



Deenz Depersonalization-Derealization Scale (DDDS) Questionnaire

Instructions

Deenz Depersonalization-Derealization Scale (DDDS) contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Almost Never (0)	Rarely (1)	Sometim es (2)	Frequentl y (3)	Almost Always (4)
1	I feel like I'm watching myself from a distance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I feel emotionally numb or disconnected from my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I feel detached from my thoughts or emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I feel as though I am observing my life rather than living it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I sometimes feel like my body does not belong to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I feel disconnected from my physical self.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I feel strange or unfamiliar when I look at myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I feel as though I am not fully present inside my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	The world around me sometimes feels unreal or dreamlike.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Almost Never (0)	Rarely (1)	Sometim es (2)	Frequentl y (3)	Almost Always (4)
10	My surroundings sometimes appear strange or unfamiliar.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Objects around me sometimes seem distorted or unusual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I sometimes question whether what I am experiencing is real.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Distances between objects sometimes appear different than they really are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Places sometimes feel larger or smaller than they should.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I sometimes feel disoriented in familiar environments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	My perception of space occasionally feels distorted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	These experiences interfere with my daily activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	These experiences affect my relationships with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	These experiences cause me significant distress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	These experiences reduce my overall quality of life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Dimension Scoring Keys

Dimension	Items	Number of Items
Emotional Detachment (Depersonalization)	1, 2, 3, 4	4
Altered Self-Perception (Depersonalization)	5, 6, 7, 8	4
Perceptual Changes (Derealization)	9, 10, 11, 12	4
Spatial Distortions (Derealization)	13, 14, 15, 16	4
Functional Impairment	17, 18, 19, 20	4

Raw Score Ranges

Scale	Items	Possible Range
Emotional Detachment (Depersonalization)	4	0–16
Altered Self-Perception (Depersonalization)	4	0–16
Perceptual Changes (Derealization)	4	0–16
Spatial Distortions (Derealization)	4	0–16
Functional Impairment	4	0–16
Overall Score	20	0–80

Source

Deenz Depersonalization-Derealization Scale (DDDS-20)

Prepared by [Drdeenz](#)

Interactive Version: [Deenz Depersonalization-Derealization Scale \(DDDS\)](#)