

## THE INVOLUNTARY MUSICAL IMAGERY SCALE (IMIS)

Do you have a tune stuck in your head?

This experience is also known as involuntary musical imagery (INMI) or “having an earworm”. An earworm is a short section of music that comes into your mind without effort (it is involuntary; i.e. it comes even though you did not have any intention to retrieve or remember the music) and then repeats by itself spontaneously (i.e. without you consciously trying to replay the music) at least once, on a loop. It may have words or it may just be a melody or a rhythm.

The Involuntary Musical Imagery Scale (IMIS; section B), shown below, is used to study this experience and consists of 15 items. Two additional items (16, 17) are used to measure INMI duration independently of the IMIS.

For each item there are 5 possible responses. Please write a number next to each statement, from the scale shown above the items, that best describes your earworm experience. Before continuing to the IMIS, please first complete the statement in Section A. **If your response is “Never” then please do not complete the rest of the questionnaire.**

**A.**

<b>1</b> Never	<b>2</b> Once a month	<b>3</b> Once a week	<b>4</b> Several times a week	<b>5</b> Several times a day	<b>6</b> Almost continuously
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On average, I experience earworms: \_\_\_\_\_

**B.**

### IMIS

<b>1</b> Never	<b>2</b> Not very often	<b>3</b> Sometimes	<b>4</b> Most of the time	<b>5</b> Always
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\_\_\_\_\_ 1. Earworms help me when I'm trying to get things done

\_\_\_\_\_ 2. It worries me when I have an earworm stuck in my head

\_\_\_\_\_ 3. When I get an earworm I move to the beat of the imagined music

\_\_\_\_\_ 4. My earworms agitate me

\_\_\_\_\_ 5. Personal issues trigger my earworms

\_\_\_\_\_ 6. I wish I could stop my earworms

\_\_\_\_\_ 7. The way I move is in sync with my earworms

\_\_\_\_\_ 8. I find my earworms irritating

\_\_\_\_\_ 9. When I get an earworm I try to block it

\_\_\_\_\_ 10. My earworms result from unresolved matters

\_\_\_\_\_ 11. I find my earworms help me focus on the task that I'm doing

\_\_\_\_\_ 12. The experience of my earworms is unpleasant

\_\_\_\_\_ 13. The rhythms of my earworms match my movements

\_\_\_\_\_ 14. I try hard to get rid of my earworms

\_\_\_\_\_ 15. The content of my earworms mirrors my state of worry or concern

16. On average, my earworm (the section of music that is stuck) lasts: \_\_\_\_\_

- a. Less than 5 seconds
- b. Between 5 and 10 seconds
- c. Between 10 and 30 seconds
- d. Between 30 seconds and 1 minute
- e. More than 1 minute

17. On average, one earworm episode (a period of time when one particular tune gets stuck) lasts: \_\_\_\_\_

- a. Less than 10 minutes
- b. Between 10 minutes and half an hour
- c. Between half an hour and 1 hour
- d. Between 1 and 3 hours
- e. More than 3 hours

**Please check: Did you write a number/letter for each statement?**

**IMIS Scoring:**

Negative Valence: 2, 4, 6, 8, 9, 12, 14

Movement: 3, 7, 13

Personal Reflections: 5, 10, 15

Help: 1, 11