

Moral Injury Outcome Scale (MIOS): Scoring Instructions and Preliminary Recommendations for Determining Extent of Moral Injury (March 2022)

The MIOS is a self-report questionnaire that assesses psychosocial outcomes from exposure to potentially morally injurious events (PMIEs). The MIOS can be used in research and clinical settings as part of a mental health assessment to identify exposure to an index potentially morally injurious experience and to assess the presence and severity of potential moral injury outcomes. Similarly, it can be used to track change in MI symptoms in treatment. There are two versions. One is for research purposes and the other is a brief version for most clinical applications but can also be used for research.

The research version of the MIOS has two-pages. The first page entails an assessment of:

- (1) exposure to one or more of three broad types of PMIEs, defined as events that went against the person's moral code or values (doing something or failing to do something, observing someone else acting or failing to act, or being directly impacted by someone else [or people] acting or failing to act);
- (2) whether the worst and most currently distressing event meets the Criterion-A definition of a traumatic event;
- (3) in those cases when the PMIE is a traumatic event, PTSD symptoms endorsed. The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5; Prins et al., 2016) is used for #2 and #3. A score of 3 on the PC-PTSD-5 represents a positive screen for PTSD.

The second page includes the 14 MIOS items, indexed to the PMIE that is the worst and most currently distressing. Respondents are asked to indicate how strongly they agree with each statement in the past month with ratings on a 5-point Likert scale, 0=strongly disagree 1=disagree 2=neither agree or disagree 3=agree and 4= strongly agree. The MIOS comprises two subscales with seven items in each: Shame-related subscale items 1, 3, 7, 8, 12, 13 and 14; and Trust-violation-related subscale items 2, 4, 5, 6, 9, 10 and 11. The total score range is 0-56 for the overall scale and 0-28 for each of the two subscales. With respect to symptom severity, the following categorization is offered as a guide: 14-28 = mild; 29-42 = moderate; 43-56 = severe.

The MIOS is followed by the Brief Inventory of Psychosocial Functioning (B-IPF; Kleiman et al., 2020) in which individuals are asked to rate the degree of functional impact of the MIOS symptoms endorsed across 8 domains (romantic relationships, relationships with children, family relationships, friendships or socializing, work, training and education, day to day activities and religious faith/spirituality). The religious faith/spirituality item has been added to the original 7-item B-IPF. Respondents only rate the domains that are relevant to them. The B-IPF total score is calculated by summing the scale items completed by the respondent, dividing by the maximum possible score based upon the number of applicable items and multiplying by 100. B-IPF total scores represent an index of overall functional impairment, with higher scores indicating greater functional impairment.

Moral injury "caseness" requires consideration of a combination of symptom severity and substantial functional impairment associated with those symptoms. Future research will investigate the optimal threshold severity score on the MIOS that is associated with functionally impairing MI. In the Australian sample used in the MIOS validation study, a score of 37 or above on the MIOS (1 standard deviation above the mean) was associated with functional impairment and so this score can be considered to indicate probable MI in this sample. However, the score associated with MI "caseness" may differ across different study populations and further research is required to establish the optimal severity score across populations.

The sharing of de-identified MIOS data with the International Collaboration is strongly encouraged. All available data will contribute to the generation of population norms and the caseness definition.

The brief clinical version of the MIOS is one page long and assesses exposure to PMIEs, moral injury outcomes, and functional impact only.