

## **Research & Academic Resources**

- Multiplicity: An Explorative Interview Study on Personal Experiences of People with Multiple Selves  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5468408/>
- Multiplex vs. Multiple Selves: Distinguishing Dissociative Disorders  
<https://www.jstor.org/stable/27903660?seq=1>
- A Phenomenological Inquiry into the Lived Experiences of Persons Diagnosed with Dissociative Identity Disorder  
<https://www.proquest.com/openview/6407846040def4ae41f0c8c0a2612c13/1?pg-origsite=gscholar&cbl=18750&diss=y>
- Multiplicity of Consciousness  
<https://journals.sagepub.com/doi/abs/10.2190/2151-EFBQ-5E8L-024C>
- Tulpas and Mental Health: A Study of Non-Traumagenic Plural Experiences  
<http://doi.org/10.12691/rpbs-5-2-1>
- Separating Fact from Fiction: An Empirical Examination of Six Myths About Dissociative Identity Disorder  
[https://journals.lww.com/hrpjournal/Fulltext/2016/07000/Separating\\_Fact\\_from\\_Fiction\\_\\_An\\_Empirical.2.aspx](https://journals.lww.com/hrpjournal/Fulltext/2016/07000/Separating_Fact_from_Fiction__An_Empirical.2.aspx)
- Neurodiversity Studies: A New Critical Paradigm  
[https://openresearchlibrary.org/ext/api/media/cea380f8-1942-41ef-91a9-82f6192c0a7e/assets/external\\_content.pdf](https://openresearchlibrary.org/ext/api/media/cea380f8-1942-41ef-91a9-82f6192c0a7e/assets/external_content.pdf)
- Dissociation : Vol. 2, No. 1, p. 052-056: Multiple personality disorder: disorder with human and non-human subpersonality components  
<https://scholarsbank.uoregon.edu/xmlui/handle/1794/1415>
- Dissociation : Vol. 3, No. 4, p. 218-221 : Animal alters: case reports  
<https://scholarsbank.uoregon.edu/xmlui/handle/1794/1854>
- Aiding the diagnosis of dissociative identity disorder: pattern recognition study of brain biomarkers  
<https://doi.org/10.1192/bjp.2018.255>
- Can the DSM-5 differentiate between nonpathological possession and dissociative identity disorder? A case study from an Afro-Brazilian religion  
<https://doi.org/10.1080/15299732.2015.1103351>

- Conceptualizing multiplicity spectrum experiences: A systematic review and thematic synthesis  
<https://onlinelibrary.wiley.com/doi/full/10.1002/cpp.2910>
- It's just a body: A community-based participatory exploration of the experiences and health care needs for transgender plural people  
<https://www.sciencedirect.com/science/article/abs/pii/S246874992300042X>
- Dissociative symptoms in individuals with gender dysphoria: is the elevated prevalence real?  
<https://pubmed.ncbi.nlm.nih.gov/25656174/>

### **Plural Community Information & Resources**

- More Than One  
<https://morethanone.info/>
- Crash Course to Plurality  
<https://sites.google.com/view/crashcoursetoplurality/home?authuser=0>
- Plural Respect  
<https://pluralrespect.neocities.org/>
- Plural Self-Respect  
<https://pluralrespect.neocities.org/#selfrespect/#>
- Power to the Plurals: Plural Resources for Everyman  
<https://powertotheplurals.com/>
- r/plural (Plural Subreddit) FAQ  
<https://www.reddit.com/r/plural/wiki/faqs/>
- Rules of Engagement: Plural Etiquette  
<https://www.exunoplures.org/main/articles/intro-material/rules/>
- Plural Etiquette Questionnaire  
<https://healthymultiplicity.com/loonybrain/Info/HungryGhosts-PluralEtiquetteQuestionnaire.htm>
- Switching and Passive Influence  
[https://did-research.org/did/identity\\_alteration/switching](https://did-research.org/did/identity_alteration/switching)

- Understanding Multiplicity  
<https://www.mmu.ac.uk/mmud8/media/10605/download>
- The Multiple Code  
<https://sites.google.com/view/multiplecode/home?authuser=0>
- Multiplicity and Plurality Wiki: Median System  
[https://multiplicity.fandom.com/wiki/Median\\_System](https://multiplicity.fandom.com/wiki/Median_System)
- Pronouns.cc: Create and share all your pronouns  
<https://pronouns.cc/>
- Crisses' Coming Out Tips  
<https://kinhost.org/Main/ComingOut>

### **Other Plurality-Related Information & Resources**

- Varieties of Tulpa Experiences: Sentient Imaginary Friends, Embodied Joint Attention, and Hypnotic Sociality in a Wired World:  
<http://somatosphere.net/2015/04/varieties-of-tulpa-experiences-sentient-imaginarily-friends-embodied-joint-attention-and-hypnotic-sociality-in-a-wired-world.html>
- “Multiple Systems” versus Dissociative Identity Disorder: Life-Style or Mental Illness?  
<https://www.lycoming.edu/schemata/pdfs/Sullivan.pdf>
- Article: Exploring the experiences of young people with multiplicity  
<https://www.youthandpolicy.org/articles/young-people-with-multiplicity/>
- Plurality in Psychology | Traits, Causes & Examples  
<https://study.com/academy/lesson/plural-system-history-traits-examples-plurality.html>
- The Modern False Memory Syndrome Movement in the United States  
<https://ritualabuse.us/smart-conference/2022-conference/the-modern-false-memory-syndrome-movement-in-the-united-states-neil-brick/>
- Who Am I? What 'Identity' Means in Dissociative Identity Disorder  
<https://themighty.com/topic/dissociative-identity-disorder/identity-dissociative-identity-disorder-did/>
- Are Multiple Personalities Always a Disorder?  
<https://vice.com/en/article/vdxgw9/when-multiple-personalities-are-not-a-disorder-400>