



人格解体/现实解体障碍的流行病学、发病机制、临床表现、病程及诊断

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There is a newer version of this topic available in [English](#). 该主题有一个新的[英文版本](#)。

引言

人格解体/现实解体障碍(depersonalization/derealization disorder, DDD)的特征是, 在现实检验能力完整的情况下, 持续存在或反复出现人格解体和/或现实解体, 并因此导致有临床意义的痛苦或损害[1]。

DDD的患病率约为2%, 并发症发生率高, 但经常被漏诊或误诊, 从而延误治疗。

本专题将讨论DDD的流行病学、发病机制、临床表现、病程及诊断。DDD的治疗方案、各个药物治疗和心理治疗详见其他专题。(参见[“人格解体/现实解体障碍的治疗方法”](#)和[“人格解体/现实解体障碍的心理治疗”](#)和[“Pharmacotherapy of depersonalization/derealization disorder”](#))

定义

人格解体 — 人格解体是持续或反复出现与自身分离或疏远的感觉。患者可能诉自己像个机器人、好像置身梦境或像在电影中观看自己, 还可能诉自己感觉是自身精神活动或躯体活动的旁观者。患者经常报告无法控制自身的思维、知觉及行为。

现实解体 — 现实解体是一种与周围世界分离或不真实的主观感觉, 例如感觉人或物不真实、如梦般、模糊、没有生机或视觉上扭曲。

流行病学

患病率 — 一般人群短暂出现人格解体和现实解体很常见[2]。在美国非城市样本中，人格解体症状的1年发生率约为20%[3]。在德国青少年大型标准样本中，12%的人报告有临床意义的人格解体[4]。另一项美国研究显示，约半数大学生报告在过去1年有人格解体发作。青少年和年轻成人似乎是报告此类症状的最高危人群，这可能是由于其自我感觉仍不固定，处于不稳定的发育阶段。

短暂的人格解体症状比DDD更常见，前者可以是原发性的或继发于另一疾病，后者则是原发性的，病情更不稳定且呈一定程度的长期性。美国、加拿大、英国、土耳其和德国等多国的研究显示，DDD的终生患病率介于0.8%-2.8%[5,6]，这与精神分裂症、双相障碍及强迫症(obsessive-compulsive disorder, OCD)等其他精神障碍相近。

危险因素 — 在临床样本中，DDD的男女性别比相当[7,8]。人格解体和现实解体的常见危险因素包括下述情况。需注意的是，在某些患者中并没有明显可识别的诱发因素：

- 急性和慢性创伤或严重应激
- 精神疾病，最常见的是焦虑或抑郁障碍
- 物质滥用

据报道，在经历慢性创伤性或高度应激性状况的个体中，多达1/3-1/2的个体存在慢性人格解体和现实解体。这些状况的例子包括：

- 童年期虐待或忽视
- 所爱之人意外死亡
- 由患严重精神疾病的父亲或母亲伴随长大
- 青春期性指向冲突
- 严重的家庭或工作应激源

但在大约半数慢性人格解体患者中，未发现明确的近期创伤性前驱事件[7]。(参见下文[‘创伤的作用’](#))

