

Depersonalization Disorder Test

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 hours	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 favorite activities are no longer enjoyable.											
6. While doing something, I have the feeling of being a 'detached observer' of myself.											
7. The flavor 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. While fully awake, I have 'visions' in which I can see myself outside as if I were looking at my image in a mirror.											

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16. I feel detached from memories of things that have happened to me - as if I had not been involved in them.													
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 the score, total up all the circled numbers for both frequency and duration and add them together. A total score of 70 or more is associated with a diagnosis of depersonalization/derealization disorder.

References: Sierra, M., & Berrios, G. E. (2000). The Cambridge Depersonalization Scale: A new instrument for the measurement of depersonalization. *Psychiatry Research*, 93(2), 153–164. [https://doi.org/10.1016/s0165-1781\(00\)00100-1](https://doi.org/10.1016/s0165-1781(00)00100-1)