

Appendix F

The Child Dissociative Experience Scale and Post-Traumatic Stress Inventory (CDES/PTSI)

Who are you like? Check the line that describes you best.

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| A. | Sally likes to eat ice cream a lot. | I'm a lot like Sally. | I'm a little like Jane. | I'm a lot like Jane. | Jane doesn't like to eat ice cream at all. |
| B. | Jenny never wished she was a grown-up. | I'm a little like Jenny. | I'm a little like Mary. | I'm a lot like Mary. | Mary often wished she was a grown-up. |
| 1. | When Ellen gets to school, she sometimes doesn't remember getting there. | I'm a lot like Ellen. | I'm a little like Judy. | I'm a lot like Judy. | Judy, when she gets to school, remembers how she got there and what happened on the way. |
| 2. | Martha, when she wants to, listens to other people and hears most of what they say. | I'm a lot like Martha. | I'm a little like Denise. | I'm a lot like Denise. | Denise sometimes realizes in the middle of trying to listen to other people that she did not hear what was just said. |
| 3. | Elaine doesn't get many stomachaches. | I'm a little like Elaine. | I'm a little like Michele. | I'm a lot like Michele. | Michele gets lots of stomachaches. |
| 4. | Liz often feels like she is standing next to herself watching herself do things. | I'm a lot like Liz. | I'm a little like Carrie. | I'm a lot like Carrie. | Carrie has never felt like she was standing next to herself watching herself do something. |
| 5. | Leslie feels guilty (like a bad girl) a lot. | I'm a little like Leslie. | I'm a little like Becky. | I'm a lot like Becky. | Becky doesn't feel guilty (like a bad girl) very much. |
| 6. | Jan doesn't think about things if she doesn't want to think about them. | I'm a little like Jan. | I'm a little like Joyce. | I'm a lot like Joyce. | Joyce thinks about some things even when she doesn't mean to think about them. |

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| 7. | Louise gets startled easily. | I'm a lot like Louise. | I'm a little like Louise. | I'm a lot like Gail. | Gail doesn't get startled very easily. |
| 8. | Kathy usually feels like people, things, and everything around her are real. | I'm a lot like Kathy. | I'm a little like Kathy. | I'm a lot like Jean. | Jean often feels like people, things, and everything around here are not real. |
| 9. | Frances often wonders if things she remembers really happened or if she just dreamed them. | I'm not lot like Frances. | I'm a little like Frances. | I'm a lot like Anne. | Anne usually knows if things she remembers really happened or if she just dreamed them. |
| 10. | Linda talks out loud to herself when she is alone. | I'm a lot like Linda. | I'm a little like Julie. | I'm a lot like Julie. | Julie doesn't talk out loud to herself when she is alone. |
| 11. | Joanne doesn't feel scared very much. | I'm a lot like Joanne. | I'm a little like Erica. | I'm a lot like Erica. | Erica feels scared a lot. |
| 12. | Lisa often feels like she is looking at the world through a fog so things look far away or fuzzy. | I'm a lot like Lisa. | I'm a little like Cindy. | I'm a lot like Cindy. | Cindy never feels like she is looking at the world through a fog so things look far away or fuzzy. |
| 13. | When Susie is watching TV, she usually knows what is happening around her. | I'm a lot like Susie. | I'm a little like Edie. | I'm a lot like Edie. | When Edie watches TV, she sometimes gets so involved that she doesn't know what is happening around her. |
| 14. | Maria doesn't jump when she hears loud noise. | I'm a lot like Maria. | I'm a little like Rose. | I'm a lot like Rose. | Rose jumps when she hears loud noise. |

Name _____ Date _____

15. Sometimes, Alice has no memory of important things that happened to her (like the first day of school or a birthday party).
 I'm a lot like Alice. I'm a little like Ruth. Ruth remembers important things that happened to her (like the first day of school or a birthday party).
 I'm a lot like Alice. I'm a lot like Ruth.
16. Eve always recognizes herself when she looks in the mirror.
 I'm a lot like Eve. I'm a little like Janice. Sometimes, when Janice looks in the mirror, she doesn't recognize herself.
17. Betty feels restless or jumpy a lot.
 I'm a lot like Betty. I'm a little like Tammy. Tammy doesn't feel restless or jumpy very much.
18. Sheryl loses her temper a lot.
 I'm a lot like Sheryl. I'm a little like Robin. Robin doesn't lose her temper very much.
19. Nora usually knows if she did something or just thought about doing it.
 I'm a lot like Nora. I'm a little like Catherine. Catherine often wonders if she did things or just thought about doing them.
20. Liza always loves to do her homework.
 I'm a lot like Liza. I'm a little like Stacy. Sometimes, Stacy doesn't feel like doing her homework.
21. Paula sometimes sits staring off into space, thinking of nothing.
 I'm a lot like Paula. I'm a little like Barb. Barb never sits staring off into space thinking of nothing.
22. Laura makes up her own private games and plays them over and over.
 I'm a lot like Laura. I'm a little like Penny. Penny prefers to play games that most other children play.
23. When Sheila has a daydream, she know that the things in her daydream are not really happening.
 I'm a lot like Sheila. I'm a little like Patti. Patti gets so involved in her daydreams that she sometimes feels like they are really happening.

