

Cambridge Depersonalisation Scale (State-Version)

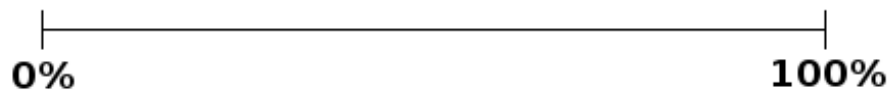
PLEASE READ THE INSTRUCTIONS CAREFULLY:

This questionnaire describes strange and 'funny' feelings that people may have in their daily life. Please read carefully each of the following descriptions. If you feel you are having *right now* any of the following experiences, please let us know how bad it is at the moment by making a mark on the line.

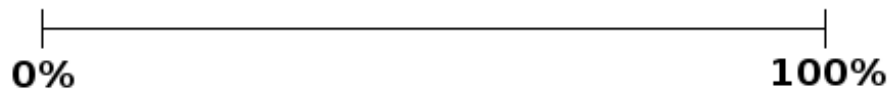
Example:



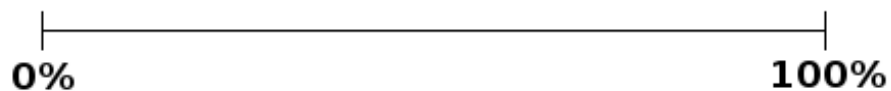
1. I'm feeling strange, as if I were not real or as if I were cut off from the world. Please mark the line to show the present intensity of this experience.



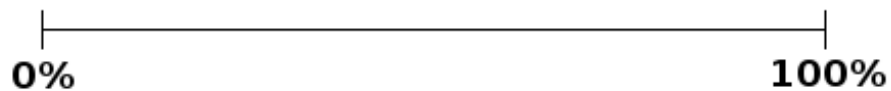
2. Things around me are now looking 'flat' or 'lifeless', as if I were looking at a picture. Please mark the line to show the present intensity of the experience.



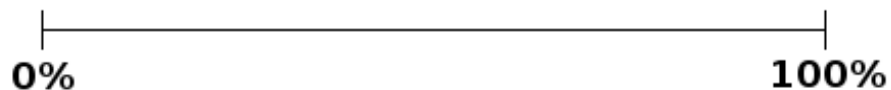
3. I am feeling as if parts of my body don't belong to me. Please mark the line to show the present intensity of this experience.



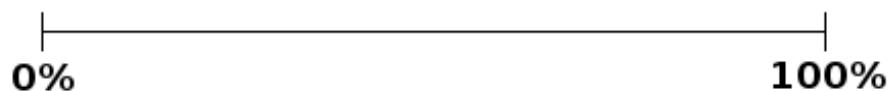
4. I'm now having the feeling of being a 'detached observer' of myself.



5. My body is feeling very light now, as if I were floating on air.



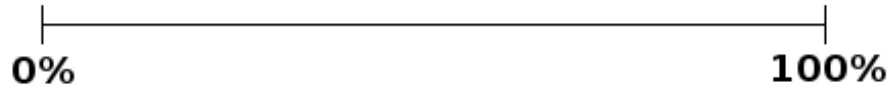
6. I am not feeling any emotions at all.



7. If I read this sentence aloud, my voice sounds remote and unreal.



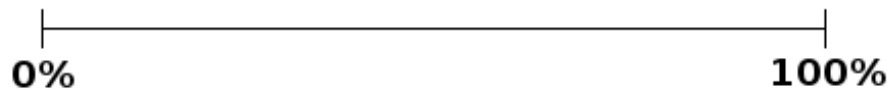
8. I am having a feeling of complete emptiness in my head so that *I am not having any thoughts at all.*



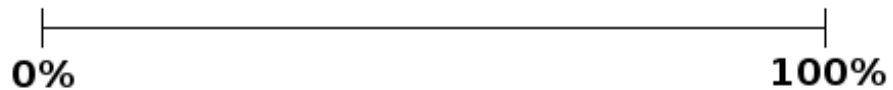
9. I'm having the feeling that my hands or my feet have become larger or smaller.



10. My surroundings are feeling detached or unreal, as if there was a veil or a fog between me and the outside world.



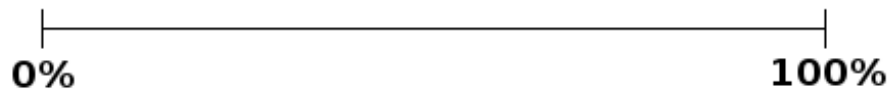
11. It seems now as if things that I have recently done took place a long time ago. For example anything which I have done this morning feels as if it were done weeks ago.



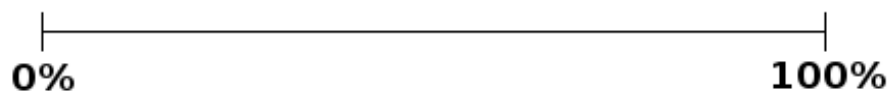
12. If I try to remember important events in my life (e. g. graduation, wedding etc.), I feel so detached from the memories that it seems as if I had not been involved in them.



13. I don't seem to be feeling any affection towards my family or close friends.



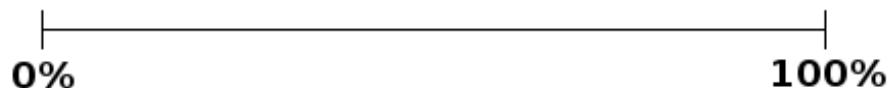
14. Objects around me are looking smaller or further away.



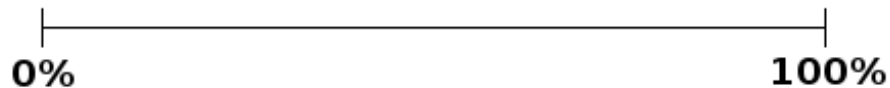
15. I cannot feel properly the pencil that I have in my hand, as *if it were not me* who were holding it.



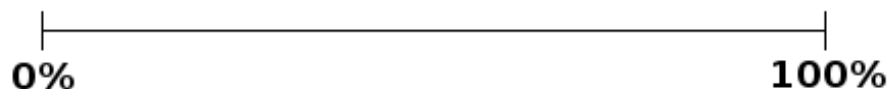
16. If I now try to imagine the face of a relative or friend whom I frequently see (but who is not with me at the present), I do not seem able to picture it in my mind.



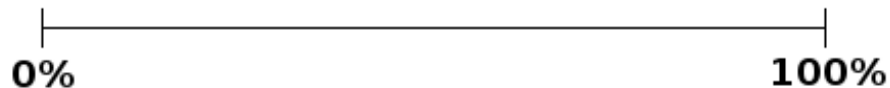
17. If I pinch myself in my own arm now, I feel so detached from the pain that it feels as if it were 'somebody else's pain.'



18. I am now having the feeling of being outside of my body.



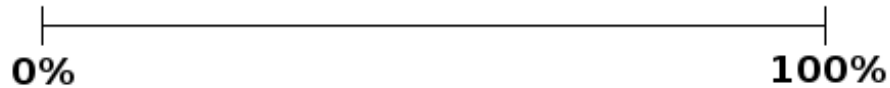
19. I am feeling as if I were not in charge of my movements, so that I feel 'automatic' and mechanical, as if I were a 'robot'.



20. I am feeling so detached from my thoughts that they seem to have a 'life' on their own.



21. I feel like touching myself to make sure that I have a body or a real existence.



22. I am still having the same strange feelings as when I stated to answer this questionnaire.

