

DES CLINICIAN SCORING SHEET

Five-Factor Color Coding & Interpretation (Fraser)

Factor Key

The client questionnaire uses color-coded row shading. Each item belongs to one of five factors.

Absorption (ABS)	Items: 1, 2, 17, 19, 20
Amnesia (AMN)	Items: 3, 9, 25
Depersonalization / Derealization (D/D)	Items: 7, 11, 12, 13, 16, 27, 28
Fantasy Prone (FP)	Items: 14, 15, 18, 24
Influence of Ego States (EGO)	Items: 4, 5, 6, 8, 10, 21, 22, 23, 26

Scoring

To score, drop the zero on each circled percentage (e.g., 30% = 3, 80% = 8), then add the single digits and divide by 28 for the mean DES score. The score can also be read as a percentage if the percentages are summed directly and divided by 28.

Total: _____ ÷ 28 = _____ (DES Mean Score)

0 – 10: Normal range. Low dissociative experiences.

10 – 20: Mild dissociation. May warrant further assessment.

20 – 30: Moderate. Consistent with PTSD and some dissociative disorders.

30+: High. Strongly suggestive of a dissociative disorder.

Scoring Worksheet

Cell shading matches the factor color of each item.

1.	_____	2.	_____	3.	_____	4.	_____
5.	_____	6.	_____	7.	_____	8.	_____
9.	_____	10.	_____	11.	_____	12.	_____
13.	_____	14.	_____	15.	_____	16.	_____
17.	_____	18.	_____	19.	_____	20.	_____
21.	_____	22.	_____	23.	_____	24.	_____
25.	_____	26.	_____	27.	_____	28.	_____

Carlson & Putnam (1986). Color-coded version by G. A. Fraser. Adapted in Curran, L. (2022). CP Chapter 2.