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| 24. | Angela feels dizzy a lot. | I'm a lot like Angela. | I'm a little like Angela. | I'm a lot like Eileen. | Eileen doesn't feel dizzy very often. |
| 25. | Sandy often feels like she is dreaming when she is awake. | I'm a lot like Sandy. | I'm a little like Sandy. | I'm a lot like Teresa. | Teresa doesn't feel like she's dreaming when she is awake. |
| 26. | Vicky doesn't have very many scary dreams or nightmares. | I'm a lot like Vicky. | I'm a little like Vicky. | I'm a lot like Nancy. | Nancy has lots of scary dreams or nightmares. |
| 27. | Debbie doesn't always feel like she is in her body; sometimes she feels like she is floating away from it. | I'm a lot like Debbie. | I'm a little like Debbie. | I'm a lot like Karen. | Karen usually feels like she is in her body. |
| 28. | Once in awhile, Shirley tells a fib. | I'm a lot like Shirley. | I'm a little like Shirley. | I'm a lot like Gail. | Gail has never told a fib. |
| 29. | Joan has lot of feeling (like happy, sad, angry, excited). | I'm a lot like Joan. | I'm a little like Joan. | I'm a lot like Sherry. | Sherry doesn't have any feeling (like happy, sad, angry, excited). |
| 30. | Heidi has trouble falling asleep because pictures or thoughts keep popping into her head. | I'm a lot like Heidi. | I'm a little like Heidi. | I'm a lot like Diane. | Diane has no trouble falling asleep when she is tired. |
| 31. | Laurie sometimes feels like her body is doing things she doesn't want it to do. | I'm a lot like Laurie. | I'm a little like Laurie. | I'm a lot like Helen. | Helen's body doesn't do things she doesn't want it to do. |

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Bradley C. Stolbach, adapted from Bernstein & Putnam (1986)

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| 32. | Maura has no trouble concentrating on things when she wants to. | I'm a lot like Maura. | I'm a little like Maura. | I'm a lot like Sarah. | Sarah has a hard time concentrating on things even when she wants to. |
| 33. | Beth can remember things easily. | I'm a lot like Beth. | I'm a little like Beth. | I'm a lot like Peggy. | Peggy has hard time remembering things. |
| 34. | Rachel has a hard time paying attention in class even when she wants to. | I'm a lot like Rachel. | I'm a little like Rachel. | I'm a lot like Kim. | Kim has no trouble paying attention in class when she wants to. |
| 35. | Pam rarely feels grouchy for no reason. | I'm a lot like Pam. | I'm a little like Pam. | I'm a lot like Carol. | Carol often feels grouchy for no reason. |
| 36. | Dolores feels happy all the time. | I'm a lot like Dolores. | I'm a little like Dolores. | I'm a lot like Shelly. | Sometimes, Shelly feels a little unhappy. |
| 37. | Valerie gets headaches a lot. | I'm a lot like Valerie. | I'm a little like Valerie. | I'm a lot like Jane. | Jane doesn't get very many headaches. |

Name _____ Date _____

Scoring The Children's Dissociative Experiences Scale and Post-Traumatic Stress Index

There are four versions of this instrument. One for white males, one for African-American males, one for white females, and one for African-American females. The questions on the different versions are the same, the only difference is the names used in the items. I have reprinted the version developed for white females. For other versions, write to the author Bradley Stolbach at bstolbach@larabida.org.

To compute the total score, combine the CDES & CPTSI scores (i.e., the total of all responses except items 20, 28, & 36). A total score of 43 was the cutoff for Definite PTSD derived in the original study, and subsequent research and clinical use of the measure suggests that this is a valid cut point. Totals in the mid-30's appear to be related to substantial subthreshold PTSD symptoms or "partial PTSD".

The CDES and PTSI have not been shown to function as separate subscales. In general, however, if a child averages more than 1 per item (i.e., CDES > 21 or PTSI > 13), the child is likely experiencing clinical levels of symptoms in that area. A Fake score of 5 or higher should raise concerns and a 7 or higher suggests that the responses are not valid and that the child is likely to under-report symptoms in response to other measures or clinical interview. For more information see the scoring sheet below.

