DES

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Directions

This questionnaire consists of twenty-eight questions about experiences that you may have in your daily life. We are interested in how often you have these experiences. It is important, however, that your answers show how often these experiences happen to you when you are not under the influence of alcohol or drugs.

To answer the questions, please determine to what degree the experience described in the question applies to you and circle the number to show what percentage of the time you have the experience.

Example:

0% (never) 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% (always) (score = total/28)

Today's Date: _____ Client Initials: _____ DOB: _____ Score: _____

1. Some people have the experience of driving a car and suddenly realizing that they don't remember what has happened during all or part of the trip. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
2. Some people find that sometimes they are listening to someone talk and they suddenly realize that they did not hear part of all of what was said. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
3. Some people have the experience of finding themselves in a place and having no idea how they got there. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
4. Some people have the experience of finding themselves dressed in clothes that they don't remember putting on. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
5. Some people have the experience of finding new things among their belongings that they do not remember buying. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
6. Some people sometimes find that they are approached by people that they do not know, who call them by another name or insist that they have met them before. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
7. Some people sometimes have the experience of feeling as though they are standing next to themselves or watching themselves do something and they actually see themselves as if they were looking at another person. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
8. Some people are told that they sometimes do not recognize friends or family members. Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation). Circle a number to show what percentage of the time this happens to you.
   0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
10. Some people have the experience of being accused of lying when they do not think that they have lied. Circle a number to show what percentage of the time this happens to you.
    0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
11. Some people have the experience of looking in the mirror and not recognizing themselves. Circle a number to show what percentage of the time this happens to you.
    0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
12. Some people have the experience of feeling that other people, objects, and the world around them are not real. Circle a number to show what percentage of the time this happens to you.
    0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%