

Instructions for Administration of the Children's Dissociative Experiences Scale and Posttraumatic Symptom Inventory.

The first two items (A. & B.) are practice items, with which the interviewer can train the child about how the measure works and make sure that the child understands what is being asked and what the answers mean. The interviewer should say something like:

"By each number, there are sentences about two boys/girls. After we read the two sentences, please choose which of the two boys/girls is more like you. After you pick the one that is more like you, then think about whether you are a lot like that boy/girl or just a little like him/her. When you decide, check the line that fits you best. For each number, you can only check one line. Let's try a couple."

The interviewer should read the two practice items aloud with the child. To make sure that the child understands the task, give hypothetical examples that fit all possible answers for these two items and ask the child which line would fit each of them, e.g., on item A., "If I really love to eat ice cream, am I more like Jimmy/Sally or Ricky/Jane? Am I a lot like him/her or a little like him/her? Which line should I check? If I don't really like ice cream that much, but I eat it once in a while, am I more like Jimmy/Sally or Ricky/Jane? Am I a lot like him/her or a little like him/her? Which line should I check?" Make sure to give examples that fit each of the possible responses.

After going over the first two items, the child should be able to respond to the rest of the measure. Do not check the lines for the child. Inform the child that, "Some of the sentences have hard words in them or are a little confusing. If you don't know what a word means or a sentence is hard to understand, be sure to ask me about it." Because some of the items are quite long and complex, the measure appears to be most effective when all items are read aloud by the examiner. Try to maintain the same intonation on both anchor sentences and to convey that all responses are normal. The exceptions to this are the social desirability items (#20, #28, #36). For these items, your tone of voice should pull for the less socially desirable response. The measure works best for children age 8 and above, but many 7-year-olds can use it as well. Children often need the words "startle" and "fib" defined for them. It usually takes 10-15 minutes to complete the measure.

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 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. 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.

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

CDSES/PTSI (Children's Dissociative Experiences Scale en Posttraumatic Symptom Inventory)

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Self report questionnaire for girls 7 to 17 years.

Name

Date of birth

Date

Who are you like? Check the line that describes you best. You can check one line per question and please don't skip any questions.

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|--------------------------------------------------------------------------------------------|------------------------|---------------------------|----------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------|
| A. Sally likes to eat ice cream a lot. | _____ | _____ | _____ | _____ | Jackie doesn't like to eat ice cream at all. |
| | I'm a lot like Sally. | I'm a little like Sally. | I'm a little like Jackie. | I'm a lot like Jackie. | |
| B. Jenny never wishes she was an adult. | _____ | _____ | _____ | _____ | Mary often wishes she was an adult. |
| | I'm a lot like Jenny. | I'm a little like Jenny. | I'm a little like Mary. | I'm a lot like Mary. | |
| 1. When Sheree gets to her uncle, she sometimes doesn't remember getting there. | _____ | _____ | _____ | _____ | Judy, when she gets to her uncle, remembers how she got there and what happened on the way. |
| | I'm a lot like Sheree. | I'm a little like Sheree. | I'm a little like Judy. | I'm a lot like Judy. | |
| 2. Martha, when she wants to, listens to other people and hears most of what they say. | _____ | _____ | _____ | _____ | Denise sometimes realizes in the middle of trying to listen to other people that she did not hear what was just said. |
| | I'm a lot like Martha. | I'm a little like Martha. | I'm a little like Denise. | I'm a lot like Denise. | |
| 3. Elaine doesn't get many tummy-aches. | _____ | _____ | _____ | _____ | Michele gets lots of tummy-aches. |
| | I'm a lot like Elaine. | I'm a little like Elaine. | I'm a little like Michele. | I'm a lot like Michele. | |
| 4. Liz often feels like her spirit is standing next to herself watching herself do things. | _____ | _____ | _____ | _____ | Carrie has never felt like her spirit was standing next to herself watching herself do something. |
| | I'm a lot like Liz. | I'm a little like Liz. | I'm a little like Carrie. | I'm a lot like Carrie. | |
| 5. Leslie feels like it's her fault (like a bad girl) a lot. | _____ | _____ | _____ | _____ | Nicole doesn't feel like it's her fault (like a bad girl) very much. |
| | I'm a lot like Leslie. | I'm a little like Leslie. | I'm a little like Nicole. | I'm a lot like Nicole. | |
| 6. Jan doesn't think about things if she doesn't want to think about them. | _____ | _____ | _____ | _____ | Joyce thinks about some things even when he doesn't mean to think about them. |
| | I'm a lot like Jan. | I'm a little like Jan. | I'm a little like Joyce. | I'm a lot like Joyce. | |
| 7. Carmen gets scared easily. | _____ | _____ | _____ | _____ | Gail doesn't get scared very easily. |
| | I'm a lot like Carmen. | I'm a little like Carmen. | I'm a little like Gail. | I'm a lot like Gail. | |
| 8. Kathy usually feels like people, things, and everything around her are real. | _____ | _____ | _____ | _____ | Jean often feels like people, things, and everything around her are like a dream. |
| | I'm a lot like Kathy. | I'm a little like Kathy. | I'm a little like Jean. | I'm a lot like Jean. | |

