A-DES

# Adolescent Dissociative Experiences Scale (A-DES)

The A-DES is a self-report tool designed to detect and quantify dissociative experiences in adolescents. It identifies both the frequency and the nature of dissociative symptoms, which can be useful for initial screening during a psychological assessment or for clinical follow-up. Its version adapted for adolescents takes into account the developmental characteristics of this population.

| | |
|---|---|
| Number of questions | 30 questions |
| Estimated duration | 10 minutes |
| Language | English |
| Original name | Adolescent Dissociative Experiences Scale |
| Target audience | Adolescents |
| Authors | Elizabeth R. Carlson, Frank W. Putnam (1997) |
| Category | Dissociative disorders |

## Preview of the 30 questions

I get so wrapped up in watching TV, reading, or playing a video game that I don't have any idea what's going on around me.

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

I get back tests or homework that I don't remember doing.

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

I have strong feelings that don't seem like they are mine.

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

I can do something really well one time and then I can't do it at all another time.

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

People tell me I do or say things that I don't remember doing or saying.

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

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Respondents indicate on a scale from 0 to 10 how often they have had each experience described. The item scores are summed, then divided by the total number of items to obtain a mean score. A high score suggests significant dissociative symptomatology and the need for an in-depth clinical evaluation.


## Are you a psychologist?

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- Automatic scoring
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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist