

Moral Injury Outcome Scale (MIOS)

ABBREVIATED VERSION (A)
MIOS-A-ENG-V1.1
2026-09-18

This questionnaire asks about experiences you may have had after a very stressful experience in which:

- **You did something (or failed to do something)** that went against your moral code or values (e.g., you harmed someone or failed to protect someone from harm), or
- **You saw someone** (or people) do something or fail to do something that went against your moral code or values (e.g., you witnessed cruel behaviour), or
- **You were directly affected** by someone doing something or failing to do something that went against your moral code or values (e.g., being betrayed by someone you trusted).

Have you had an experience (or experiences) as described above?

☐ Yes



☐ No ➔

STOP

You do not have to complete this questionnaire.

Keeping this worst event in mind, please read each of these statements and circle one of the numbers to the right to indicate how much you would agree with the statement in the past month.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
1. I blame myself.	0	1	2	3	4
2. I have lost faith in humanity.	0	1	2	3	4
3. People would hate me if they really knew me.	0	1	2	3	4
4. I have trouble seeing goodness in others.	0	1	2	3	4
5. People don't deserve second chances.	0	1	2	3	4
6. I am disgusted by what happened.	0	1	2	3	4
7. I feel like I don't deserve a good life.	0	1	2	3	4
8. I keep myself from having success.	0	1	2	3	4
9. I no longer believe there is a higher power.	0	1	2	3	4
10. I lost trust in others.	0	1	2	3	4
11. I am angry all the time.	0	1	2	3	4
12. I am not the good person I thought I was.	0	1	2	3	4
13. I have lost pride in myself.	0	1	2	3	4
14. I cannot be honest with other people.	0	1	2	3	4