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| 9. Danielle often wonders if things she remembers really happened or if she just dreamed them. | _____ | _____ | _____ | _____ | Anne usually knows if things she remembers really happened or if she just dreamed them. |
| | I'm a lot like Danielle. | I'm a little like Danielle. | I'm a little like Anne. | I'm a lot like Anne. | |
| 10. Linda talks out loud to herself when she is alone. | _____ | _____ | _____ | _____ | Julie doesn't talk out loud to herself when she is alone. |
| | I'm a lot like Linda. | I'm a little like Linda. | I'm a little like Julie. | I'm a lot like Julie. | |
| 11. Rochelle doesn't feel scared very much. | _____ | _____ | _____ | _____ | Erica feels Scared a lot. |
| | I'm a lot like Rochelle. | I'm a little like Rochelle. | I'm a little like Erica. | I'm a lot like Erica. | |
| 12. Lisa often feels like she is looking at the world through smoke so things look far away or fuzzy. | _____ | _____ | _____ | _____ | Cindy never feels like she is looking at the world through smoke so things look far away or fuzzy. |
| | I'm a lot like Lisa. | I'm a little like Lisa. | I'm a little like Cindy. | I'm a lot like Cindy. | |
| 13. When Brenda is watching TV, she usually knows what is happening around her. | _____ | _____ | _____ | _____ | When Edie watches TV, she sometimes gets so involved that she doesn't know what is happening around her. |
| | I'm a lot like Brenda. | I'm a little like Brenda. | I'm a little like Edie. | I'm a lot like Edie. | |
| 14. Maria doesn't jump when he hears a loud noise. | _____ | _____ | _____ | _____ | Rose jumps when she hears a loud noise. |
| | I'm a lot like Maria. | I'm a little like Maria. | I'm a little like Rose. | I'm a lot like Rose. | |
| 15. Sometimes, Alice can't remember important things that happened to her (like Christmas or a birthday party). | _____ | _____ | _____ | _____ | Ruth remembers important things that happened to her (like Christmas or a birthday party). |
| | I'm a lot like Alice. | I'm a little like Alice. | I'm a little like Ruth. | I'm a lot like Ruth. | |
| 16. Renee always knows herself when she looks in the mirror. | _____ | _____ | _____ | _____ | Sometimes, when Janice looks in the mirror, she doesn't know herself. |
| | I'm a lot like Renee. | I'm a little like Renee. | I'm a little like Janice. | I'm a lot like Janice. | |
| 17. Betty feels fidgety, full of energy or jumpy a lot. | _____ | _____ | _____ | _____ | Tammy doesn't feel fidgety, full of energy or jumpy very much. |
| | I'm a lot like Betty. | I'm a little like Betty. | I'm a little like Tammy. | I'm a lot like Tammy. | |

