

Dissociative Experiences Scale (DES-II) Scoring and Copyright Information

Copyright

The **Dissociative Experiences Scale (DES-II)** is a self-report, clinical screening/research measure for dissociative symptoms and behaviors in adults age 18 and older. The DES-II is a **public domain document** and may be copied and used without restrictions or fees. We only ask that if you change either 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 DES-II. Thank you.

Scoring

The DES-II 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 DES-II 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 evaluating clinician should ask for a number of recent examples from the respondent’s life.

Based on numerous studies, overall **scores of 30 or greater should be considered in the pathological range.** The DES-II is not a diagnostic instrument, however, and a diagnosis is dependent on clinical evaluation.

DES-II Scores by Diagnostic Group*

Diagnostic Group	Number of Studies	N	Mean
Anxiety Disorder	5	468	10.16
Eating Disorders	11	345	14.51
Personality Disorders	7	462	16.8
Schizophrenia	4	63	19.1
Affective Disorders	3	81	19.43
PTSD	9	259	32.58
Dissociative Disorder NOS	6	121	35.39
MPD/DID	18	472	45.63
Normal	11	1578	11.05
Students/adolescents	21	5676	14.4
Seizure Disorders	3	130	8.12
General Psychiatric Patients	16	1302	16.39
Combat Veterans	3	62	20.58
Child Abuse Victims	3	238	27.06
Overall	85	11914	16.45

*Data from van IJzendoorn & Schuengel, *Clinical Psychology Review* 1996, 16:365-382.