

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)

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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.

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

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*

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

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*

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

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*

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

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*

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5. My favourite activities are no longer enjoyable.

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*

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

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*

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

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*

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

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*

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

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*

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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'.

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*

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

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*

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

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*

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

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*

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.

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*

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*

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

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*

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

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*

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

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*

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.

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*

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

Thank you for answering all the questions!!