

Instructions: 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 tick the answers that suit you best. If you are not sure, give your best guess.		Frequency					Duration: In general, it lasts ...					
		0	1	2	3	4	1	2	3	4	5	6
		never	rarely	often	very often	all the time	few secs	few mins	few hrs.	about a day	more than a day	more than a week
17	When in a new situation, it feels as if I have been through it before											
18	Out of the blue, I find myself not feeling any affection towards my family and close friends											
19	Objects around me seem to look smaller or further away											
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											
21	I do not seem able to picture things in my mind, for example, the face of a close friend or a familiar place											
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'											
23	I have the feeling of being outside my body											
24	When I move it doesn't feel as if I were in charge of the movements, so that I feel 'automatic' & mechanical as if I were a 'robot'											
25	The smell of things no longer gives me a feeling of pleasure or dislike											
26	I feel so detached from my thoughts that they seem to have a 'life' of their own											
27	I have to touch myself to make sure that I have a body or a real existence											
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											
29	Previously familiar places look unfamiliar, as if I had never seen them before											

To find your score, tot up all the circled numbers for both frequency and duration and add together. A total score of 70 or more is associated with a diagnosis of depersonalisation/derealisation disorder