共病 — 根据相对小型的研究，原发性DDD似乎与其他精神障碍有较高的共病率。例如，一项研究纳入了117例美国成年DDD患者，各共病的终生患病率如下：

- 单相抑郁，73%
- 任何焦虑障碍，64%
- 强迫症，21%
- 回避型人格障碍，23%
- 边缘型人格障碍，21%

发病机制

虽然DDD的发病机制尚不明确，但普遍认为该综合征可在具有遗传易感性并伴心理学和/或生化性应激源的个体中出现。

创伤的作用 — 急性人格解体 and 现实解体是对急性创伤(如机动车辆事故)或其他威胁生命的经历的典型反应[9,10]; 据推测，这些反应由大脑控制，以便与创伤性事件的距离感和分离感可促使个体生存下去并与该事件和谐相处，而不出现难以承受的、令人崩溃的情绪，即“表面应付”[9,10]。然而，在上述情况中发生的急性人格解体和现实解体症状通常在几分钟、几小时或几日内消失，不会发展为慢性。慢性人格解体和现实解体症状是诊断DDD的条件，其更常见于经历过慢性创伤性或高度应激性状况的个体中，如童年期言语或情感虐待或忽视[11,12]。其他状况包括：成长过程中遭受患严重精神疾病的父亲或母亲的惊吓，创伤性性指向冲突，或经历家人或亲密友人的意外死亡或自杀。性虐待和严重躯体虐待也可引发人格解体/现实解体，但这种情况少见。其他很多严重的生活应激源也与DDD的发生或加重有关，例如人际关系、财务或职业方面的应激源。其中包括非常痛苦的离婚、学业失败或失业等。但应注意急性、短暂性创伤或应激源也可引发DDD。(参见上文[危险因素](#))

据报道，在重度或持久的心境或焦虑障碍发作期间，也可发生符合DDD诊断标准的慢性人格解体和现实解体症状，此类心境或焦虑障碍可能动摇个体通常预期的自我感觉，其本身就是强大的内在应激源[7]。这种模式见于约1/3的DDD患者。这种情况下，DDD症状通常出现在初始障碍加重的某时，但后者自发缓解或得到治疗后，DDD症状将长期存在或恶化，呈现独立病程，即“独立疾病(life of its own)”。

DDD患者报告的创伤通常轻于其他分离障碍患者，例如分离性身份障碍[11,12]。(参见[“分离性身份障碍的流行病学、发病机制、临床表现、病程、评估及诊断”](#))

器质性前驱事件 — 人格解体和现实解体的常见器质性危险因素包括癫痫发作及轻至中度脑损伤[13]。此类患者必须排除这种“器质性”基础才可诊断为DDD。

物质滥用可能诱发慢性人格解体[14]。(参见下文[鉴别诊断](#))

因此可以认为这些个体在滥用药物后，存在发生慢性人格解体和现实解体(即DDD)的神经生物学或遗传学易感性。一项大型调查研究显示，药物诱导性和非药物诱导性DDD患者在疾病的特征和病程方面没有差异[14]。

神经生物学 — 一些研究一致证实，几种神经递质系统、脑区和功能性环路与人格解体和现实解体症状有关，具体总结如下[15]。

- N-甲基-D-天冬氨酸(N-methyl-D-aspartate, NMDA)系统—NMDA受体广泛分布于皮质、海马和杏仁核，可介导关联过程。在健康的研究对象中，NMDA拮抗剂[氯胺酮](#)可诱发出一种明显的分离状态，这种状态在现象学和所牵涉的脑通路方面，均有别于氯胺酮的拟精神病作用[16,17]。例如，预先给予健康志愿者[拉莫三嗪](#)可降低氯胺酮的分离性作用(可能通过阻断

NMDA受体), 但不能降低拟精神病作用[16]。氯胺酮具有复杂的药物效应动力学, 可作用于其他神经递质系统, 包括可能与急性诱导人格解体和现实解体有关的κ-阿片样受体[18]。

