

The Clinician Administered Dissociative States Scale (CADSS)

J. Douglas Bremner, Carolyn Mazure, Frank W. Putnam

Name _____ ID _____ Date _____

Subjective Items:

1. Do things seem to be moving in slow motion?
 - 0= Not at all.
 - 1= Mild, things seem slightly slowed down, but not very noticeable.
 - 2= Moderate, things are moving about twice as slow as normally.
 - 3= Severe, things are moving so slowly that they are barely moving.
 - 4= Extreme, things are moving so slowly, I have the perception that everything has come to a stop, as if time is standing still.
2. Do things seem to be unreal to you, as if you are in a dream?
 - 0= Not at all.
 - 1= Mild, things seem a little unreal, but I'm well aware of where I'm at.
 - 2= Moderate, things seem dreamlike, although I know I am awake.
 - 3= Severe, things seem very dreamlike, although I know that I am here, I have the feeling like I might be asleep.
 - 4= Extreme, I feel like nothing is real, like I should pinch myself to wake up, or ask someone if this is a dream.
3. Do you have some experience that separates you from what is happening; for instance, do you feel as if you are in a movie or a play, or as if you are a robot?
 - 0= Not at all.
 - 1= Mild, I feel a little bit separated from what is happening, but I am basically here.
 - 2= Moderate, I feel somewhat separated from what is going on, or I feel as if I am in a movie or a play.
 - 3= Severe, I feel extremely separated from what is happening, but I can understand what people are saying.
 - 4= Extreme, I feel as if everyone around me is talking a foreign language, so that I cannot understand what they are saying, or I feel as if I am on the outside looking in, or like I am a robot or a machine.
4. Do you feel as if you are looking at things from outside of your body?
 - 0= Not at all.
 - 1= Mild, I feel somewhat disconnected from myself, but I am basically all together.
 - 2= Moderate, I feel like I am just outside of my body, but not looking down upon myself from far above.
 - 3= Severe, I feel like I am twenty feet or more away from my body, looking down from above.
 - 4= Extreme, I feel as if I am hundreds of feet above myself, looking down at myself and everyone else here.
5. Do you feel as if you are watching the situation as an observer or a spectator?
 - 0= Not at all.
 - 1= Mild, I feel slightly detached from what is going on, but I am basically here.
 - 2= Moderate, I feel somewhat removed as an observer or a spectator, but I am definitely in this room.
 - 3= Severe, I feel very much as if I am an observer or a spectator, but I am still here in

- this room.
- 4= Extreme, I feel completely removed from what is happening, as if I am not a part of this experience in any way, but totally removed from what is happening, as an observer or a spectator.
6. Do you feel disconnected from your own body?
- 0= Not at all.
- 1= Mild, I feel a little bit disconnected from myself, but I am basically all here.
- 2= Moderate, I feel somewhat detached from my own body, but I am basically all together.
- 3= Severe, I feel detached from my own body, but not far removed from my body, and I feel as if it is me there.
- 4= Extreme, I feel like I am completely out of my body, as if I am looking at my own body from a long way off, as if there is another person there.
7. Does your sense of your own body feel changed: for instance, does your own body feel unusually large or unusually small?
- 0= Not at all.
- 1= Mild, I have a vague feeling that something about my body has changed, but I can't say exactly what it is.
- 2= Moderate, I feel like my body has increased or decreased in size slightly, or that it feels somewhat as if it is not my body.
- 3= Severe, I feel as if my body has increased to twice its normal size, or decreased to twice its normal size, or I very much feel as if this is not my body.
- 4= Extreme, I feel as if my body has swelled up to at least ten times its normal size, or as if it is ten times as small, or as if my arms have become like toothpicks.
8. Do people seem motionless, dead, or mechanical?
- 0= Not at all.
- 1= Mild, people seem a little bit more motionless, dead, or mechanical than would be normal.
- 2= Moderate, people seem to be at least twice as motionless or mechanical than would be normal.
- 3= Severe, people seem to be barely moving, or barely alive, or very mechanical.
- 4= Extreme, it's as if everyone were frozen or completely like machines.
9. Do objects look different than you would expect?
- 0= Not at all.
- 1= Mild, things seem slightly different than normal, although it is barely perceptible.
- 2= Moderate, things are somewhat distorted, but I have no problems recognizing things around me.
- 3= Severe, things are much more distorted or unreal than normal, but I am able to recognize things in the room.
- 4= Extreme, like everything is distorted, not real, I feel like I cannot recognize anything, everything is alien or strange.
10. Do colors seem to be diminished in intensity?
- 0= Not at all.
- 1= Mild, things seem slightly paler than usual if I think about it.
- 2= Moderate, colors are somewhat diminished, but still recognizable.
- 3= Severe, colors are extremely pale, in no way as vivid as they usually are.

