

Peritraumatic Dissociative Experiences Questionnaire

1. Do you ever lose track of what is going on around you. That is do you ever 'blank out', or feel 'spaced out' and don't feel part of what is going on?
2. Do you ever 'lose time'?
3. Do you ever end up doing things that you haven't actively decided to do?
4. Does your sense of time ever change, when things seem to be happening in slow motion?
5. Do you ever feel as though you are a spectator, watching what is happening to you as if you were an outsider?
6. Do you ever feel as though you are disoriented, as though you are uncertain about where you are or what time it is?

If your client endorses the above statements it is likely that he/she experiences dissociation.

Source

Adapted from Marmar CR, Weiss DS, Metzler TJ (1997). 'The peritraumatic dissociative experiences questionnaire'. In Wilson JP et al (eds). *Assessing psychological trauma and PTSD*. NY: Guildford Press.