- 内源性大麻素系统—在试验中已显示大麻可诱发健康志愿者发生人格解体(以暂时性解体为主), 并涉及特定脑区[19]。大麻素阻断NMDA受体的位点与其他非竞争性NMDA拮抗剂阻断的位点不同[20], 因此其分离性作用可能部分是通过NMDA拮抗以及内源性大麻素系统介导的。值得注意的是, 研究显示, 精神病性障碍与终生大麻使用存在剂量-反应关系; 与之不同, 偶尔使用(有时甚至使用一次)大麻即可引起DDD[14], 尤其是当吸食大麻的体验是令人恐惧的或威胁生命时。
- κ阿片受体激动剂—违禁药品鼠尾草(salvia)是一种选择性κ阿片受体激动剂, 研究发现其可诱发慢性人格解体[14]。在一项对健康志愿者进行的安慰剂对照的药理学激发实验性研究中, κ阿片受体激动剂依那朵林诱发了一种“纯粹”的人格解体样综合征, 受试者存在感知紊乱和分离感, 但无明显的心境、焦虑或拟精神病作用[21]。虽然选择性κ阿片受体拮抗剂目前仍处于II期试验阶段, 但已有报道显示, 对κ阿片受体具有不同亲和力的非选择性拮抗剂, 如**纳洛酮**、**纳曲酮**和**纳美芬**可减少分离症状。
- 5-羟色胺受体激动剂—致幻剂对5-羟色胺5HT_{2A}受体, 尤其是对5HT_{2C}受体具有激动作用; 有关5HT_{2A}和5HT_{2C}受体部分激动剂m-CPP的实验性激发研究显示, 在一个包括社交恐惧症、边缘人格障碍、强迫症患者的混合研究组中, m-CPP可诱发人格解体[22]; 在一个创伤后应激障碍(posttraumatic stress disorder, PTSD)患者亚组中, m-CPP可诱发闪回和分离症状[23]; 在健康志愿者中, m-CPP可诱发分离症状[24]。
- 自主反应性过低—有证据表明DDD患者存在该表现[25]。一项纳入15例DDD患者的研究显示, 与焦虑障碍患者和健康对照者相比, DDD患者对不悦刺激的皮肤电传导反应的大小减低且潜伏期延长, 但对非特异性刺激没有该反应, 提示选择性抑制了其情绪处理过程。**去甲肾上腺素**是一种神经递质, 主要对应激情况下的警觉性、选择性注意力和记忆编码增强起作用。在9例DDD患者中发现, 24小时尿中的去甲肾上腺素与人格解体的严重程度呈显著负相关[26]。
- 下丘脑-垂体-肾上腺(hypothalamic-pituitary-adrenal, HPA)轴—针对DDD患者HPA轴的研究结果不一。一项研究发现DDD患者的基础唾液皮质醇水平低于健康受试者, 但这种降低无统计学意义[27], 而一项规模更大、更明确的研究显示, 相比健康对照者, DDD患者的基础尿及血浆皮质醇水平有增加趋势, 且对小剂量**地塞米松**抑制存在明确抵抗, 这提示HPA轴的敏感性降低[28]。
- DDD神经影像学—在顶下小叶(特别是在右半球)发生的感觉整合与离体体验有关[29], 正电子发射计算机断层扫描显示, DDD患者该区域的活动性有所改变[30]。
- 基因与DDD间的关系尚不明确。一篇分析纳入了117例DDD患者基于先证者的家族史, 结果发现遗传率仅为5%[7]。

功能性磁共振成像(functional magnetic resonance imaging, fMRI)检查发现, 前额叶抑制增强引发的边缘系统(尤其是脑岛)活动减弱与DDD患者情绪低下及思考过度有关[31,32]。在呈现创伤情节期间进行的神经影像学检查发现, 前额叶皮质(prefrontal cortex, PFC)活动性增强, 杏仁核及脑岛的活动性受抑制, 该现象与这种情感抑制理论一致[33]。对于那些存在更常见的过度觉醒型PTSD的患者, 研究显示fMRI的特征相反, PFC受抑制, 边缘系统和脑岛活动性过高[33]。

还有证据表明, DDD患者内脏传入神经信号在脑干水平缺乏代表区[34], 在认知压力下有效的警觉抑制较少[35], 而且交感神经张力偏高[36]。fMRI范例研究通过DDD患者发现, 焦虑、抑郁、躯体化和分离症状与不同脑区有关[37]。结构性MRI研究还发现DDD患者的灰质改变[38,39]。DDD患者在自我信息识别(self-processing)过程中, 多个脑区活动也有增加[40]。DDD患者的述情障碍也与反映内感受性脑区活动变化有关[41]。

心理治疗模型 — 已根据认知-行为和心理动力学观点建立了DDD的概念模型, 详见其他专题。(参见[“人格解体/现实解体障碍的心理治疗”](#), [关于“心理动力学治疗”](#)一节和[“人格解体/现实解体障碍的心理治疗”](#))

临床表现

经历人格解体和现实解体的患者经常很难用语言表达其其无形的体验。对这些症状的陌生可能使其害怕自己可能被认为是“疯了”或会变疯。对于在父母患严重精神疾病的家庭中长大的患者, 这尤其常见。这两种因素, 以及临床医生通常关注于心境和焦虑等共病症状, 导致经常漏诊或误诊DDD。

