

Appendix

You will be asked 60 questions about experiences you may have had in the past or are continuing to have in your life.

How often do you have the following experiences *when you are not under the influence of alcohol or drugs?*

Please circle zero if the experience *never* happens to you. If it happens *sometimes* but not all the time, circle a number between 1 and 9 that best describes how often it happens to you. Circle 10 if the experience is *always* happening to you.

1	Forgetting what you did earlier in the day	0 1 2 3 4 5 6 7 8 9 10
2	Having an emotion (e.g., fear, sadness, anger, happiness) that doesn't feel like it is "yours."	0 1 2 3 4 5 6 7 8 9 10
3	Hearing the voice of a child in your head	0 1 2 3 4 5 6 7 8 9 10
4	Reliving a traumatic event so vividly that you totally lose contact with where you actually are (that is, you think that you are "back there and then")	0 1 2 3 4 5 6 7 8 9 10
5	Having difficulty swallowing (for no known medical reason)	0 1 2 3 4 5 6 7 8 9 10
6	Having trance-like episodes where you stare off into space and lose awareness of what is going on around you	0 1 2 3 4 5 6 7 8 9 10
7	Being told of things that you had recently done, but with absolutely no memory of having done those things	0 1 2 3 4 5 6 7 8 9 10
8	Not remembering what you ate at your last meal-or even whether you ate	0 1 2 3 4 5 6 7 8 9 10
9	Things around you feeling unreal	0 1 2 3 4 5 6 7 8 9 10
10	Not being able to see for a while (as if you are blind) for no known medical reason	0 1 2 3 4 5 6 7 8 9 10
11	Feeling very detached from your behavior as you "go through the motions" of daily life	0 1 2 3 4 5 6 7 8 9 10
12	Feeling uncertain about who you really are	0 1 2 3 4 5 6 7 8 9 10
13	Feeling that other people, objects, or the world around you are not real	0 1 2 3 4 5 6 7 8 9 10
14	Being paralyzed or unable to move (for no known medical reason)	0 1 2 3 4 5 6 7 8 9 10
15	Being so bothered by flashbacks that it was hard to get out of bed and face the day	0 1 2 3 4 5 6 7 8 9 10
16	Not remembering large parts of your childhood after age 5	0 1 2 3 4 5 6 7 8 9 10
17	Feeling disconnected from everything around you	0 1 2 3 4 5 6 7 8 9 10
18	Not being able to hear for a while (as if you are deaf) (for no known medical reason)	0 1 2 3 4 5 6 7 8 9 10
19	Feeling that pieces of your past are missing	0 1 2 3 4 5 6 7 8 9 10
20	Immediately forgetting what other people tell you	0 1 2 3 4 5 6 7 8 9 10
21	Having difficulty walking (for no known medical reason)	0 1 2 3 4 5 6 7 8 9 10
22	Hearing a voice in your head that wants you to hurt yourself	0 1 2 3 4 5 6 7 8 9 10
23	Feeling very confused about who you really are	0 1 2 3 4 5 6 7 8 9 10
24	Feeling that important things happened to you earlier in your life, but you cannot remember them	0 1 2 3 4 5 6 7 8 9 10
25	Feeling as if you were looking at the world through a fog so that people and objects felt far away or unclear	0 1 2 3 4 5 6 7 8 9 10
26	Having seizures for which your doctor can find no reason	0 1 2 3 4 5 6 7 8 9 10
27	Going into trance so much (or for so long) that it interferes with your daily activities and responsibilities	0 1 2 3 4 5 6 7 8 9 10
28	Words just flowing from your mouth as if they were not in your control	0 1 2 3 4 5 6 7 8 9 10
29	Feeling that there are large gaps in your memory	0 1 2 3 4 5 6 7 8 9 10
30	Going into trance for hours	0 1 2 3 4 5 6 7 8 9 10
31	Bad memories coming into your mind and you can't get rid of them	0 1 2 3 4 5 6 7 8 9 10
32	Drifting into trance without even realizing that it is happening	0 1 2 3 4 5 6 7 8 9 10

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33	Words come out of your mouth, but you didn't say them; you don't know where those words came from	0 1 2 3 4 5 6 7 8 9 10
34	Being able to remember very little of your past	0 1 2 3 4 5 6 7 8 9 10
35	When you are angry, doing or saying things that you don't remember (after you calm down)	0 1 2 3 4 5 6 7 8 9 10
36	Feeling that you have multiple personalities	0 1 2 3 4 5 6 7 8 9 10
37	Hearing a voice in your head that calls you names (e.g., wimp, stupid, whore, slut, bitch, etc.)	0 1 2 3 4 5 6 7 8 9 10
38	Poor memory causing serious difficulty for you	0 1 2 3 4 5 6 7 8 9 10
39	Having other people (or parts) inside you who have their own names	0 1 2 3 4 5 6 7 8 9 10
40	Reliving a past trauma so vividly that you see it, hear it, smell it, etc	0 1 2 3 4 5 6 7 8 9 10
41	Going into trance several days in a row	0 1 2 3 4 5 6 7 8 9 10
42	Discovering that you have changed your appearance (e.g., cut your hair, or changed your hairstyle, or changed what you are wearing, or put on cosmetics, etc.) with no memory of having done so	0 1 2 3 4 5 6 7 8 9 10
43	Being bothered or upset by how much you forget	0 1 2 3 4 5 6 7 8 9 10
44	Hearing a voice in your head that wants you to die	0 1 2 3 4 5 6 7 8 9 10
45	Suddenly finding yourself somewhere odd at home (e.g., inside the closet, under a bed, curled up on the floor, etc.) with no knowledge of how you got there	0 1 2 3 4 5 6 7 8 9 10
46	Feeling as if there is something inside you that takes control of your behavior and speech	0 1 2 3 4 5 6 7 8 9 10
47	Totally forgetting how to do something that you know very well how to do (e.g., how to drive, how to read, how to use the computer, how to play the piano, etc.)	0 1 2 3 4 5 6 7 8 9 10
48	Suddenly finding yourself somewhere (e.g., at the beach, at work, in a nightclub, in your car, etc.) with no memory of how you got there	0 1 2 3 4 5 6 7 8 9 10
49	Feeling that there is another person inside who can come out and speak if it wants	0 1 2 3 4 5 6 7 8 9 10
50	"Coming to" and finding that you have done something you don't remember doing (e.g., smashed something, cut yourself, cleaned the whole house, etc.)	0 1 2 3 4 5 6 7 8 9 10
51	Having difficulty staying out of trance	0 1 2 3 4 5 6 7 8 9 10
52	Suddenly not knowing how to do your job	0 1 2 3 4 5 6 7 8 9 10
53	Your body suddenly feeling as if it isn't really yours	0 1 2 3 4 5 6 7 8 9 10
54	Being bothered by flashbacks for several days in a row	0 1 2 3 4 5 6 7 8 9 10
55	Being confused or puzzled by your emotions	0 1 2 3 4 5 6 7 8 9 10
56	Hearing a voice in your head that tells you to "shut up"	0 1 2 3 4 5 6 7 8 9 10
57	Having another part inside that has different memories, behaviors, and feelings than you do	0 1 2 3 4 5 6 7 8 9 10
58	There were times when you "woke up" and found pills or a razor blade (or something else to hurt yourself with) in your hand	0 1 2 3 4 5 6 7 8 9 10
	Hearing a voice in your head that calls you no good, worthless, or a failure	0 1 2 3 4 5 6 7 8 9 10
60	Having a very angry part that "comes out" and says and does things that you would never do or say	0 1 2 3 4 5 6 7 8 9 10
