

A-DES Scale-II

(Judith Armstrong, PhD; Eve Bernstein Carlson, PhD; Frank Putnam, MD) Used with permission of the EMDR Institute

Name: _____ Date: _____ DOB: _____ Sex: ☐ Female ☐ Male

DIRECTIONS: *These questions ask about difference kinds of experiences that happen to people. For each question, circle the number that tells how much that experience happens to you. Check ☒ "0" if it never happens to you, Check ☒ "10" if it is always happening to you. If it happens sometimes but not all of the time, Check ☒ a number between 1 and 9 that best describes how often it happens to you. When you answer, only tell how much these things happen when you HAVE NOT had any alcohol or drugs.*

1. I get so wrapped up in watching TV, reading, or playing a video game that I don't have any idea what's going on around me.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

2. I get back tests or homework that I don't remember doing.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

3. I have strong feelings that don't seem like they are mine.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

4. I can do something really well one time and then I can't do it at all another time.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

5. People tell me I do or say things that I don't remember doing or saying.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

6. I feel like I am in a fog or spaced out and things around me seem unreal.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

7. I get confused about whether I have done something or only thought about doing it.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

8. I look at the clock and realize that time has gone by and I can't remember what has happened.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

9. I hear voices in my head that are not mine.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

10. When I am somewhere that I don't want to be, I can go away in my mind.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

11. I am so good at lying and acting that I believe it myself.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

12. I catch myself "waking up" in the middle of doing something.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

13. I don't recognize myself in the mirror.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

14. I find myself going somewhere or doing something and I don't know why.

(Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

15. I find myself someplace and I don't remember how I got there.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
16. I have thoughts that don't really seem to belong to me.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
17. I find that I can make physical pain go away.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
18. I can't figure out if things really happened or if I only dreamed or thought about them.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
19. I find myself doing something that I know is wrong, even when I really don't want to do it.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
20. People tell me that I sometimes act so differently that I seem like a different person.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
21. It feels like there are walls inside of my mind.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
22. I find writings, drawings or letters that I must have done but I can't remember doing.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
23. Something inside of me seems to make me do things that I don't want to do.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
24. I find that I can't tell whether I am just remembering something or if it is actually happening to me.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
25. I find myself standing outside of my body, watching myself as if I were another person.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
26. My relationships with my family and friends change suddenly and I don't know why.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
27. I feel like my past is a puzzle and some of the pieces are missing.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
28. I get so wrapped up in my toys or stuffed animals that they seem alive.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
29. I feel like there are different people inside of me.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
30. My body feels as if it doesn't belong to me.
 (Never) 0 1 2 3 4 5 6 7 8 9 10 (Always)
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