# Dissociative Experiences Scales (DES)

Identifier | Date

This questionnaire consists of twenty-eight questions 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 are not 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 select the number to show what percentage of the time you have the experience. 100% means 'always', 0% means 'never' with 10% increments in between. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

Never 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% Always

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| 1 | Some people have the experience of driving a car and suddenly realizing that they don't remember what has happened during all or part of the trip. Select a number to show what percentage of the time this happens to you | 0% |
| 2 | Some people find that sometimes they are listening to someone talk and they suddenly realize that they did not hear all or part of what was said. Select a number to show what percentage of the time this happens to you | 0% |
| 3 | Some people have the experience of finding themselves in a place and having no idea how they got there. Select a number to show what percentage of the time this happens to you | 0% |
| 4 | Some people have the experience of finding themselves dressed in clothes that they don't remember putting on. Select a number to show what percentage of the time this happens to you | 0% |
| 5 | Some people have the experience of finding new things among their belongings that they do not remember buying. Select a number to show what percentage of the time this happens to you | 0% |
| 6 | Some people sometimes find that they are approached by people that they do not know who call them by another name or insist that they have met them before. Select a number to show what percentage of the time this happens to you | 0% |

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| 7 | Some people sometimes have the experience of feeling as though they are standing next to themselves or watching themselves do something as if they were looking at another person. Select a number to show what percentage of the time this happens to you | 0% |
| 8 | Some people are told that they sometimes do not recognize friends or family members. Select a number to show what percentage of the time this happens to you | 0% |
| 9 | Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation). Select a number to show what percentage of the time this happens to you | 0% |
| 10 | Some people have the experience of being accused of lying when they do not think that they have lied. Select a number to show what percentage of the time this happens to you | 0% |
| 11 | Some people have the experience of looking in a mirror and not recognizing themselves. Select a number to show what percentage of the time this happens to you | 0% |
| 12 | Some people sometimes have the experience of feeling that other people, objects, and the world around them are not real. Select a number to show what percentage of the time this happens to you | 0% |
| 13 | Some people sometimes have the experience of feeling that their body does not belong to them. Select a number to show what percentage of the time this happens to you | 0% |
| 14 | Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event. Select a number to show what percentage of the time this happens to you | 0% |
| 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. Select a number to show what percentage of the time this happens to you | 0% |
| 16 | Some people have the experience of being in a familiar place but finding it strange and unfamiliar. Select a number to show what percentage of the time this happens to you | 0% |
| 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. Select a number to show what percentage of the time this happens to you | 0% |

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| 18 | Some people sometimes find that they become so involved in a fantasy or daydream that it feels as though it were really happening to them. Select a number to show what percentage of the time this happens to you | 0% |
| 19 | Some people find that they are sometimes able to ignore pain. Select a number to show what percentage of the time this happens to you | 0% |
| 20 | Some people find that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time. Select a number to show what percentage of the time this happens to you | 0% |
| 21 | Some people sometimes find that when they are alone they talk out loud to themselves. Select a number to show what percentage of the time this happens to you | 0% |
| 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 different people. Select a number to show what percentage of the time this happens to you | 0% |
| 23 | Some people sometimes find that in certain situations they are able to do things with amazing ease and spontaneity that would usually be difficult for them (for example, sports, work, social situations, etc.). Select a number to show what percentage of the time this happens to you | 0% |
| 24 | Some people sometimes find that they cannot remember whether they have done something or have just thought about doing that thing (for example, not knowing whether they have just mailed a letter or have just thought about mailing it). Select a number to show what percentage of the time this happens to you | 0% |
| 25 | Some people find evidence that they have done things that they do not remember doing. Select a number to show what percentage of the time this happens to you | 0% |
| 26 | Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing. Select a number to show what percentage of the time this happens to you | 0% |
| 27 | Some people find that they sometimes hear voices inside their head that tell them to do things or comment on things that they are doing. Select a number to show what percentage of the time this happens to you | 0% |
| 28 | Some people sometimes feel as if they are looking at the world through a fog so that people or objects appear far away or unclear. Select a number to show what percentage of the time this happens to you | 0% |

Print Form Clear Form Mean DES Score **0**

The Dissociative Experiences Scale (DES) is a simple questionnaire widely used to screen for dissociative symptoms. Tests such as the DES provide a quick screening method so that the more time-consuming structured clinical interview (SCID-D) can be used for those people with high DES scores.

The higher the DES score, the more likely it is that the person has a dissociative disorder. The DES is not a diagnostic instrument; it is designed for screening only. High scores on the DES do not show that a person has a dissociative disorder; they only suggest that clinical assessment for dissociation may be warranted. Different studies suggest different cut-off scores for the DES, but a score of more than 45 suggests a high likelihood of a dissociative disorder alongside a reduced likelihood of a 'false positive'.

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Bernstein EM, Putnam FW (1986). "Development, reliability, and validity of a dissociation scale". J. Nerv. Ment. Dis. 174 (12): 727–35.

Frischholz, E.J. et al The dissociative experiences scale: further replication and validation. Dissociation, Vol. III, September 1990.