DDD的症状虽然很具特异性, 但可能听起来含糊不清或带有比喻性(而不是清楚的主观体验), 例如患者可能主诉“感觉已经死了”, “一切都不真实”, “做任何事的时候我都感觉不到自己正是做事的那个人”, “就像我正在看一部电影”等。症状通常令患者极其痛苦, 有时还可造成严重后果, 并伴严重病况和某些死亡。这些患者经常表现出情感平淡和呆板的行为, 这也可使临床医生不能识别出该病的极度情绪痛苦。例如一个并不少见的情况是, 患者会想如果自己死了是否会有影响。DDD患者企图自杀率相对较高, 但其经常共病抑郁及其他精神障碍, 故自杀倾向与DDD之间的关联仍不明确[7,14]。(参见上文[“共病”](#))

两项对核心症状学进行的因素分析研究报道, 在DDD患者中常见5个独立的症状群[42,43]:

- 对自我的不真实感, 定义为感觉脱离了自己的身体、精神和思维
- 知觉改变, 包括视觉、触觉和躯体感觉歪曲
- 情绪麻木, 特征为情感、痛苦和意志弱化
- 异常的主观回忆, 包括对时间和相关意象的不连贯体验
- 疏远周围事物, 这是现实解体的症状

病程

DDD可呈阵发性、复发/缓解性或慢性病程。一项研究纳入了117例DDD患者，约1/3的患者呈阵发性病程，还有1/3从发病开始即呈持续性病程，另1/3最初呈阵发性病程而随后逐渐变为持续性病程[7]。

很多慢性人格解体 and 现实解体的患者存在明显的职业、社交和个人功能受损。一项研究比较了223例DDD患者与无DDD的抑郁障碍患者，结果发现两者的临床表现及病程有显著区别。DDD患者年龄更小、男性比例显著更高、病程更长、发病更早且功能受损往往更严重[44]。

现有研究显示DDD最常在青少年后期或成年早期发病，30-49岁发病很少见[7]。DDD可非常突然地发病，也可隐匿发病。多数DDD患者最初接受了继发性焦虑和心境障碍症状的治疗；可能直至后来才识别出DDD的原发性质。一旦出现慢性人格解体，新的创伤性或应激性事件或其他疾病发作均可能导致症状恶化。

创伤性或应激性经历或中毒后出现的人格解体或现实解体通常可迅速自发缓解[3]。根据我们的临床经验，在对与人格解体相伴的心境或焦虑障碍进行确定性治疗后，人格解体可缓解，尤其是在如果在其病程早期进行治疗后。然而，在某些病例中，在消除初始诱发因素后，分离症状仍可长时间存在，而且可变得更难进行治疗。

评估与诊断

DDD的诊断性评估应包括：详细的精神病史、精神状态检查、躯体疾病史、体格检查及神经系统评估。

诊断标准 — DDD是根据DSM-5诊断标准进行诊断的[1]：

- A.持续存在或反复出现人格解体或现实解体的体验，或两者兼有：
 - 1.**人格解体**—对自己的思维、情感、感觉、躯体或行动的不真实、分离的或作为旁观者的体验(例如，知觉改变，时间感扭曲，自我不真实或缺失，情绪和/或躯体麻木)。
 - 2.**现实解体**—对环境不真实的或分离的体验(例如，感觉个体或物体是不真实的、梦样的、模糊的、无生命的或视觉上扭曲的)。
- B.在人格解体或现实解体的体验中，现实检验仍然是完整的。
- C.这些症状导致有临床意义的痛苦，或导致社交、职业或其他重要功能方面的损害。
- D.该障碍不能归因于某种物质(例如，滥用的毒品、药物)的生理效应或其他躯体疾病(例如，癫痫发作)。

- E.该障碍不能用其他精神障碍更好地解释，例如精神分裂症、惊恐障碍、重性抑郁障碍、急性应激障碍、PTSD或其他分离障碍。(参见下文[“鉴别诊断”](#))

