## Cambridge depersonalisation scale

	actions: This questionnaire describes strange and 'funny' experiences that	t Frequency Duration: In general, it lasts											
	al people may have in their daily life. We are interested in their (a.)	0	1	2	3	4		1	2	3	4	5	6
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.		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
1	Out of the blue, I feel strange, as if I were not real or as if I were cut off from the world												
2	What I see looks 'flat' or 'lifeless', as if I were looking at a picture												
3	Parts of my body feel as if they didn't belong to me												
4	I have found myself not being frightened at all in situations which normally I would find frightening or distressing												
5	My favourite activities are no longer enjoyable												
6	Whilst doing something I have the feeling of being a 'detached observer' of myself												
7	The flavour of meals no longer gives me a feeling of pleasure or distaste												
8	My body feels very light, as if it were floating on air												
9	When I weep or laugh, I do not seem to feel any emotions at all												
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'.												
11	Familiar voices (including my own) sound remote and unreal												
12	I have the feeling that my hands or my feet have become larger or smaller												
13	My surroundings feel detached or unreal, as if there were a veil between me and the outside world												
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												
15	Whilst fully awake I have 'visions' in which I can see myself outside, as if I were looking at my image in a mirror												
16	I feel detached from memories of things that have happened to me - as if I had not been involved in them								_				

<b>Instructions:</b> 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

Source: Sierra M & Berrios G. The Cambridge Depersonalisation Scale: a new instrument for the measurement of depersonalization. Psychiatry Research 2000; 93: 153-164