SCORING THE CHILDREN'S DISSOCIATIVE EXPERIENCES SCALE AND POSTTRAUMATIC SYMPTOM INVENTORY
 Bradley C. Stolbach, adapted from Bernstein & Putnam (1986)

A.	Sample Item											
B.	Sample Item											
1.	CDES 1	don't remember getting to school	3	2	1	0	0	1	0	remember getting to school		
2.	CDES 2	hear what people say	0	1	2	3	2	2	3	don't hear what people say		
3.	CPTSI 1	few stomachaches	0	1	2	3	2	2	3	frequent stomachaches		
4.	CDES 3	standing next to self	3	2	1	0	1	0	0	not outside self		
5.	CPTSI 2	guilty	3	2	1	0	1	0	0	not guilty		
6.	CPTSI 3	few intrusive thoughts	0	1	2	3	2	2	3	frequent intrusive thoughts		
7.	CPTSI 4	startle	3	2	1	0	1	0	0	no startle		
8.	CDES 4	things are real	0	1	2	3	2	2	3	things aren't real		
9.	CDES 5	wonder if dreamed or happened	3	2	1	0	1	0	0	know if dreamed or happened		
10.	CDES 6	talks to self	3	2	1	0	1	0	0	doesn't talk to self		
11.	CPTSI 5	rarely scared	0	1	2	3	2	2	3	often scared		
12.	CDES 7	looking through fog	3	2	1	0	1	0	0	not looking through fog		
13.	CDES 8	aware when watching TV	0	1	2	3	2	2	3	unaware when watching TV		
14.	CPTSI 6	don't jump at noise	0	1	2	3	2	2	3	jump at noise		
15.	CDES 9	trouble remembering events	3	2	1	0	1	0	0	can remember events		
16.	CDES 10	recognize self in mirror	0	1	2	3	2	2	3	don't recognize self in mirror		
17.	CPTSI 7	often restless or jumpy	3	2	1	0	1	0	0	rarely restless or jumpy		
18.	CPTSI 8	often losing temper	3	2	1	0	1	0	0	rarely losing temper		
19.	CDES 11	know if did or thought about	0	1	2	3	2	2	3	wonder if did or thought about		
20.	Fake 1	love homework	3	2	1	0	1	0	0	sometimes don't like homework		
21.	CDES 12	often staring into space	3	2	1	0	1	0	0	rarely staring into space		
22.	CPTSI 9	posttraumatic play	3	2	1	0	1	0	0	"normal" play		

23.	CDES 13	know daydreams aren't real	0	1	2	3	think daydreams are real
24.	CDES 14	often dizzy	3	2	1	0	rarely dizzy
25.	CDES 15	dreaming when awake	3	2	1	0	no dreaming when awake
26.	CPTSI 10	few nightmares	0	1	2	3	frequent nightmares
27.	CDES 16	not in body	3	2	1	0	in body
28.	Fake 2	fibbing	0	1	2	3	never fibbed
29.	CDES 17	feeling	0	1	2	3	no feelings
30.	CPTSI 11	bedtime intrusive images	3	2	1	0	easy bedtime
31.	CDES 18	trouble controlling body	3	2	1	0	can control body
32.	CDES 19	can concentrate	0	1	2	3	trouble concentrating
33.	CDES 20	can remember things	0	1	2	3	trouble remembering things
34.	CDES 21	trouble paying attention	3	2	1	0	can pay attention
35.	CPTSI 12	rarely grouchy	0	1	2	3	often grouchy
36.	Fake 3	always happy	3	2	1	0	sometimes unhappy
37.	CPTSI 13	frequent headaches	3	2	1	0	few headaches

For Dissociative Experiences Score, sum items 1, 2, 4, 8, 9, 10, 12, 13, 15, 16, 19, 21, 23, 24, 25, 27, 29, 31, 32, 33, 34.

For Posttraumatic Symptom Score, sum items 3, 5, 6, 7, 11, 14, 17, 18, 22, 26, 30, 35, 37.

For Fake Score, sum items 20, 28, 36.

Social Desirability (Fake) Score > 4 suggests possibility of underreporting; > 6 suggests responses are not valid.

Total Score = Dissociative Experiences Score + Posttraumatic Symptom Score (**Do not include Fake items in Total Score**).

Total Scores > 34 suggest clinical level of trauma symptoms/partial PTSD.

Total Scores > 42 suggest PTSD.

The CDES/PTSI is intended as a screening measure and diagnoses should not be made based solely upon CDES/PTSI scores.