- 4= Extreme, as if everything is in black and white, or all the colors have been washed out.
11. Do you see things as if you were in a tunnel, or looking through a wide angle photographic lens?
- 0= Not at all.
- 1= Mild, I feel a little bit like I am looking through a tunnel, or a wide angle lens.
- 2= Moderate, the periphery of my vision is blacked out, but I still have most of my visual field, or things are somewhat like a wide angle lens.
- 3= Severe, it seems as if I'm looking through a tunnel, or through a wide angle lens, but I can see everything clearly.
- 4= Extreme, as if I'm looking through a pair of binoculars backwards, where everything around the periphery is blacked out, and I can see a little point of light at the end of a tunnel, with little tiny people and objects, or I am seeing things as if through a wide lens and things are incredibly expanded.
12. Does this interview [assessment, questionnaire] seem to be taking much longer than you would have expected?
- 0= Not at all.
- 1= Mild, it seems as if this interview has gone on for at least twice as long as the true elapsed time.
- 2= Moderate, it seems as if this interview has gone on for at least two hours.
- 3= Severe, it seems as if at least ten hours have gone on since the start of the interview.
- 4= Extreme, it seems as if time is standing still, so that we have been here at this point in time forever.
13. Do things seem to be happening very quickly, as if there is a lifetime in a moment?
- 0= Not at all.
- 1= Mild, things are happening slightly faster than normal.
- 2= Moderate, things seem to be happening at least twice as fast as normal.
- 3= Severe, things seem to be happening at least 10 times faster than normal.
- 4= Extreme, as if this whole experience has happened at once, or as if there is a lifetime in a moment.
14. Have there been things which have happened during this interview [assessment] that now you can't account for?
- 0= Not at all.
- 1= Mild, there may have been things which happened which now I can't account for, but nothing pronounced.
- 2= Moderate, at least once there were things which happened which now I can't account for.
- 3= Severe, at least twice I have lost several minutes of time, so that now there are things I cannot account for.
- 4= Extreme, large pieces of time are missing, of ten minutes or more, so that I am confused about what has happened.
15. Have you spaced out, or in some other way lost track of what was going on during this experience?
- 0= Not at all.
- 1= Mild, I have had some episodes of losing track of what is going on, but I have

- followed everything for the most part.
- 2= Moderate, I have lost at least a minute of time, or have completely lost track of what is going on now.
- 3= Severe, I have lost several segments of time of one minute or more.
- 4= Extreme, I have lost large segments of time of at least 15 minutes or more.
16. Have sounds almost disappeared or become much stronger than you would have expected?
- 0= Not at all.
- 1= Mild, things are either a little quieter than normal, or a little louder than normal, but it is not very noticeable.
- 2= Moderate, things have become about twice as soft as normal, or twice as loud as normal.
- 3= Severe, things have become very quiet, as if everyone is whispering, or things have become very loud (although not deafening).
- 4= Extreme, things have become completely silent, or sounds are so loud that it is deafening, and I feel as if I am going to break my eardrums.
17. Do things seem very real, as if there is a special sense of clarity?
- 0= Not at all.
- 1= Mild, things seem to be a little bit more real than normal.
- 2= Moderate, things seem to be more real than normal.
- 3= Severe, things seem to be very real or have a special sense of clarity.
- 4= Extreme, things seem to have an incredible sense of realness or clarity.
18. Does it seem as if you are looking at the world through a fog, so that people and objects appear far away or unclear?
- 0= Not at all.
- 1= Mild, things seem somewhat foggy and unclear, or I do have the feeling that things are far away, but there is not a major effect on how I perceive things around me.
- 2= Moderate, things seem very foggy and unclear, or things seem like they are far away, but I can identify the interviewer and objects in the room easily.
- 3= Severe, I can barely see things around me, such as the interviewer and the objects in the room.
- 4= Extreme, I cannot make anything out around me.
19. Do colors seem much brighter than you would have expected?
- 0= Not at all.
- 1= Mild, colors seem a little bit brighter than normal, but not more than twice as bright.
- 2= Moderate, colors seem brighter, about twice as bright as normal.
- 3= Severe, colors seem very bright, at least five times as bright as normal.
- 4= Extreme, colors seem extremely bright, almost fluorescent, at least 10 times as bright as normal.
20. Do you feel confused about who you really are?
- 0= Not at all.
- 1= Mild, I feel a little bit confused about who I am.
- 2= Moderate, I feel confused about who I am, but I basically know who I am.
- 3= Severe, I feel very confused about who I am, and at times I wonder if I am a

person, or if I am many people.

- 4= Extreme, I feel as if there were two or more sides to myself.
21. Do you feel like there are different parts of yourself which do not fit together?
- 0= Not at all.
- 1= Mild, I feel like there are different sides of myself, but they're basically part of myself.
- 2= Moderate, I feel like I have different parts which don't quite fit together.
- 3= Severe, there are two or more sides to myself which have unique characteristics.
- 4= Extreme, I have two or more parts to myself with unique personality characteristics.
22. Do you have gaps in your memory?
- 0= Not at all.
- 1= Mild, there are some recent things which I cannot remember.
- 2= Moderate, there have been a few gaps in my memory which lasted a few minutes.
- 3= Severe, there have been large gaps in my memory which lasted for more than a few minutes.
- 4= Extreme, I cannot piece together what is happening from one moment to the next due to large gaps in my memory.
23. Do you feel like you have more than one identity?
- 0= Not at all.
- 1= Mild, I feel like there is more to me than my personality, but it's basically part of my identity.
- 2= Moderate, I feel like I have more than one personality, but the personalities are not really distinct.
- 3= Severe, I have two or more personalities, although they are not fully developed as distinct entities.
- 4= Extreme, I have two or more personalities which are distinct and have their own names and other unique characteristics.