Dissociative Experiences Scale-II (DES-II)

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DIRECTIONS

This questionnaire consists of twenty-eightquestions 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 <u>are not</u> 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:

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

Dat	e				_ 4	Age		Sex	к: М	F_		•
1.	Some peorealizing to	hat the	y don't	rememt	er what	t has ha	appened	during	all or	or subv part of	vay and sudd the trip. Cire	lenly cle a
	0%	10	20	30	40	50	60	70	80	90	100%	
2.	Some peothat they determine the	id not	hear pai	rt or all o	es they of what	are liste was sa	ening to id. Circ	someor le a nun	ne talk anber to	and they show w	y suddenly re vhat percenta	alize ge of
	0%	10	20	30	40	<i>5</i> 0	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	5 0	60	70	80	90	100%	
4.	Some per remember	ople ha	ve the g on. Ci	experie rcle a n	nce of umber t	finding o show	themse what pe	elves dre rcentag	essed i	n clothe timethi	es that they s happens to	don't you.
	0%	10	20	30	40	5 0	60	70	8 0	90	100%	
5.	Some per	ople hav erbuyin	ethe ex g. Circl	operieno e a num	e of find ber to sl	ding ne how wh	w things at perce	s among entage of	their b	elongin ne this h	gs that they dappens to you	o not u.
	0%	10	20	30	40	5 0	60	70	80	90	100%	
6.	Some per them by a percenta	another	name c	or insist	that the	y have	roached met the	by peop m befor	ole that t re. Circ	they do : le a nun	not know wh nber to show	o call what
	0%	10	20	30	40	50	60	70	80	90	100%	
7.	themselv	esor w king at	atching	themse	lvesdo	someth	ing and	l thev a	ctually	see the	e standing no mselves as if e of the tim	they
	0%	10	20	30	40	5 0	60	70	80	90	100%	
8.	Some pe	ople are to show	e told th what p	at they s ercentag	sometinge of the	nes do n e time th	ot recognis happ	gnize fri ens to y	ends or ou.	family	members. Ci	rcle a
	0%	10	20	30	40	50	60	70	80	90	100%	
9.	Some po example happens	,a wed	ding or	they ha	ave no tion). C	memor ircle a 1	y for so number	ome im to show	portant what p	events percenta	in their live	s (for le this
	0%	10	20	30	40	50	60	70	80	90	100%	

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10.	Some pe	ople hav	ve the ex a number	er to sho	ce of be www.hat	ing acc percent	used of tage of t	lying w he time	hen the	ey do no pens to	ot think that they you.
	0%	10	20	30	40	50	60	7 0	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	7 0	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	5 0	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	5 0	60	7 0	80	90	100%
16.	. Some j unfami	people h liar.Circ	ave the	experi	ence of show w	being hat perc	in a fa	amiliar j of the ti	place by methis	ut findi happens	ng it strange and s to you.
	0%	10	20	30	40	<i>5</i> 0	60	7 0	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	5 0	60	70	80	90	100%
18	it were	people fi e really h	nappeni	they being to th	come so em. Cir	involv cle a nu	edin a fa imber t	antasy o o show	r daydr what p	eam tha ercenta	t it feels as though ge of the time this
	0%	10	20	30	40	5 0	60	7 0	80	90	100%
19	9. Some percer	people f	ind that	they so this hap	ometime opens to	es are al	ble to is	gnore pa	in. Circ	cle a nu	mber to show what
	0%	10	20	30	40	50	60	7 0	80	90	100%

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20. Some people find that 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	7 0	80	90	100%	
21.	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	5 0	60	70	80	90	100%	
22.	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	7 0	80	90	100%	
23. Some people sometimes find that in certain situations they are able to do things with a ease and spontaneity that would usually be difficult for them (for example, sports, work situations, etc.). Circle a number to show what percentage of the time this happens to you											JULIO, WULK, SUCIAL	1
	0%	10	20	30	40	50	60	70	80	90	100%	
24. Some people sometimes find that they cannot remember whether they have don have just thought about doing that thing (for example, not knowing whether mailed a letter or have just thought about mailing it). Circle a number to show of the time this happens to you.											HEL HICY HAVE JUST	
	0%	10	20	30	40	5 0	60	70	80	90	100%	
25.	Some p	eople fi er to sh	nd evid ow wha	lencetha at percen	t they ha tage of 1	ave done the time	e things this ha	that the	ey do no o you.	ot reme	mber doing. Circle	В
	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	5 0	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.											;s ie	
	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.										le 1e		
	0%	10	20	30	40	5 0	60	70	80	90	100%	