

Adolescent Dissociative Experiences Scale (ADES) Scoring and Copyright Information

Copyright

The **Adolescent Dissociative Experiences Scale (ADES)** is a self-report, clinical screening/research measure for dissociative symptoms and behaviors in adolescents ages 12 to 18 years. The ADES is a **public domain document** and may be copied and used without restrictions or fees. We only ask that if you change the items, wording, and/or the answer format, that you give the new instrument a different name that is sufficiently distinctive such that others will not mistake your measure for the original ADES. Thank you.

Scoring

The ADES is a self-report instrument. **The overall score is the average of all of the endorsed items.** If 3 or more items are not endorsed, the measure is not valid. The instructions asks the respondent to estimate the percentage of time that they feel that certain experiences happen to them when they are not under the influence of alcohol or drugs. The time period is unspecified (although research studies may specify a time frame), because highly dissociative individuals have difficulty tracking time. The ADES begins with a number of “ice-breaker” questions (e.g., about 60% of general population samples endorse item 1 at 50% or greater). When non-normative experiences (e.g., fugue episodes) are highly endorsed, the clinician should ask for a number of recent examples from the respondent’s life.

Based on research, overall **scores of 4.0 or greater should be considered in the pathological range.** The ADES is not a diagnostic instrument, however, and a diagnosis is dependent on clinical evaluation.

ADES Scores by Diagnostic Group*

Diagnostic Group	Mean	SD	N
Dissociative Disorders	4.9	1.1	13
Child Abuse	3.5	1.8	54
Psychosis	3.8	2.2	8
Nonabused Psychiatric Patients	2.1	1.6	47
Substance Use Disorders	2.4	1.3	18
Affective Disorders	2.2	1.4	24
Conduct Disorder	2	1.9	16
Normal Adolescents	2.4	1.4	60

*Data from Armstrong et al. *J Nerv Ment Dis.* 1997 185(8):491-7.