

Sidran Institute PO Box 436 Brooklandville, MD 21022 Phone 410.825.8888 Fax: 410.337.0747

www.sidran.org

email: orders@sidran.org

ADES

(version 1.0)

Judith Armstrong, Ph.D. Frank Putnam, M.D. Eve Carlson, Ph.D.

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 "O" if it never happens to you, circle a "10" if it is always happening to you. 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 you. When you answer, only tell how much these things happen when you <u>HAVE NOT</u> had any alcohol or drugs.

EXAMPLE:

0 1 2 3 4 5 6 7 8 9 10 (Never) (Always)

1.	I get so wrapped up in watching TV, reading, or playing video games that I don't have any idea what's going on around me.									nt I don't		
	0 (never)	1	2	3	4	5	6	7	8		10 (always)	
2.	I get back tests and homework that I don't remember doing.											
	0	1	2	3	4	5	6	7	8	9	10	
3.	I have strong feelings that don't seem like they are mine.											
	0	1	2	3	4	5	6	7	8	9	10	
4.	I can do something really well one time and then I can't do it at all another time.											
	0	1	2	3	4	5	6	7	8	9	10	
5.	People tell me I do or say things that I don't remember doing or saying.											
	0	1	2	3	4	5	6	7	8	9	10	
6.	I feel like I'm in a fog or spaced out and things around me seem unreal.											
	0	1	2	3	4	5	6	7	8	9	10	
	I get confused about whether I have done something or only thought about doing it.											
7.		ised a	bout wl	hether l	I have o	done so	methin	g or on	ly thou	ght abo	out doing	
7.			bout wh								out doing	
	it.	1	2	3	4	5	6	7	8	9	10	
	o I look at the happened.	1 e clocl	2	3 alize tha	4 at time l	5 nas gone	6 e by and	7 l I can't	8 rememl	9 per wha	10 t has	
8.	o I look at the happened.	1 e clocl 1	2 and rea	3 alize tha 3	4 at time l	5 nas gone 5	6 e by and	7 l I can't	8 rememl	9 per wha	10 t has	
8.	I look at the happened. 0 I hear voice	1 e cloch 1 ces in	2 and rea	3 alize tha 3 d that a	4 at time l 4 are not	5 nas gone 5	6 e by and 6	7 I I can't 7	8 rememl	9 per wha	10 t has	
8.	I look at the happened. 0 I hear voice	1 e clocl 1 ces in	2 and rea 2 my hea 2	3 alize tha 3 d that a	4 at time l 4 are not 4	5 nas gone 5 mine. 5	6 by and	7 1 I can't 7 7	8 remember 8	9 per wha 9	10 t has	
8.9.	o I look at the happened. O I hear voice 0	1 e clocl 1 ces in	2 and rea 2 my hea 2	3 d that a 3 chat I do	4 A are not 4 on't wan	5 mas gone 5 mine. 5 t to be,	6 by and	7 1 I can't 7 7	8 remember 8	9 per wha 9	10 t has	
8.9.	I look at the happened. 0 I hear voice 0 When I an	1 e clock 1 ces in 1 n some	2 my hea 2 ewhere t	3 alize that 3 d that a 3 that I do	4 A at time has a tim	5 mas gone 5 mine. 5 t to be, 5	6 6 I can go	7 I I can't 7 7 2 away i 7	8 rememl 8	9 per wha 9 9 ind.	10 t has 10	
8.9.10.	I look at the happened. 0 I hear voice 0 When I an	1 e clock 1 ces in 1 n some	2 my hea 2 ewhere t	3 alize that 3 d that a 3 that I do	4 A at time has a tim	5 mas gone 5 mine. 5 t to be, 5	6 6 I can go	7 I I can't 7 7 2 away i 7	8 rememl 8	9 per wha 9 9 ind.	10 t has 10	
8.9.10.11.	I look at the happened. O I hear voice O When I an O I am so go	1 e clock 1 ces in 1 n some 1 cod at 1	2 my hea 2 ewhere t 2 lying an	3 d that a 3 that I do 3 nd actin 3	4 at time h 4 are not 4 on't wan 4 ang that 1	5 mas gone 5 mine. 5 t to be, 5 I believ 5	6 6 Can go 6 e it my 6	7 I I can't 7 7 2 away i 7 self. 7	8 rememl 8 8 n my m 8	9 per wha 9 9 ind. 9	10 t has 10 10	

13.	3. I don't recognize myself in the mirror.											
	0	1	2	3	4	5	6	7	8	9	10	
14.	14. I find myself going somewhere or doing something and I don't know why.											
	0	1	2	3	4	5	6	7	8	9	10	
15.	. I find myself someplace and don't remember how I got there.											
	0	1	2	3	4	5	6	7	8	9	10	
16.	. I have thoughts that don't really seem to belong to me.											
	0	1	2	3	4	5	6	7	8	9	10	
17.	7. I find that I can make physical pain go away.											
	0	1	2	3	4	5	6	7	8	9	10	
18.	. I can't figure out if things really happened or if I only dreamed or thought about them.											
	0	1	2	3	4	5	6	7	8	9	10	
19.	9. I find myself doing something that I know is wrong, even when I really don't want to do it.											
	0	1	2	3	4	5	6	7	8	9	10	
• •			_		11.00		_		11.00			
20.	People tell	me that	I somet	times act	so diffe	erently th	at I seer	n like a o	different	person.		
	0	1	2	3	4	5	6	7	8	9	10	
21.	21. It feels like there are walls inside of my mind.											
	0	1	2	3	4	5	6	7	8	9	10	
22.	22. I find writings, drawings, or letters that I must have done but I can't remember doing.											
	0	1	2	3	4	5	6	7	8	9	10	
23.	23. Something inside of me seems to make me do things that I don't want to do.											
	0	1	2	3	4	5	6	7	8	9	10	
24.	I find that I me.	can't to	ell whet	her I am	just rer	nemberi	ng some	ething or	if it is a	ctually l	nappening to	
	0	1	2	3	4	5	6	7	8	9	10	

25.	. I find myself standing outside of my body, watching myself as if I were another person.										
	0	1	2	3	4	5	6	7	8	9	10
26.	My relatio	nships	with n	ny famil	y and t	friends c	hange	suddenl	y and I	don't kn	ow why.
	0	1	2	3	4	5	6	7	8	9	10
27.	7. I feel like my past is a puzzle and some of the pieces are missing.										
	0	1	2	3	4	5	6	7	8	9	10
28.	8. I get so wrapped up in my toys or stuffed animals that they seem alive.										
	0	1	2	3	4	5	6	7	8	9	10
29.	. I feel like there are different people inside of me.										
30.	0 My body f					5 to me.	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10