

Name: \_\_\_\_\_

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

# A-DES

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## Directions

These questions ask about different kinds of experiences that happen to people. For each question, circle the number that tells how much that experience happens to you. Circle a "0" if it never happens to you; circle a "10" if it is always happening to you. If it happens sometimes but not all of the time, circle a number between 1 and 9 that best describes how often it happens to you. When you answer, only tell how much these things happen when you HAVE NOT had any alcohol or drugs.

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1. I get so wrapped up in watching T.V., reading, or playing video games that I don't have any idea what's going on around me.

0 1 2 3 4 5 6 7 8 9 10

2. I get back tests or homework that I don't remember doing.

0 1 2 3 4 5 6 7 8 9 10

3. I have strong feelings that don't seem like they are mine.

0 1 2 3 4 5 6 7 8 9 10

4. I can do something really well one time and then I can't do it at all another time.

0 1 2 3 4 5 6 7 8 9 10

5. People tell me I do or say things that I don't remember doing or saying.

0 1 2 3 4 5 6 7 8 9 10

6. I feel like I'm in a fog or spaced out and things around me seem unreal.

0 1 2 3 4 5 6 7 8 9 10

7. I get confused about whether I have done something or only thought about doing it.

0 1 2 3 4 5 6 7 8 9 10

8. I look at the clock and realize that time has gone by and I can't remember what has happened.

**0 1 2 3 4 5 6 7 8 9 10**

9. I hear voices in my head that are not mine.

**0 1 2 3 4 5 6 7 8 9 10**

10. When I am somewhere that I don't want to be, I can go away in my mind.

**0 1 2 3 4 5 6 7 8 9 10**

11. I am so good at lying and acting that I believe it myself.

**0 1 2 3 4 5 6 7 8 9 10**

12. I catch myself "waking up" in the middle of doing something.

**0 1 2 3 4 5 6 7 8 9 10**

13. I don't recognize myself in the mirror.

**0 1 2 3 4 5 6 7 8 9 10**

14. I find myself going somewhere or doing something and I don't know why.

**0 1 2 3 4 5 6 7 8 9 10**

15. I find myself someplace and don't remember how I got there.

**0 1 2 3 4 5 6 7 8 9 10**

16. I have thoughts that don't really seem to belong to me.

**0 1 2 3 4 5 6 7 8 9 10**

17. I find that I can make physical pain go away.

**0 1 2 3 4 5 6 7 8 9 10**

18. I can't figure out if things really happened or if I only dreamed or thought about them.

**0 1 2 3 4 5 6 7 8 9 10**

19. I find myself doing something that I know is wrong, even when I really don't want to do it.

0 1 2 3 4 5 6 7 8 9 10

Page Two: \_\_\_\_\_  
(To be completed by Therapist.)

*A-DES* – Armstrong, Putnam, & Carlson

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20. People tell me that I sometimes act so differently that I seem like a different person.

0 1 2 3 4 5 6 7 8 9 10

21. It feels like there are walls inside of my mind.

0 1 2 3 4 5 6 7 8 9 10

22. I find writings, drawings, or letters that I must have done but I can't remember doing.

0 1 2 3 4 5 6 7 8 9 10

23. Something inside of me seems to make me do things that I don't want to do.

0 1 2 3 4 5 6 7 8 9 10

24. I find that I can't tell whether I am just remembering something or if it is actually happening to me.

0 1 2 3 4 5 6 7 8 9 10

25. I find myself standing outside of my body, watching myself as if I were another person.

0 1 2 3 4 5 6 7 8 9 10

26. My relationships with my family and friends change suddenly and I don't know why.

0 1 2 3 4 5 6 7 8 9 10

27. I feel like my past is a puzzle and some of the pieces are missing.

0 1 2 3 4 5 6 7 8 9 10

28. I get so wrapped up in my toys or stuffed animals that they seem alive.

0 1 2 3 4 5 6 7 8 9 10

29. I feel like there are different people inside of me.

0 1 2 3 4 5 6 7 8 9 10

30. My body feels as if it doesn't belong to me.

0 1 2 3 4 5 6 7 8 9 10

Page Three: \_\_\_\_\_

(To be completed by Therapist.)

A-DES Scoring Sheet - Name: \_\_\_\_\_

- Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ A-DES Score: \_\_\_\_\_

Summary of Domain Scores: Absorption & Imaginitive Involvement: \_\_\_\_  
 Dissociative Amnesia: \_\_\_\_  
 Passive Influence: \_\_\_\_  
 Depersonalization & Derealization: \_\_\_\_

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The authors (see reference at bottom of this page) of the A-DES have grouped its items into four domains reflecting basic aspects of dissociation. Separate scores can be calculated for each as follows:

Domain 1 Imaginative Involvement		Domain 2 Dissociative Amnesia		Domain 3 Passive Influence	
Item #	Score	Item #	Score	Item #	Score
1	___	2	___	4	___
7	___	5	___	14	___
10	___	8	___	16	___
18	___	12	___	19	___
24	___	15	___	23	___
28	___	22	___		
		27	___		
Total:	_____/6 = ____ (Domain Score)	Total:	_____/7 = ____ (Domain Score)	Total:	_____/5 = ____ (Domain Score)

Domain 4  
Depersonalization & Derealization

<u>Item #</u>	<u>Score</u>
3	___
4	___
5	___
11	___
13	___
14	___
20	___
21	___

Within the domain of depersonalization and derealization, items are categorized as follows:

Dissociated Identity

<u>Item #</u>	<u>Score</u>
3	___
21	___
29	___
Total:	_____/4 = ____

25 \_\_\_\_\_  
 26 \_\_\_\_\_  
 29 \_\_\_\_\_  
 30 \_\_\_\_\_  
 Total: \_\_\_\_\_/12 = \_\_\_\_\_  
 (Domain Score)

**Dissociated Relatedness**

<u>Item #</u>	<u>Score</u>
11	_____
20	_____
26	_____

:

Total: \_\_\_\_\_/3 = \_\_\_\_\_

Armstrong, J. G., Putnam, F.W., Carlson, E.B., Libero, D.Z., & Smith, S.R. (1997) Development and validation of a Measure of Adolescent Dissociation: The Adolescent Dissociative Experiences Scale. *The Journal of Nervous and Mental Disease*, 185(8). 491-497. **“The A-DES is a public domain document and may be used and reproduced without copyright restrictions.”** (Pg.493.)