DDD的诊断标准在DSM-5中有所修改，替换了DSM-IV中的人格解体障碍(depersonalization disorder, DPD)：DDD要求存在人格解体或现实解体(或两者兼有)，而DPD要求单独存在人格解体[1,45]。

由创伤性/应激性经历或中毒继发的DDD常会自行缓解。我们的临床经验表明，诊断和治疗DDD可能无益或无效，除非症状持续≥1个月。DDD的DSM-5诊断标准没有指明症状需持续的最短时间[7]。

鉴别诊断 — 详尽的精神疾病史和精神状态检查可将DDD与其他精神障碍和躯体疾病进行鉴别，包括下文将介绍的情况。原发性DDD中人格解体的发作和病程明显有别于其他精神障碍的症状。例如，一名慢性人格解体患者存在较早的令人恐惧的严重焦虑发作病史，该发作在DDD之前出现，似乎诱发了慢性DDD。即使在最初的焦虑缓解后，该患者仍继续存在DDD的症状。

精神障碍 — 人格解体或现实解体可作为其他精神障碍的一个症状，这些障碍包括：

- 精神分裂症(参见[“成人精神分裂症的临床表现、病程、评估及诊断”](#))
- 惊恐障碍(参见[“成人惊恐障碍的流行病学、发病机制、临床表现、病程、评估与诊断”](#))
- 急性应激障碍(参见[“成人急性应激障碍：流行病学、发病机制、临床表现、病程和诊断”](#))
- PTSD(参见[“创伤后应激障碍分离亚型的流行病学、临床表现、评估和诊断”](#))
- 其他分离障碍(参见[“分离性身份障碍的流行病学、发病机制、临床表现、病程、评估及诊断”](#))
- 边缘型和回避型人格障碍(参见[“边缘型人格障碍的流行病学、发病机制、临床特征、病程、评估和诊断”](#))

通过评估患者与知觉改变相伴的现实检验能力的完整性，可对DDD与精神病谱系障碍中的疾病进行鉴别，后者如精神分裂症、精神分裂症前驱期或分裂型人格障碍。DDD患者存在知觉改变，但对这些症状无奇异构思型解释，根据这一点，可将其与精神病性综合征的前驱期进行鉴别。例如，DDD患者可能感觉自己好像已经死了，仅生活在自己的梦境中。然而，如果被问及情况是否真的如此，患者应该可回答说其知道自己活在这个世界上。

区别DDD与精神病性障碍的另一个特征是，DDD患者对人格解体体验“好像”方面的描述通常不伴歪曲的认知解释。一项对DDD患者与健康志愿者的知觉改变和奇异构思进行的研究发现，DDD患者仅存在知觉歪曲增加，但无认知歪曲[46]。

其他疾病 — 慢性人格解体和现实解体可能较少是由躯体或神经系统疾病(如，颞叶癫痫)引起的[47,48]，也较少继发于物质滥用(最常见的是大麻、致幻剂、[氯胺酮](#)及鼠尾草)[14,49]。极少数病例由前庭病变或睡眠呼吸暂停引起。(参见[“局灶性\(部分性\)癫痫的病因和临床特征”](#)，关于[“癫痫](#)

[发作的症状学’一节和“前庭神经炎和迷路炎”](#))

患者没有必要常规进行全面的躯体及神经系统评估，但对于所有存在不典型症状、病程或一般躯体状况或病史引起有关鉴别诊断方面的担心的患者，应根据临床医生的判断进行这些评估。对于因存在遗忘、无法解释的细微运动性或感觉性症状、难以与任何诱发因素相联系的间歇性发作、癫痫家族史、肿瘤相关的痫性活动等不典型症状而诊断不明确的病例，可能需进行动态脑电图 (electroencephalogram, EEG)检查。

虽然DDD患者在一旦出现DDD后，通常会克制甚至恐惧再次使用滥用的物质，但如果病史或检查提示患者可能存在物质滥用，应进行尿液毒理学筛查[14]。对于存在下述特点的患者，应进行脑成像、EEG及广泛性的血液检查：

