

Scale-II (DES-II)

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DIRECTIONS

This questionnaire consists of twenty-eight questions about experiences that you may have in your daily life. We are interested in how often you have these experiences. It is important, however, that your answers show how often these experiences happen to you when you **are not** under the influence of alcohol or drugs.

To answer the questions, please determine to what degree the experience described in the question applies to you, and circle the number to show what percentage of the time you have the experience.

Example:

(never)											
0%	(10)	20	30	40	50	60	70	80	90	100%	(always)

Date: _____ Age: _____ Sex: M F

1. Some people have the experience of driving or riding in a car or bus or subway and suddenly realizing that they don't remember what has happened during all or part of the trip. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
2. Some people find that sometimes they are listening to someone talk and they suddenly realize that they did not hear part or all of what was said. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
3. Some people have the experience of finding themselves in a place and having no idea how they got there. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
4. Some people have the experience of finding themselves dressed in clothes that they don't remember putting on. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
5. Some people have the experience of finding new things among their belongings that they do not remember buying. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
6. Some people sometimes find that they are approached by people that they do not know, who call them by another name or insist that they have met them before. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
7. Some people sometimes have the experience of feeling as though they are standing next to themselves or watching themselves do something and they actually see themselves as if they were looking at another person. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
8. Some people are told that they sometimes do not recognize friends or family members. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%

9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation). Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
10. Some people have the experience of being accused of lying when they do not think that they have lied. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
11. Some people have the experience of looking in a mirror and not recognizing themselves. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
12. Some people have the experience of feeling that other people, objects, and the world around them are not real. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
13. Some people have the experience of feeling that their body does not seem to belong to them. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
14. Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
15. Some people have the experience of not being sure whether things that they remember happening really did happen or whether they just dreamed them. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
16. Some people have the experience of being in a familiar place but finding it strange and unfamiliar. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%
17. Some people find that when they are watching television or a movie they become so absorbed in the story that they are unaware of other events happening around them. Circle a number to show what percentage of the time this happens to you.
0% 10 20 30 40 50 60 70 80 90 100%

18. Some people find that they become so involved in a fantasy or daydream that it feels as though it were really happening to them. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

19. Some people find that they sometimes are able to ignore pain. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

20. Some people find that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

21. Some people sometimes find that when they are alone they talk out loud to themselves. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

22. Some people find that in one situation they may act so differently compared with another situation that they feel almost as if they were two different people. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

23. Some people sometimes find that in certain situations they are able to do things with amazing ease and spontaneity that would usually be difficult for them (for example, sports, work, social situations, etc.). Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

24. Some people sometimes find that they cannot remember whether they have done something or have just thought about doing that thing (for example, not knowing whether they have just mailed a letter or have just thought about mailing it). Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

25. Some people find evidence that they have done things that they do not remember doing. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

26. Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

27. Some people sometimes find that they hear voices inside their head that tell them to do things or comment on things that they are doing. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

28. Some people sometimes feel as if they are looking at the world through a fog, so that people and objects appear far away or unclear. Circle a number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

Appendix Two

Child Dissociative Checklist (CDC), Version 3.0

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Date: _____ Age: _____ Sex: M F Identification: _____

Below is a list of behaviors that describe children. For each item that describes YOUR child NOW or WITHIN THE PAST 12 MONTHS, please circle 2 if the item is VERY TRUE of your child. Circle 1 if the item is SOMEWHAT or SOMETIMES TRUE OF your child. If the item is NOT TRUE of your child, circle 0.

- 0 1 2 1. Child does not remember or denies traumatic or painful experiences that are known to have occurred.
- 0 1 2 2. Child goes into a daze or trance-like state at times or often appears "spaced out." Teachers may report that he or she "daydreams" frequently in school.
- 0 1 2 3. Child shows rapid changes in personality. He or she may go from being shy to being outgoing, from feminine to masculine, from timid to aggressive.
- 0 1 2 4. Child is unusually forgetful or confused about things that he or she should know, e.g. may forget the names of friends, teachers or other important people, loses possessions or gets lost easily.

