SELF-REPORT QUESTIONNAIRE • LAST SIX MONTHS

Cambridge Depersonalisation Scale (CDS)

Name: _____ **Date:** _____

Instructions

The statements below describe strange or unusual experiences that may occur in everyday life. For each statement, indicate how often you have experienced it over the last six months and approximately how long it has usually lasted. Enter a number in each rating column. If unsure, give your best estimate.

FREQUENCY · How often?

0 Never · 1 Rarely · 2 Often
3 Very often · 4 All the time

DURATION · How long on average?

0 Not applicable if frequency is 0
1 A few seconds · 2 A few minutes
3 A few hours · 4 About a day
5 More than a day · 6 More than a week

#	STATEMENT	FREQ. 0–4	DUR. 0–6	ITEM SCORE
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.	_____	_____	_____

PAGE 1 SUBTOTAL (items 1–14, frequency + duration): _____

SELF-REPORT QUESTIONNAIRE • CONTINUED

Cambridge Depersonalisation Scale (CDS)

Items 15–29 | Write one rating for frequency and one for duration in each row.

FREQUENCY · How often?

0 Never · 1 Rarely · 2 Often
3 Very often · 4 All the time

DURATION · How long on average?

0 Not applicable if frequency is 0
1 A few seconds · 2 A few minutes
3 A few hours · 4 About a day
5 More than a day · 6 More than a week

#	STATEMENT	FREQ. 0–4	DUR. 0–6	ITEM SCORE
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.	_____	_____	_____
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.	_____	_____	_____

PAGE 2 SUBTOTAL (items 15–29, frequency + duration): _____

GLOBAL SCORE (page 1 + page 2): _____ / 290

CLINICIAN SCORING REFERENCE • BASED ON SUPPLIED SCORING GUIDE

Scoring and Interpretation

Cambridge Depersonalisation Scale | 29 items | Global score range: 0–290

01 Assign frequency and duration points

Frequency is rated 0–4 and duration is rated 0–6, using the response keys on pages 1–2. When frequency is 0 (Never), duration automatically receives 0 points. Otherwise, duration receives 1–6 points according to the reported average length of the experience.

02 Calculate each item score and global total

ITEM SCORE = Frequency points + Duration points

Each item: 0–10 points • Sum all 29 item scores • Total possible: 0–290

Page 1 subtotal (items 1–14)	_____
Page 2 subtotal (items 15–29)	_____
GLOBAL SCORE (out of 290)	_____

03 Interpret the global score

GLOBAL SCORE	INTERPRETATION
0–69	Below the established clinical screening cutoff.
70–290	At or above the clinical screening cutoff; suggests clinically significant depersonalisation/derealisation symptoms that warrant further assessment.

Contextual benchmarks | Original validation sample medians

CLINICAL GROUP	MEDIAN TOTAL
Depersonalisation disorder	113
Temporal lobe epilepsy	44
Anxiety disorders	20

These values describe median scores within clinical groups, not diagnostic categories or additional cutoffs. **A score of 70 or more does not independently establish a diagnosis.** Interpret results with the clinical history, distress/impairment, differential diagnoses, and relevant medical or neurological factors.

Source note. Item wording and validation-group medians follow the supplied Cambridge Depersonalisation Scale. Global scoring and the 70-point screening cutoff follow the supplied "To score the Cambridge Depersonalization Scale" guide, rather than the original questionnaire's averaging fields. Sierra, M. & Berrios, G. (2000), Psychiatry Research, 93, 153–164.