

CDES/PTSI (Children’s Dissociative Experiences Scale en Posttraumatic Symptom Inventory)

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

Adaptation for Indigenous children by A. Struik (2014) www.ariannestruik.com

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.

Test Items

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|--|------------------------------------|---------------------------------------|--|-------------------------------------|--|
| A. Sally likes to eat ice cream a lot. | _____
I’m a lot
like Sally. | _____
I’m a little
like Sally. | _____
I’m a little
like Jackie. | _____
I’m a lot
like Jackie. | Jackie doesn’t like to eat ice cream at all. |
| B. Jenny never 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. | Mary often wishes she was an adult. |
| 1. When Sheree gets to her uncle, she sometimes doesn’t remember getting there. | _____
I’m a lot
like Sheree. | _____
I’m a little
like Sheree. | _____
I’m a little
like Judy. | _____
I’m a lot
like Judy. | Judy, when she gets to her uncle, 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 Martha. | _____
I’m a little
like Denise. | _____
I’m a lot
like Denise. | When Denise tries to listen to other people, she sometimes realizes that she did not hear what they just said. |
| 3. Elaine doesn’t get many 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. | Michele gets lots of tummy-aches. |
| 4. Liz often feels like her spirit is standing next to herself watching herself do things. | _____
I’m a lot
like Liz. | _____
I’m a little
like Liz. | _____
I’m a little
like Carrie. | _____
I’m a lot
like Carrie. | Carrie has never felt like her spirit was standing next to herself watching herself do something. |
| 5. Leslie feels like things are her fault (like a bad girl) a lot. | _____
I’m a lot
like Leslie. | _____
I’m a little
like Leslie. | _____
I’m a little
like Nicole. | _____
I’m a lot
like Nicole. | Nicole doesn’t feel like things are her fault (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 lot
like Jan. | _____
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 want to think about them. |
| 7. Carmen gets scared 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. | Gail doesn’t get scared very easily. |

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| 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. | |
| 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 through smoke so things look far away or fuzzy. | _____ | _____ | _____ | _____ | Cindy never feels like she is looking 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 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 she 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. | |
| 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. | |

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| 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 about 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 her spirit is in her 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. | |
| 28. Sometimes Shirley lies. | _____ | _____ | _____ | _____ | Gail never lies. |
| | 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 when she is tired 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. | |

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| 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 little like Helen. | _____
I'm a lot like Helen. | Helen's body doesn't do things she doesn't want it to do. |
| 32. Maura can concentrate on things 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. | Yvonne can't concentrate 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 little like Keisha. | _____
I'm a lot like Keisha. | Keisha has a hard time remembering things. |
| 34. Rachel has a hard time listening at school or at home even 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. | Kim has no trouble listening at school or at home when she wants to. |
| 35. Pam never 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. | Carol often feels grumpy for no reason. |
| 36. Dolores feels happy all the times. | _____
I'm a lot like Dolores. | _____
I'm a little like Dolores. | _____
I'm a little like Shelly. | _____
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 little like Jane. | _____
I'm a lot like Jane. | Jane doesn't get headaches a lot. |