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| 18. Sheryl gets wild a lot. | _____ | _____ | _____ | _____ | Robin doesn't get wild very much. |
| | I'm a lot like Sheryl. | I'm a little like Sheryl. | I'm a little like Robin. | I'm a lot like Robin. | |
| 19. Tina usually knows if she did it or thought she did it. | _____ | _____ | _____ | _____ | Catherine often wonders if she did things or just thought about doing them. |
| | I'm a lot like Tina. | I'm a little like Tina. | I'm a little like Catherine. | I'm a lot like Catherine. | |
| 20. Liza always loves to do her schoolwork. | _____ | _____ | _____ | _____ | Sometimes, Stacy doesn't feel like doing her schoolwork. |
| | I'm a lot like Liza. | I'm a little like Liza. | I'm a little like Stacy. | I'm a lot like Stacy. | |
| 21. Paula sometimes sits & stares, thinking of nothing. | _____ | _____ | _____ | _____ | Barb never sits & stares, thinking about nothing. |
| | I'm a lot like Paula. | I'm a little like Paula. | I'm a little like Barb. | I'm a lot like Barb. | |
| 22. Laura makes up her own games and plays them over and over. | _____ | _____ | _____ | _____ | Felicia prefers to play games that most other children play. |
| | I'm a lot like Laura. | I'm a little like Laura. | I'm a little like Felicia. | I'm a lot like Felicia. | |
| 23. When Sheila has a daydream, she knows the daydream is not true. | _____ | _____ | _____ | _____ | Patti gets so involved in her daydreams that she sometimes feels like they are really happening. |
| | I'm a lot like Sheila. | I'm a little like Sheila. | I'm a little like Patti. | I'm a lot like Patti. | |
| 24. Angela feels dizzy a lot. | _____ | _____ | _____ | _____ | Eileen doesn't feel dizzy very often. |
| | I'm a lot like Angela. | I'm a little like Angela. | I'm a little like Eileen. | I'm a lot like Eileen. | |
| 25. Sandy often feels like she is dreaming when she is not sleeping. | _____ | _____ | _____ | _____ | Teresa doesn't feel like she's dreaming when she is not sleeping. |
| | I'm a lot like Sandy. | I'm a little like Sandy. | I'm a little like Teresa. | I'm a lot like Teresa. | |
| 26. Vicky doesn't have very many scary dreams or nightmares. | _____ | _____ | _____ | _____ | Nancy had lots of scary dreams or nightmares. |
| | I'm a lot like Vicky. | I'm a little like Vicky. | I'm a little like Nancy. | I'm a lot like Nancy. | |
| 27. Debbie doesn't always feel like she is in her body: sometimes she feels like her spirit is floating away from it. | _____ | _____ | _____ | _____ | Karen usually feels like hers spirit is in his body. |
| | I'm a lot like Debbie. | I'm a little like Debbie. | I'm a little like Karen. | I'm a lot like Karen. | |

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|--------------------------------------------------------------------------------------------------------|-------------------------|----------------------------|---------------------------|------------------------|-----------------------------------------------------------------------------|
| 28. Sometimes Shirley tells a lie. | _____ | _____ | _____ | _____ | Gail has never told a lie. |
| | I’m a lot like Shirley. | I’m a little like Shirley. | I’m a little like Gail. | I’m a lot like Gail | |
| 29. Trina has a lot of feelings (like happy, sad, angry, excited). | _____ | _____ | _____ | _____ | Sherry has no feelings (like happy, sad, angry, excited) |
| | I’m a lot like Trina. | I’m a little like Trina. | I’m a little like Sherry. | I’m a lot like Sherry. | |
| 30. Heidi can’t sleep because she is seeing or thinking things or thoughts keep popping into her head. | _____ | _____ | _____ | _____ | Diane has no trouble falling asleep when she is tired. |
| | I’m a lot like Heidi. | I’m a little like Heidi. | I’m a little like Diane. | I’m a lot like Diane. | |
| 31. Laurie sometimes feels like her body is doing things she doesn’t want it to do. | _____ | _____ | _____ | _____ | Helen’s body doesn’t do things she doesn’t want it to do. |
| | I’m a lot like Laurie. | I’m a little like Laurie. | I’m a little like Helen. | I’m a lot like Helen. | |
| 32. Maura can concentrate on things when she wants to. | _____ | _____ | _____ | _____ | Yvonne can’t concentrate on things even when she wants to. |
| | I’m a lot like Maura. | I’m a little like Maura. | I’m a little like Yvonne. | I’m a lot like Yvonne. | |
| 33. Beth can remember things easily. | _____ | _____ | _____ | _____ | Keisha has a hard time remembering things. |
| | I’m a lot like Beth. | I’m a little like Beth. | I’m a little like Keisha. | I’m a lot like Keisha. | |
| 34. Rachel has a hard time listening at school or at home even when she wants to. | _____ | _____ | _____ | _____ | Kim has no trouble paying attention at school or at home when she wants to. |
| | I’m a lot like Rachel. | I’m a little like Rachel. | I’m a little like Kim. | I’m a lot like Kim. | |
| 35. Pam never feels grumpy for no reason. | _____ | _____ | _____ | _____ | Carol often feels grumpy for no reason. |
| | I’m a lot like Pam. | I’m a little like Pam. | I’m a little like Carol. | I’m a lot like Carol. | |
| 36. Dolores feels happy all the times. | _____ | _____ | _____ | _____ | Sometimes, Shelly feels a little unhappy. |
| | I’m a lot like Dolores. | I’m a little like Dolores. | I’m a little like Shelly. | I’m a lot like Shelly. | |
| 37. Valerie gets headaches a lot. | _____ | _____ | _____ | _____ | Jane doesn’t get very many headaches. |
| | I’m a lot like Valerie. | I’m a little like Valerie. | I’m a little like Jane. | I’m a lot like Jane. | |