A-DES

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 your. 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 your. When you answer, only tell how much these things happen when you HAVE NOT had any alcohol or drugs.

EXAMPLE:

O 1 2 3 4 5 6 7 8 9 10 (never) (always)

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 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
2.	. I get back tests or homework that I don't remember doing.											
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
3. I have strong feelings that don't seem like they are mine.												
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
4. I can do something really well one time and then I can't do it a another time.										it at a	11	
	0 (never)	1	2	3	4	5		7	8	9	10 (always)	
5.	People to	ell me	I do o	r say t	hings t	that I d	lon't re	membe	er doin	g or s	saying.	
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)	
6.	I feel lik	e I'm	in a fo	g or sp	paced o	out and	d thing	s aroui	nd me	seem	unreal.	ÿ.
	0 (never)	1	2	3	4	5	6	.7	8	9	10 (always)	
7.	I get cor doing it		d abou	whet	her I h	ave do	ne son	nething	or on	ly tho	ought about	984 ore
	0 (never)	-	2	3	4	5	6	7	8	9	10 (always)	
8.	8. I look at the clock and realize that time has gone by and I can't remember what has happened.											
	0 (never)		2	3	, 4	5	6	7	8	9	10 (always)	
9	9. I hear voices in my head that are not mine.											
	0 (never)	1	2	3	4	5		7	8	9	10 (always)	
.1	10. When I am somewhere that I don't want to be, I can go away in my mind.											
	0 (never	1	2	3	4	5	.6	5.5	8	9	10 L 10 L	Ta A

11.	I am so good at lying and acting that I believe it myself.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
12.	I catch myself "waking up" in the middle of doing something.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
13.	I don't recognize myself in the mirror.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
14.	. I find myself going somewhere or doing something and I don't know why.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
15.	15. I find myself someplace and don't remember how I got there.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
16.	16. I have thoughts that don't really seem to belong to me.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
17.	I find t	hat I ca	ın mak	e phys	ical pa	in go a	way.				
	0 (never)		2	3	4	5	6	7	8	9	10 (always)
18	. I can't	figure them.	out if t	things	really	happei	ned or	if I on	ly drea	med	or thought
	0 (never)		2	3	4	5	6	7	8	9	10 (always)
19	19. I find myself doing something that I know is wrong, even when I really don't want to do it.										
	0 (never)		2	3	4	5	. 6	7	8	9	10 (always)
20	20. People tell me that I sometimes act so differently that I seem like a different person.										
	0 (never		. 2	3	4	5	6	7	8	9	10 (always)

	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
22.	I find w	ritings	s, draw	ings o	letter	s that I	must	have d	lone bu	ıt I c	an't remember
	0 (never)	1	2	3	4	5	6	7	8 .	9	10 (always)
23.	Someth	ing ins	ide of	me see	ms to	make r	ne do	things	that I	don'	t want to do.
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
24.	I. I find that I can't tell whether I am just remembering something or if it is actually happening to me.										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
25.	 I find myself standing outside of my body, watching myself as if I were another person. 										
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
26.	My relation		ps wit	h my fa	amily a	ınd frie	ends cl	hange	sudder	ıly a	nd I don't
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
27.	I feel lik	e my p	ast is a	a puzzl	e and	some o	f the p	ieces a	re mis	sing.	
	0 (never)	1	2	3.	4	5	6	7	8	9	10 (always)
28.	I get so	wrapp	ed up i	in my t	oys or	stuffec	l anim	als tha	t they :	seem	ı alive.
	0 (never)	1	2	3	4	5	6	7	8	9	10 (always)
29.	. I feel like there are different people inside of me.										
	0 (never)	1	2	3 .	4	5	6 .	7	8	9	10 (always)
30.). My body feels as if it doesn't belong to me.										
	0 (never)	1	2	3	4	5	6	7	8	9.	10 (always)

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