

Peritraumatic Dissociative Experiences Questionnaire (PDEQ)

The PDEQ is a tool designed to measure dissociative experiences occurring during or immediately after a traumatic event. Peritraumatic dissociation refers to phenomena in which a person feels detached from reality during a stressful or traumatic event. These symptoms may include experiences of derealization, depersonalization, and memory gaps regarding the event.

Number of questions	10 questions
Estimated duration	2 minutes
Language	English
Original name	Peritraumatic Dissociative Experiences Questionnaire
Authors	Marmar, C. R., Metzler, T. J., Otte, C. (2004)
Category	PTSD

Preview of the 10 questions

There were moments when I lost track of what was happening: I was completely disconnected or, in some way, I felt that I was not part of what was happening.

Not at all true | A little true | Fairly true | Very true | Extremely true

I found myself on "autopilot": I started doing things that, as I realized later, I had not actively decided to do.

Not at all true | A little true | Fairly true | Very true | Extremely true

My perception of time changed: things seemed to be unfolding in slow motion.

Not at all true | A little true | Fairly true | Very true | Extremely true

What was happening seemed unreal to me, as if I were in a dream, or at the movies, or playing a role.

Not at all true | A little true | Fairly true | Very true | Extremely true

It was as if I were a spectator of what was happening to me, as if I were floating above the scene and watching it from the outside.

Not at all true | A little true | Fairly true | Very true | Extremely true

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 on a scale from 1 to 5. A high total score indicates a greater experience of peritraumatic dissociation.

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

★★★★★

“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist