

Cambridge Depersonalization Scale (CDS)

The Cambridge Depersonalization Scale (CDS) is a self-report questionnaire designed to measure the frequency and duration of depersonalization and derealization experiences over the past six months. This tool is particularly useful for clinical screening, for assessing the severity of dissociative symptoms and for monitoring their course over time. It explores phenomena such as a sense of strangeness toward oneself, the feeling of being detached from one's body, the impression that one's surroundings are unreal, and emotional numbing.

Number of questions	29 questions
Estimated duration	10 minutes
Language	English
Original name	Cambridge Depersonalization Scale
Target audience	Adolescents and adults
Authors	Mauricio Sierra, German E. Berrios (2000)
Category	Dissociative disorders

Preview of the 29 questions

Over the last six months:

Out of the blue, I feel strange, as if I were not real or as if I were cut off from the world.

Never | Rarely | Often | Very often | All the time

Over the last six months:

What I see looks 'flat' or 'lifeless,' as if I were looking at a picture.

Never | Rarely | Often | Very often | All the time

Over the last six months:

Parts of my body feel as if they didn't belong to me.

Never | Rarely | Often | Very often | All the time

Over the last six months:

I have found myself not being frightened at all in situations which normally I would find frightening or distressing.

Never | Rarely | Often | Very often | All the time

Over the last six months:

My favorite activities are no longer enjoyable.

Never | Rarely | Often | Very often | All the time

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

Each item is rated according to the frequency and duration of the experience described over the past six months. The responses are combined to produce an item score ranging from 0 to 10, then summed to obtain a total score between 0 and 290. The higher the total score, the more frequent, long-lasting and clinically marked the depersonalization/derealization symptoms. A total score of around 70 is often used as an indicative screening cutoff for depersonalization/derealization disorder, but interpretation must always be integrated with the clinical interview and the overall psychopathological context.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist