

CAMBRIDGE DEPERSONALIZATION SCALE

(Sierra & Berrios, 1996)

NAME: _____

AGE: _____

SEX: male / female

(please circle as required)

SCHOOLING: primary / secondary / higher (e.g. university)

(please circle as required)

PLEASE READ INSTRUCTIONS CAREFULLY:

This questionnaire describes strange and 'funny' experiences that normal people may have in their daily life. We are interested in their: (a) frequency, i.e. how often you have had these experiences **over the last six months** and (b) their approximate duration. For each question, please circle the answers that suit you best. If you are not sure, give your best guess.

1. Out of the blue, I feel strange, as if I were not real or as if I were cut off from the world.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

2. What I see looks 'flat' or 'lifeless', as if I were looking at a picture.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

3. Parts of my body feel as if they didn't belong to me.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

4. I have found myself **not being frightened at all** in situations which normally I would find frightening or distressing.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

5. My favourite activities are no longer enjoyable.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

6. Whilst doing something I have the feeling of being a "detached observer" of myself.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

7. The flavour of meals no longer gives me a feeling of pleasure or distaste.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

8. My body feels very light, as if it were floating on air.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

9. When I weep or laugh, I do not seem **to feel** any emotions at all.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

Please go to page 3 ⇒

10. I have the feeling of ***not having any thoughts at all***, so that when I speak it feels as if my words were being uttered by an 'automaton'.

<u>Frequency</u>	<u>Duration</u>
0 = <i>never</i>	In general, it lasts:
1 = <i>rarely</i>	1 = <i>few seconds</i>
2 = <i>often</i>	2 = <i>few minutes</i>
3 = <i>very often</i>	3 = <i>few hours</i>
4= <i>all the time</i>	4 = <i>about a day</i>
	5 = <i>more than a day</i>
	6 = <i>more than a week</i>

11. Familiar voices (including my own) sound remote and unreal.

<u>Frequency</u>	<u>Duration</u>
0 = <i>never</i>	In general, it lasts:
1 = <i>rarely</i>	1 = <i>few seconds</i>
2 = <i>often</i>	2 = <i>few minutes</i>
3 = <i>very often</i>	3 = <i>few hours</i>
4= <i>all the time</i>	4 = <i>about a day</i>
	5 = <i>more than a day</i>
	6 = <i>more than a week</i>

12. I have the feeling that my hands or my feet have become larger or smaller.

<u>Frequency</u>	<u>Duration</u>
0 = <i>never</i>	In general, it lasts:
1 = <i>rarely</i>	1 = <i>few seconds</i>
2 = <i>often</i>	2 = <i>few minutes</i>
3 = <i>very often</i>	3 = <i>few hours</i>
4= <i>all the time</i>	4 = <i>about a day</i>
	5 = <i>more than a day</i>
	6 = <i>more than a week</i>

13. My surroundings feel detached or unreal, as if there was a veil between me and the outside world.

<u>Frequency</u>	<u>Duration</u>
0 = <i>never</i>	In general, it lasts:
1 = <i>rarely</i>	1 = <i>few seconds</i>
2 = <i>often</i>	2 = <i>few minutes</i>
3 = <i>very often</i>	3 = <i>few hours</i>
4= <i>all the time</i>	4 = <i>about a day</i>
	5 = <i>more than a day</i>
	6 = <i>more than a week</i>

14. It seems as if things that I have recently done had taken place a long time ago. For example anything which I have done this morning feels as if it were done weeks ago.

<u>Frequency</u>	<u>Duration</u>
0 = <i>never</i>	In general, it lasts:
1 = <i>rarely</i>	1 = <i>few seconds</i>
2 = <i>often</i>	2 = <i>few minutes</i>
3 = <i>very often</i>	3 = <i>few hours</i>
4= <i>all the time</i>	4 = <i>about a day</i>
	5 = <i>more than a day</i>
	6 = <i>more than a week</i>

15. Whilst fully awake I have "visions" in which I can **see** myself outside, as if I were looking my image in a mirror.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

16. I feel detached from memories of things that have happened to me - as if I had not been involved in them.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

17. When in a new situation, it feels as if I have been through it before.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

18. Out of the blue, I find myself not feeling any affection towards my family and close friends.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

19. Objects around me seem to look smaller or further away.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

20. I cannot feel properly the objects that I touch with my hands for, it feels ***as if it were not me*** who were touching it.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

21. I do not seem able to picture things in my mind, for example, the face of a close friend or a familiar place.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

22. When a part of my body hurts, I feel so detached from the pain that it feels as if it were 'somebody else's pain.'

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

23. I have the feeling of being outside my body.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

24. When I move it doesn't feel as if I were in charge of the movements, so that I feel 'automatic' and mechanical as if I were a 'robot'.

Frequency
 0 = never
 1 = rarely
 2 = often
 3 = very often
 4= all the time

Duration
 In general, it lasts:
 1 = few seconds
 2 = few minutes
 3 = few hours
 4 = about a day
 5 = more than a day
 6 = more than a week

25. The smell of things no longer gives me a feeling of pleasure or dislike.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

26. I feel so detached from my thoughts that they seem to have a 'life' of their own.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

27. I have to touch myself to make sure that I have a body or a real existence.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

28. **I seem to have lost** some bodily sensations (e.g. of hunger and thirst) so that when I eat or drink, it feels an automatic routine.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

29. Previously familiar places look unfamiliar, as if I had never seen them before.

<u>Frequency</u>	<u>Duration</u>
0 = never	In general, it lasts:
1 = rarely	1 = few seconds
2 = often	2 = few minutes
3 = very often	3 = few hours
4= all the time	4 = about a day
	5 = more than a day
	6 = more than a week

Thank you for answering all the questions!!