- 40岁或以上；在该年龄发病并不常见(参见上文[‘危险因素’](#))
- 神经系统检查存在局灶性阳性发现
- 脑损伤、癫痫疾病或任何脑部病变的病史
- 任何可导致脑结构和功能改变的躯体疾病(如，自身免疫性疾病)的病史
- 疑似存在睡眠呼吸暂停
- 疑似存在莱姆病或其他感染性疾病
- 神经系统疾病或相关疾病的家族史
- 任何典型的症状，如麻木感、麻刺感或头部压迫感

评定量表 — 自评量表有助于DDD的确诊，尤其是对于并不非常熟悉分离症状的临床医生。使用广泛的分离体验量表中有几个与人格解体/现实解体体验有关的条目([表 1](#))[50-52]。剑桥人格解体量表对DDD更具特异性，该量表是一个包括29个条目的自评量表，既可评定人格解体/现实解体体验的频率，也可评定其持续时间([表 2](#))。研究显示，总分达70分能可靠地将DDD患者与具有各种心境、焦虑或神经系统障碍的患者区分开[53]。

学会指南链接

部分国家及地区的学会指南和政府指南的链接参见其他专题。(参见[“Society guideline links: Dissociative disorders”](#))

总结

- 人格解体/现实解体障碍(DDD)的特征是，在现实检验能力完整的情况下，持续存在或反复出

现人格解体和/或现实解体，并因此导致有临床意义的痛苦或损害(参见上文[‘评估与诊断’](#))。

- 人格解体是一种持续或反复出现的与自身分离或疏远的感觉。
- 现实解体是一种对自己周围世界的主观的分离感或不真实感。
- 短暂的人格解体和/或现实解体体验很常见，而DDD的患病率约为2%。DDD患者经常共病抑郁、焦虑障碍以及回避型和边缘型人格障碍。(参见上文[‘流行病学’](#))
- 人格解体和/或现实解体可由急性和慢性创伤性经历诱发。人格解体的常见器质性危险因素包括：癫痫发作、轻至中度头部损伤，以及物质滥用。部分研究证实，几种神经递质系统、脑区和功能性环路与人格解体有关。(参见上文[‘发病机制’](#))
- 针对DDD患者的研究提示，该病存在5个独立的症状群(参见上文[‘临床表现’](#)):
 - 对自我的不真实感
 - 知觉改变
 - 情绪麻木
 - 异常的主观回忆
 - 疏远周围事物
- DDD的鉴别诊断包括(参见上文[‘鉴别诊断’](#)):
 - 其他可致人格解体的精神障碍：急性应激障碍、创伤后应激障碍(PTSD)、抑郁、惊恐障碍和其他焦虑障碍、边缘型和回避型人格障碍，以及其他分离障碍。
 - 一般躯体疾病：颞叶癫痫、轻至中度脑创伤。
 - 物质滥用：大麻、致幻剂、[氯胺酮](#)和鼠尾草。

使用UpToDate临床顾问须遵循[用户协议](#)。

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图表

Dissociative Experiences Scale (Brief)

Name:		Age:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female		Date:	
Instructions: For each statement below, please check (✓) the box that best answers each question to show how much each thing has happened to you in the past SEVEN (7) DAYS.						
					CLINICIAN USE	
	Not at all	Once or twice	Almost every day	About once a day	More than once a day	ITEM SCORE
1. I find myself staring into space and thinking of nothing.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
2. People, objects, or the world around me seem strange or unreal.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
3. I find that I did things that I do not remember doing.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
4. When I am alone, I talk out loud to myself.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
5. I feel as though I were looking at the world through a fog so that people and things seem far away or unclear.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
6. I am able to ignore pain.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
7. I act so differently from one situation to another that it is almost as if I were two different people.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
8. I can do things very easily that would usually be hard for me.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
Total/partial raw score:						
Prorated total raw score: (if 1-2 items left unanswered)						
Average total score:						

DES-B (Dalenberg C, Carlson E, 2010) modified for DSM-5 by C. Dalenberg and E. Carlson.

