

In the LAST WEEK, How often have you experienced the following?

		never	sometimes	often
CDS1	Out of the blue, I feel strange, as if I were not real or as if I were cut off from the world.	0	1	2
CDS2	What I see looks 'flat' or 'lifeless', as if I were looking at a picture.	0	1	2
CDS3	Parts of my body feel as if they didn't belong to me.	0	1	2
CDS4	I have found myself <i>not being frightened at all</i> in situations which normally I would find frightening or distressing.	0	1	2
CDS5	My favourite activities are no longer enjoyable.	0	1	2
CDS6	Whilst doing something I have the feeling of being a "detached observer" of myself.	0	1	2
CDS7	The flavour of meals no longer gives me a feeling of pleasure or distaste.	0	1	2
CDS8	My body feels very light, as if it were floating on air.	0	1	2
CDS9	When I weep or laugh, I do not seem <i>to feel</i> any emotions at all.	0	1	2
CDS10	I have the feeling of <i>not having any thoughts at all</i> , so that when I speak it feels as if my words were being uttered by an 'automaton'.	0	1	2
CDS11	Familiar voices (including my own) sound remote and unreal.	0	1	2
CDS12	I have the feeling that my hands or my feet have become larger or smaller.	0	1	2
CDS13	My surroundings feel detached or unreal, as if there was a veil between me and the outside world.	0	1	2
CDS14	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.	0	1	2
CDS15	Whilst fully awake I have "visions" in which I can <i>see</i> myself outside, as if I were looking my image in a mirror.	0	1	2
CDS16	I feel detached from memories of things that have happened to me - as if I had not been involved in them.	0	1	2
CDS18	Out of the blue, I find myself not feeling any affection towards my family and close friends.	0	1	2
CDS19	Objects around me seem to look smaller or further away.	0	1	2
CDS20	I cannot feel properly the objects that I touch with my hands for, it feels <i>as if it were not me</i> who were touching it.	0	1	2
CDS22	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.'	0	1	2

CDS23	I have the feeling of being outside my body.	0	1	2
CDS24	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'.	0	1	2
CDS25	The smell of things no longer gives me a feeling of pleasure or dislike.	0	1	2
CDS26	I feel so detached from my thoughts that they seem to have a 'life' of their own.	0	1	2
CDS27	I have to touch myself to make sure that I have a body or a real existence.	0	1	2
CDS29	Previously familiar places look unfamiliar, as if I had never seen them before.	0	1	2
PCL1	Repeated, disturbing, and unwanted memories of the stressful experience?	0	1	2
PCL2	Repeated, disturbing dreams of the stressful experience?	0	1	2
PCL3	Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0	1	2
PCL5	Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0	1	2
PCL11	Having strong negative feelings such as fear, horror, anger, guilt, or shame?	0	1	2
PCL13	Feeling distant or cut off from other people?	0	1	2
PCL16	Irritable behavior, angry outbursts, or acting aggressively?	0	1	2
PCL17	Being “superalert” or watchful or on guard?	0	1	2
PCL18	Feeling jumpy or easily startled?	0	1	2
PCL19	Having difficulty concentrating?	0	1	2
PCL20	Trouble falling or staying asleep?	0	1	2
	TOTAL			

PCL= PTSD CHECKLIST

CDS= Cambridge Depersonalization Scale (Sierra & Berrios, 1996)

NOTE: Some questions have been omitted and the response ranges have been altered from the original. For clinical monitoring purposes only. For research purposes, use the complete original scales.