CDC

Child Dissociative Checklist (CDC)

The CDC is a screening tool completed by adult informants (parents, teachers, clinicians) to assess dissociative symptoms in children aged 5 to 12. It is frequently used in clinical settings to identify children with dissociative difficulties, which may be related to traumatic experiences.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Child Dissociative Checklist
Target audience	Children (ages 5-12)
Authors	Michael D. Putnam (1993)
Category	Dissociative disorders

Preview of the 20 questions

Now or within the past 12 months:

Child does not remember or denies traumatic or painful experiences that are known to have occurred.

Not true | Somewhat or sometimes true | Very true

Now or within the past 12 months:

Child goes into a daze or trance-like state at times or often appears "spaced-out." Teachers may report that he or she "daydreams" frequently in school.

Not true | Somewhat or sometimes true | Very true

Now or within the past 12 months:

Child shows rapid changes in personality. He or she may go from being shy to being outgoing, from feminine to masculine, from timid to aggressive.

Not true | Somewhat or sometimes true | Very true

Now or within the past 12 months:

Child is unusually forgetful or confused about things that he or she should know, e.g., may forget the names of friends, teachers, or other important people, loses possessions or gets easily lost.

Not true | Somewhat or sometimes true | Very true

Now or within the past 12 months:

Child has a very poor sense of time. He or she loses track of time, may think that it is morning when it is actually afternoon, gets confused about what day it is, or becomes confused about when something has happened.

Not true | Somewhat or sometimes true | Very true

Scoring & interpretation

Each item is rated 0 (not true), 1 (somewhat or sometimes true), or 2 (very true). Scores are summed to give a total score: a high score suggests a significant presence of dissociative symptoms. A score at the cutoff (usually 12 or higher) calls for a thorough clinical evaluation.