

Dissociative Processes Scale

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Instrument Type:

Rating Scale

Test Format:

The DPS consists of 33 items requiring respondents to rate the extent to which they agree or disagree with each statement on a 5-point scale (ranging from strongly disagree to strongly agree).

Source:

Supplied by Author.

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Dissociative Processes Scale (DPS)

This questionnaire contains a series of statements. Read each statement carefully, then mark the appropriate response in the space in front of that item. Use the following scale to record your responses:

- 1 = *strongly disagree*; the statement is definitely false
- 2 = *disagree*; the statement is mostly false
- 3 = *neutral* or *cannot decide*; the statement is about equally true and false
- 4 = *agree*; the statement is mostly true
- 5 = *strongly agree*; the statement is definitely true

- _____ 1. I like to fantasize about doing interesting and exciting things.
- _____ 2. At times I have gone into a trance-like state in which I was unaware of what was happening around me.
- _____ 3. There are certain events or blocks of time for which I have no memory.
- _____ 4. I have felt as if I were in a dream, when I was actually wide awake.
- _____ 5. I have such a vivid imagination that I really could "become" someone else for a few minutes.
- _____ 6. I sometimes feel somewhat distant from my own thoughts and actions.
- _____ 7. At times people have told me that I seemed to be off in a world of my own.
- _____ 8. I will sometimes walk into a room, and not remember why I went in there.
- _____ 9. Sometimes the things around me do not seem quite real.
- _____ 10. I sometimes will be driving a car, and later realize that I don't remember part of the trip.
- _____ 11. I have an interesting fantasy life.
- _____ 12. I sometimes "step outside" of my usual self and experience a different state of consciousness.
- _____ 13. If I want to, I can imagine some things so vividly that they hold my attention like a good movie or book does.
- _____ 14. Sometimes when I am looking in the mirror I feel like I am seeing someone else.

DPS (cont.)

- 1 = *strongly disagree*; the statement is definitely false
- 2 = *disagree*; the statement is mostly false
- 3 = *neutral* or *cannot decide*; the statement is about equally true and false
- 4 = *agree*; the statement is mostly true
- 5 = *strongly agree*; the statement is definitely true

- _____ 15. I daydream a lot.
- _____ 16. When I am doing a routine task, I sometimes can wander off into my own thoughts and actually forget that I am doing it, only to find a few minutes later that I have completed it.
- _____ 17. At times I have felt disconnected from my body.
- _____ 18. I often have been unsure if I have actually done something, or simply thought about doing it.
- _____ 19. I often put things down without thinking, so that later on I have no idea of where I put them.
- _____ 20. I have often been told that I did or said something that I don't remember doing or saying.
- _____ 21. I have a very active imagination.
- _____ 22. I can get so involved in a movie that I'm unaware of what is happening around me.
- _____ 23. I sometimes find myself staring off into space without thinking about anything.
- _____ 24. I have had blank spells or periods of missing time (that were not caused by alcohol or drugs).
- _____ 25. I can get so caught up in music that I don't notice anything else.
- _____ 26. I often seem to do things without really paying attention to what I am doing.
- _____ 27. Sometimes I feel like I am someone else.
- _____ 28. At times I cannot remember whether or not I did something that I intended to do.
- _____ 29. Sometimes I can get so absorbed in a daydream or fantasy that it seems real to me.
- _____ 30. There have been occasions when I felt I was outside of my body.

DPS (cont.)

- 1 = *strongly disagree*; the statement is definitely false
- 2 = *disagree*; the statement is mostly false
- 3 = *neutral* or *cannot decide*; the statement is about equally true and false
- 4 = *agree*; the statement is mostly true
- 5 = *strongly agree*; the statement is definitely true

_____ 31. I have been uncertain about whether something actually happened, or whether I only dreamed it.

_____ 32. Sometimes when someone is talking to me, although I can hear their voice, I find that I haven't really listened to what they are saying.

_____ 33. I sometimes feel as if I were more than one person.

Item Composition of the DPS Subscales

Obliviousness

Items # 2, 3, 7, 8, 10, 16, 18, 19, 20, 23, 24, 26, 28, 32

Imagination

Items # 1, 5, 11, 13, 15, 21, 29

Detachment

Items # 12, 14, 17, 27, 30, 33

Note: All items are positively-keyed. To compute an overall DPS score, simply sum the responses to all 33 items. To compute a DPS subscale score, sum the scores on the items comprising that subscale.