CADSS

Clinician-Administered Dissociative States Scale (CADSS)

The CADSS is a clinical assessment tool for measuring the intensity of dissociative symptoms, such as depersonalization, derealization, and amnesia, specifically within a semi-structured interview. It is commonly administered by the clinician in experimental or clinical situations, particularly with patients suffering from trauma- and stressor-related disorders.

Number of questions	27 questions
Estimated duration	10 minutes
Language	English
Original name	Clinician-Administered Dissociative States Scale
Target audience	Adults
Authors	J. Douglas Bremner, John H. Krystal, Frank W. Putnam, Steven M. Southwick, Charles Marmar, Dennis S. Charney, Carolyn M. Mazure (1998)
Category	Dissociative disorders

Preview of the 27 questions

Do things seem to be moving in slow motion?

- 0 - Not at all.
- 1 - Mild, things seem slightly slowed down, but not very noticeable.
- 2 - Moderate, things are moving about twice as slow as normally.
- 3 - Severe, things are moving so slowly that they are barely moving.
- 4 - Extreme, things are moving so slowly, I have the perception that everything has come to a stop, as if time is standing still.

Do things seem to be unreal to you, as if you are in a dream?

- 0 - Not at all.
- 1 - Mild, things seem a little unreal, but I'm well aware of where I'm at.
- 2 - Moderate, things seem dreamlike, although I know I am awake.
- 3 - Severe, things seem very dreamlike, although I know that I am here, I have the feeling like I might be asleep.
- 4 - Extreme, I feel like nothing is real, like I should pinch myself to wake up, or ask someone if this is a dream.

Do you have some experience that separates you from what is happening; for instance, do you feel as if you are in a movie or a play, or as if you are a robot?

- 0 - Not at all.
- 1 - Mild, I feel a little bit separated from what is happening, but I am basically here.
- 2 - Moderate, I feel somewhat separated from what is going on, or I feel as if I am in a movie or a play.
- 3 - Severe, I feel extremely separated from what is happening, but I can understand what people are saying.
- 4 - Extreme, I feel as if everyone around me is talking a foreign language, so that I cannot understand what they are saying, or I feel as if I am on the outside looking in, or like I am a robot or a machine.

Do you feel as if you are looking at things from outside of your body?

- 0 - Not at all.
- 1 - Mild, I feel somewhat disconnected from myself, but I am basically all together.
- 2 - Moderate, I feel like I am just outside of my body, but not looking down upon myself from far above.
- 3 - Severe, I feel like I am twenty feet or more away from my body, looking down from above.
- 4 - Extreme, I feel as if I am hundreds of feet above myself, looking down at myself and everyone else here.

Do you feel as if you are watching the situation as an observer or a spectator?

- 0 - Not at all.
- 1 - Mild, I feel slightly detached from what is going on, but I am basically here.
- 2 - Moderate, I feel somewhat removed as an observer or a spectator, but I am definitely in this room.
- 3 - Severe, I feel very much as if I am an observer or a spectator, but I am still here in this room.
- 4 - Extreme, I feel completely removed from what is happening, as if I am not a part of this experience in any way, but totally removed from what is happening, as an observer or a spectator.

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Scoring & interpretation

Each item is rated on a scale from 0 to 4 according to severity. The scores are summed to provide a total score, with a higher score indicating more marked dissociation. Three subscales can also be distinguished: depersonalization, derealization, and amnesia.

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