Graphic 57128 Version 1.0

Cambridge depersonalization scale

Name:	Age:	Sex: Male / female <i>(please circle as required)</i>
Schooling: Primary / secondary / higher (eg, university) <i>(please circle as required)</i>		
Please read instructions carefully:		
<p>This questionnaire describes strange and 'funny' experiences that normal people may have in their daily life. We are interested in their: (a) frequency, ie, how often you have had these experiences over the last six months and (b) their approximate duration. For each question, please circle the answers that suit you best. If you are not sure, give your best guess.</p>		
1. Out of the blue, I feel strange, as if I were not real or as if I were cut off from the world.		
Frequency 0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time	Duration In general, it lasts: 1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week	
2. What I see looks 'flat' or 'lifeless', as if I were looking at a picture.		
Frequency 0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time	Duration In general, it lasts: 1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week	
3. Parts of my body feel as if they didn't belong to me.		
Frequency 0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time	Duration In general, it lasts: 1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week	
4. I have found myself <i>not being frightened at all</i> in situations which normally I would find frightening or distressing.		
Frequency 0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time	Duration In general, it lasts: 1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day	

6 = More than a week

5. My favourite activities are no longer enjoyable.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

6. Whilst doing something I have the feeling of being a "detached observer" of myself.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

7. The flavour of meals no longer gives me a feeling of pleasure or distaste.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

8. My body feels very light, as if it were floating on air.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

9. When I weep or laugh, I do not seem to feel any emotions at all.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

10. I have the feeling of *not having any thoughts at all*, so that when I speak it feels as if my words were being uttered by an 'automaton'.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

11. Familiar voices (including my own) sound remote and unreal.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

12. I have the feeling that my hands or my feet have become larger or smaller.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

13. My surroundings feel detached or unreal, as if there was a veil between me and the outside world.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

14. It seems as if things that I have recently done had taken place a long time ago. For example anything which I have done this morning feels as if it were done weeks ago.

<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>15. Whilst fully awake I have "visions" in which I can see myself outside, as if I were looking my image in a mirror.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>16. I feel detached from memories of things that have happened to me - as if I had not been involved in them.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>17. When in a new situation, it feels as if I have been through it before.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>18. Out of the blue, I find myself not feeling any affection towards my family and close friends.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>19. Objects around me seem to look smaller or further away.</p>	

<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>20. I cannot feel properly the objects that I touch with my hands for, it feels as if it were not me who were touching it.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>21. I do not seem able to picture things in my mind, for example, the face of a close friend or a familiar place.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>22. When a part of my body hurts, I feel so detached from the pain that it feels as if it were 'somebody else's pain.'</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>
<p>23. I have the feeling of being outside my body.</p>	
<p>Frequency</p> <p>0 = Never 1 = Rarely 2 = Often 3 = Very often 4 = All the time</p>	<p>Duration</p> <p>In general, it lasts:</p> <p>1 = Few seconds 2 = Few minutes 3 = Few hours 4 = About a day 5 = More than a day 6 = More than a week</p>

24. When I move it doesn't feel as if I were in charge of the movements, so that I feel 'automatic' and mechanical as if I were a 'robot'.

Frequency

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- 4 = All the time

Duration

In general, it lasts:

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- 4 = About a day
- 5 = More than a day
- 6 = More than a week

25. The smell of things no longer gives me a feeling of pleasure or dislike.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

26. I feel so detached from my thoughts that they seem to have a 'life' of their own.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
- 4 = About a day
- 5 = More than a day
- 6 = More than a week

27. I have to touch myself to make sure that I have a body or a real existence.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
- 2 = Few minutes
- 3 = Few hours
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- 6 = More than a week

28. I seem to have lost some bodily sensations (eg, of hunger and thirst) so that when I eat or drink, it feels an automatic routine.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

- 1 = Few seconds
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- 3 = Few hours
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- 5 = More than a day
- 6 = More than a week

29. Previously familiar places look unfamiliar, as if I had never seen them before.

Frequency

- 0 = Never
- 1 = Rarely
- 2 = Often
- 3 = Very often
- 4 = All the time

Duration

In general, it lasts:

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Thank you for answering all the questions!!

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Contributor Disclosures

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