

Four-Item Mentalising Index (FIMI)

The FIMI is a self-report measure to assess an individual's mentalising, or Theory of Mind, ability. That is, their ability to understand and infer the cognitions of others, such as their perceptions, intentions, and beliefs.

It is designed for use in English-speaking adults aged 18 and above, including autistic people.

Read each statement and indicate the extent to which you agree or disagree.

	Strongly Disagree	Slightly Disagree	Slightly Agree	Strongly Agree
1 I find it easy to put myself in somebody else's shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I sometimes find it difficult to see things from other people's point of view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I sometimes try to understand my friends better by imagining how things look from their perspective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I can usually understand another person's viewpoint, even if it differs from my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring

Items 1, 3, and 4 are scored on a scale from 1 (*Strongly Disagree*) to 4 (*Strongly Agree*). Item 2 is reverse scored. Total scores range between 4 and 16.

Reference

Clutterbuck, R. A., Callan, M. J., Taylor, E. C., Livingston, L. A., & Shah, P. (2021). Development and validation of the Four-Item Mentalising Index (FIMI). *Psychological Assessment*.

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