



Deenz Kleptomania Inventory (DKI) Questionnaire

Instructions

Deenz Kleptomania Inventory (DKI) contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Never (0)	Rarely (1)	Sometim es (2)	Often (3)	Very Often (4)
1	I experience a sudden, uncontrollable urge to take items that do not belong to me.	☐	☐	☐	☐	☐
2	I feel a growing sense of tension or anxiety right before I steal an item.	☐	☐	☐	☐	☐
3	I find myself planning or thinking about taking things when walking through retail stores.	☐	☐	☐	☐	☐
4	I am able to easily resist the urge to take items that do not belong to me.	☐	☐	☐	☐	☐
5	The desire to take things feels like an intrusive physical or mental craving.	☐	☐	☐	☐	☐

#	Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Very Often (4)
6	I find myself taking items even when I have more than enough money to pay for them.	☐	☐	☐	☐	☐
7	When I see unattended objects, I feel an immediate impulse to pocket or conceal them.	☐	☐	☐	☐	☐
8	Taking an item gives me a temporary sense of relief or release from internal stress.	☐	☐	☐	☐	☐
9	I feel an intense rush of pleasure or excitement at the moment I successfully steal something.	☐	☐	☐	☐	☐
10	The act of taking an item makes me feel powerful or in control during times of stress.	☐	☐	☐	☐	☐
11	I feel neutral or indifferent after taking something, experiencing no change in my mood.	☐	☐	☐	☐	☐
12	I steal primarily because I genuinely need the item or cannot afford it.	☐	☐	☐	☐	☐
13	The emotional "high" I get from taking things is difficult to replicate with any other activity.	☐	☐	☐	☐	☐

#	Statement	Never (0)	Rarely (1)	Sometim es (2)	Often (3)	Very Often (4)
14	I feel an overwhelming sense of guilt, shame, or regret after the initial rush of stealing subsides.	☐	☐	☐	☐	☐
15	I hide, hoard, or secretly discard the items I have taken because I do not actually want or need them.	☐	☐	☐	☐	☐
16	I worry about the legal, social, or professional consequences of my urge to take things.	☐	☐	☐	☐	☐
17	My relationships or daily life have been disrupted due to my secretive behaviors or thoughts around taking items.	☐	☐	☐	☐	☐
18	I have tried to stop taking items on my own but found myself unable to control the behavior over time.	☐	☐	☐	☐	☐
19	I feel comfortable and at peace with my habits regarding personal property and shopping.	☐	☐	☐	☐	☐
20	I spend a significant amount of time ruminating on past episodes of taking items, fearing exposure.	☐	☐	☐	☐	☐

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

4, 11, 12, 19

Reverse Scoring Formula

0 → 4

1 → 3

2 → 2

3 → 1

4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Impulsive Urges & Tension	1, 2, 3, 4, 5, 6, 7	7
Gratification & Affective Relief	8, 9, 10, 11, 12, 13	6
Post-Theft Distress & Impairment	14, 15, 16, 17, 18, 19, 20	7

Raw Score Ranges

Scale	Items	Possible Range
Impulsive Urges & Tension	7	0–28
Gratification & Affective Relief	6	0–24
Post-Theft Distress & Impairment	7	0–28
Overall Score	20	0–80

Source

DM Dar. Development and Validation of Deenz Kleptomania Inventory (DKI-20). DrDeenz Psychometrics Lab. February, 2026 [PREPRINT].

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Interactive Version: [Deenz Kleptomania Inventory \(DKI\)](#)