

Probe questions for each domain of AANEX

The wording shown below is for an account anchored to experiences occurring at the present time (except for section B). The wording is adjusted to the past tense if anchored to a retrospective account. The domains comprising the brief format are marked with an asterisk. Additional probes are used in the full format, to elicit changes in response style over time. The full schedule and scoring manual is available on request from the first author.

A Inventory

The full probes and scoring manual for the AANEX Inventory is available on request from the first author.

B Context of first onset

To start with, I'd like you to think back to the first time(s) you experienced or noticed this.

Q Can you tell me what your life was like when you had [the experience]?

Q What kind of living situation were you in?

Q Were there any particularly difficult or exciting events happening to you at the time?

Q How were you feeling emotionally at this time?

***C Appraisal**

Q When you have [that experience], what do you think has happened/is going on?

If EXPERIENCE described → What sense do you make of it?

Did you think there is an explanation for it?
If BELIEF described → What do you experience that leads you to think that?

If information not spontaneously given →

Q Do you think [the experience] is beneficial or a bad sign for you?

Q Do you think [the experience] is dangerous or harmless/benign?

Q Do you think [this] is caused by changes in you, or something outside of you?

Q Do you think [this] is caused by somebody in particular, or by something else?

***D Emotional Response**

Q How do you feel when [this] happens?

Q Do you feel very surprised, puzzled or curious?

Q Do you have any bad feelings, worries, or fears?

Q Do you have any good feelings at all?

You've told me you tend to feel [feeling] –

Q Can I ask you to tell me how anxious you feel? Say, from 1 to 5, if 1 is 'not at all', and 5 is 'as anxious as you've ever been'?

Q Could you give me an idea of how excited you are when you experience [that]? From 1 to 5, if 1 is 'not at all' and 5 is 'as excited as you've ever been'?

***E Cognitive and behavioural Response**

Now I'm interested in how you respond to that experience. So, you've told me [reflect participant's description of *actual occurrence of experience, e.g. most recent*].

Q As [this] is happening, what do you think?

Q What do you do?

F Context of Appraisal

Q What effect has this experience had on how you see yourself?

– Does it tend to make you see yourself in a better light, make you feel worse about yourself, or not have any effect?

*Q Do you feel your experience would be understood by people that you know, or do you feel it would be best to keep quiet about it?

If yes, know someone who would understand →

– Do you think they've had a similar experience themselves?

*Q When you experience [this], how much control do you have over the experience?

– For example, can you stop the experience when you want, or do you deliberately elicit it/bring it on?

*Q Do you try to control it? Control your reaction or what you think about it?
If yes → In what ways?

*Q Were you aware that these experiences could occur before it happened to you?

If yes → When it happened, did you know what was happening because of this information you had, or was it different?

[Only rated for first onset]

Q When [this] happens, does it seem impossible/do you feel very confused, puzzled, or surprised?

If yes → Is it important for you to work out what is going on, or do you take it at face value?

Do you think about it a lot, trying to understand, or do you avoid trying to work it out?

If no → Do you feel as though you are getting a new or better understanding of how things are?

If yes → Do you think about this understanding a lot, trying to work out the details, or do you feel it's not important?

If no → Do you think a lot about why or how your experiences happen, or what it means?

G Alternative Interpretations

I want to ask you about some other ways of explaining what you experience, and whether you agree that they are valid explanations or not.

Q Do you think it is possible that your experience(s) are caused by your mind, in that there are psychological reasons or explanations for [them]?

Q Do you think that your experience is in any way related to drug use?

Q Do you think that there may be spiritual processes involved in your experience(s)?

Q Do you think it is possible that your experience(s) could be the result of some illness, or disorder to do with your brain?

Q Do you think it is possible that supernatural forces are involved in your experience(s), such as invisible or other-worldly beings, agencies, or forces?

Q Do you think it is possible that your experience(s) could be normal, or are a natural capacity of human beings?

Q Do you think it is possible that your experience(s) were deliberately caused by other people?

Q Do you think that your experience(s) have no explanation?

H Implications of appraisal

Q Do you feel very unusual or special to experience these things?

– Among the people you know well, how many/what proportion do you think have/have had experiences similar to you? And as often/for as long as you?

Q Do you think anybody has the potential to have experiences like this, or do you think only certain people have the potential?

Do you think anyone would have the same experiences as you if they were in certain circumstances?

If 'only some' → Do you think that only few particular people are likely to have this experience, some, or many?

Q Have these experiences altered the way you understand the world?

If yes → Have they just affected details, or did they alter the whole way you understand the nature of the world?

– Could you tell me a little about these changes? How has your perspective changed?

Q How important have [these events] been for your understanding of your life and your place in the world?

Did [this] change how you see yourself?

If yes → Do you feel that you have changed permanently/shed aspects of your old self?

– Could you tell me a little about the change in your view of yourself?

I Open section

Q Are there any other aspects of your experience which you feel are important, which you'd like to tell me about?

Q Has there been anything you've done which you feel has helped you to cope with/integrate these experiences? Or anything about your situation?