DIS-Q

Dissociation Questionnaire (DIS-Q)

The Dissociation Questionnaire (DIS-Q) is a self-report instrument for assessing the frequency and severity of dissociative experiences in individuals. It is particularly relevant for screening for dissociative disorders, especially in clinical settings with people who have experienced psychological trauma or have conditions associated with dissociative symptoms.

Number of questions	63 questions
Estimated duration	15 minutes
Language	English
Original name	Dissociation Questionnaire
Target audience	Adults
Authors	Bakker, van der Kruijs, Koedam, van der Hart, Vanderlinden (1996)
Category	Dissociative disorders

Preview of the 63 questions

Sometimes I feel as if I am dreaming.

Not at all | A little | Moderately | Quite a bit | Extremely

I often have the feeling that everything is unreal.

Not at all | A little | Moderately | Quite a bit | Extremely

Sometimes it seems as if I have lost contact with my body.

Not at all | A little | Moderately | Quite a bit | Extremely

I stuff myself with food without thinking about it.

Not at all | A little | Moderately | Quite a bit | Extremely

While driving and/or cycling, I suddenly realize that I cannot remember what happened along the way.

Not at all | A little | Moderately | Quite a bit | Extremely

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 question is scored from 1 to 5 according to the frequency of dissociative experiences (rarely to very often). Higher total scores indicate a greater level of dissociation. Interpretive cutoffs exist to identify cases where a more in-depth assessment is advisable.

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“Mentaal has become an indispensable ally for structuring my assessments and deepening my clinical understanding of my patients.”

Nolwenn P. - CBT Psychologist