful clusters: the cognitive cluster, the affective cluster, the paranormal cluster, and the transcendental cluster. For each item, the scores are arranged on an ordinal scale ranging from 0 to 2 (i.e., 0 = “not present,” 1 = “mildly or ambiguously present,” and 2 = “definitively present”) (Greyson, 1983; Lange et al., 2004).

Questions and weighted response for the NDE Scale:

1. Did time seem to speed up or slow down?

   0 = No

   1 = Time seemed to go faster or slower than usual

   2 = Everything seemed to be happening at once; or time stopped or lost all meaning

2. Were your thoughts speeded up?

   0 = No

   1 = Faster than usual

   2 = Incredibly fast

3. Did scenes from your past come back to you?

   0 = No

   1 = I remembered many past events

   2 = My past flashed before me, out of my control

4. Did you suddenly seem to understand everything?

   0 = No

   1 = Everything about myself or others

   2 = Everything about the universe

5. Did you have a feeling of peace or pleasantness?

   0 = No

   1 = Relief or calmness

   2 = Incredible peace or pleasantness
6. Did you have a feeling of joy?
   0 = No
   1 = Happiness
   2 = Incredible joy

7. Did you feel a sense of harmony or unity with the universe?
   0 = No
   1 = I felt no longer in conflict with nature
   2 = I felt united or one with the world

8. Did you see, or feel surrounded by, a brilliant light?
   0 = No
   1 = An unusually bright light
   2 = A light clearly of mystical or other-worldly origin

9. Were your senses more vivid than usual?
   0 = No
   1 = More vivid than usual
   2 = Incredibly more vivid

10. Did you seem to be aware of things going on elsewhere, as if by extrasensory perception (ESP)?
    0 = No
    1 = Yes, but the facts have not been checked out
    2 = Yes, and the facts have been checked out

11. Did scenes from the future come to you?
    0 = No
    1 = Scenes from my personal future
    2 = Scenes from the world’s future

12. Did you feel separated from your body?
    0 = No
    1 = I lost awareness of my body
    2 = I clearly left my body and existed outside it
13. Did you seem to enter some other, unearthly world?
   
   0 = No
   
   1 = Some unfamiliar and strange place
   
   2 = A clearly mystical or unearthly realm

14. Did you seem to encounter a mystical being or presence, or hear an unidentifiable voice?

   0 = No
   
   1 = I heard a voice I could not identify
   
   2 = I encountered a definite being, or a voice clearly of mystical or unearthly origin

15. Did you see deceased or religious spirits?

   0 = No
   
   1 = I sensed their presence
   
   2 = I actually saw them

16. Did you come to a border or point of no return?

   0 = No
   
   1 = I came to a definite conscious decision to “return” to life
   
   2 = I came to a barrier that I was not permitted to cross; or was “sent back” against my will.