- 0 1 2 5. Child has a very poor sense of time. He or she loses track of time, may think that it is morning when it is actually afternoon, gets confused about what day it is, or becomes confused about when something happened.
- 0 1 2 6. Child shows marked day-to-day or even hour-to-hour variations in his or her skills, knowledge, food preferences, athletic abilities, e.g. changes in handwriting, memory for previously learned information such as multiplication tables, spelling, use of tools or artistic ability.
- 0 1 2 7. Child shows rapid regressions in age-level of behavior, e.g. a twelve-year-old starts to use baby-talk, sucks thumb or draws like a four-year-old.
- 0 1 2 8. Child has a difficult time learning from experience, e.g. explanations, normal discipline or punishment do not change his or her behavior.
- 0 1 2 9. Child continues to lie or deny misbehavior even when the evidence is obvious.
- 0 1 2 10. Child refers to him or herself in the third person (e.g. as she or he) when talking about self, or at times insists on being called by a different name. He or she may also claim that things that he or she did actually happened to another person.
- 0 1 2 11. Child has rapidly changing physical complaints such as headache or upset stomach. For example, he or she may complain of a headache one minute and seem to forget all about it the next.
- 0 1 2 12. Child is unusually sexually precocious and may attempt age-inappropriate sexual behavior with other children or adults.
- 0 1 2 13. Child suffers from unexplained injuries or may even deliberately injure self at times.
- 0 1 2 14. Child reports hearing voices that talk to him or her. The voices may be friendly or angry and may come from "imaginary companions" or sound like the voices of parents, friends or teachers.
- 0 1 2 15. Child has a vivid imaginary companion or companions. Child may insist that the imaginary companion(s) is responsible for things that he or she has done.

- | | | | |
|---|---|---|---|
| 0 | 1 | 2 | 16. Child has intense outbursts of anger, often without apparent cause and may display unusual physical strength during these episodes. |
| 0 | 1 | 2 | 17. Child sleepwalks frequently. |
| 0 | 1 | 2 | 18. Child has unusual nighttime experiences, e.g. may report seeing "ghosts" or that things happen at night that he or she can't account for. (e.g. broken toys, unexplained injuries). |
| 0 | 1 | 2 | 19. Child frequently talks to him or herself, may use a different voice or argue with self at times. |
| 0 | 1 | 2 | 20. Child has two or more distinct and separate personalities that take control over the child's behavior. |

Appendix Three

Adolescent Dissociative Experiences Scale (A-DES), Version 1.0

Judith Armstrong, PhD
Frank W. Putnam, MD
Eve Bernstein Carlson, PhD

DIRECTIONS

These questions ask about different kinds of experiences that happen to people. For each question, circle the number that tells how much that experience happens to you. Circle a "0" if it never happens to you, circle a "10" if it is always happening to you. If it happens sometimes but not all of the time, circle a number between 1 and 9 that best describes how often it happens to you. When you answer, only tell how much these things happen when you HAVE NOT had any alcohol or drugs.

Example:

0 ① 2 3 4 5 6 7 8 9 10
(never) (always)

1. I get so wrapped up in watching TV, reading, or playing video games that I don't have any idea what's going on around me.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
2. I get back tests or homework that I don't remember doing.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
3. I have strong feelings that don't seem like they are mine.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
4. I can do something really well one time and then I can't do it at all another time.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
5. People tell me I do or say things that I don't remember doing or saying.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
6. I feel like I'm in a fog or spaced out and things around me seem unreal.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
7. I get confused about whether I have done something or only thought about doing it.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
8. I look at the clock and realize that time has gone by and I can't remember what has happened.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
9. I hear voices in my head that are not mine.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
10. When I am somewhere that I don't want to be, I can go away in my mind.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)

11. I am so good at lying and acting that I believe it myself.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
12. I catch myself "waking up" in the middle of doing something.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
13. I don't recognize myself in the mirror.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
14. I find myself going somewhere or doing something and I don't know why.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
15. I find myself someplace and don't remember how I got there.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
16. I have thoughts that don't really seem to belong to me.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
17. I find that I can make physical pain go away.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
18. I can't figure out if things really happened or if I only dreamed or thought about them.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
19. I find myself doing something that I know is wrong, even when I really don't want to do it.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
20. People tell me that I sometimes act so differently that I seem like a different person.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)

21. It feels like there are walls inside of my mind.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
22. I find writings, drawings or letters that I must have done but I can't remember doing.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
23. Something inside of me seems to make me do things that I don't want to do.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
24. I find that I can't tell whether I am just remembering something or if it is actually happening to me.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
25. I find myself standing outside of my body, watching myself as if I were another person.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
26. My relationships with my family and friends change suddenly and I don't know why.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
27. I feel like my past is a puzzle and some of the pieces are missing.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
28. I get so wrapped up in my toys or stuffed animals that they seem alive.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
29. I feel like there are different people inside of me.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)
30. My body feels as if it doesn't belong to me.
 0 1 2 3 4 5 6 7 8 9 10
 (never) (always)

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