Adolescent Dissociative Experiences Scale-II (A-DES)

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DIRECTIONS

These questions ask about difference 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" of 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)

idea what's		-			cuunig,	or pluy	ing u vi	ueo gui	ine that	I don'thave a
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
I get back	tests of	r homew	ork tha	t I don'	t remen	nber doi	ng			
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
I have stro	ng feel	ings tha	t don't s	seem lil	ke they	are min	e.			
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
I can do so	omethin	ng really	well of	ne time	and the	en I can'	t do it a	t all and	other tin	ne.
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
People tell	me I c	lo or say	/ things	that I d	lon't rer	nember	doing o	or saying	g.	
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
I feel like	I am in	a fog o	r spaced	d out an	d thing	s around	l me see	em unre	eal.	
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
I get confu	ised ab	out whe	ther I h	ave dor	ies som	ething o	or only t	hought	about d	oing it.
0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
I look at happened.	the cl	ock and	l realize	e that	time ha	is gone	by and	d I car	ı't reme	mber what l
							7	8		10

 Date
 Age
 Sex: M
 F

- 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 (never)	1	2	3	4	5	6	7	8	9	10 (always)		
11.	1. I am so good at lying and acting that I believe it myself.												
	0 (never)		2	3	4	5	6	7	8	9	10 (always)		
12.	2. I catch myself "waking up" in the middle of doing something.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)		
13.	3. I don't recognize myself in the mirror.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)		
14.	4. I find myself going somewhere or doing something and I don't know why.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)		
15.	I find my	self son	neplace	and I d	on't rem	nember 1	how I g	ot there					
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)		
16.	I have the	oughts t	hat don	't really	seem to	belong	g to me.						
	0 (never)		2	3	4	5	6	7	8	9	10 (always)		
17.	I find that	t I can r	nake ph	iysical p	oain go a	away.							
	0 (never)		2	3	4	5	6	7	8	9	10 (always)		
18.	I can't fig	ure out	if thing	s really	happen	ed or if	I only of	dreamed	d or tho	ught ab	out them.		
	0	1	2	3	4	5	б	7	8	9	10		

19. I find myself doing something that I know is wrong, even when I really don't want to do it.

(always)

(never)

	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
20.	People tell	me th	at I son	netimes	act so c	lifferen	tly that	I seem 1	like a d	ifferent	person.	
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
21.	It feels like	e there	are wa	lls insid	e of my	mind.						
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
22. I find writings, drawings or letters that I must have done but I can't remember doing.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
23. Something inside of me seems to make me do things that I don't want to do.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
24. I find that I can't tell whether I am just remembering something or if it is actually happening to me.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
25.	I find myse	elf star	nding ou	utside o	f my bo	ody, wat	ching n	nyself a	s if I w	ere anot	her person.	
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
26.	My relation	nships	with m	y famil	y and fi	riends cl	hange s	uddenly	and I	don't kn	ow why.	
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
27.	I feel like r	ny pas	st is a p	uzzle ar	nd some	of the	pieces a	re miss	ing.			
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
28.	I get so wr	apped	up in n	ny toys	or stuff	ed anim	als that	they se	em aliv	ve.		
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	

29. I feel like there are different people inside of me.

	0	1	2	3	4	5	6	7	8	9	10	
	(neve	er)									(always)	
30. My body feels as if it doesn't belong to me.												
	0	1	2	3	4	5	6	7	8	9	10	

0	1	2	3	4	5	6	1	8	9	10	
(neve	er)									(always)	