



26 August 2016

Dear Joe

Thank you for completing the DES and SDQ-20 screening tools. This letter provides your results and an explanation of what they mean. On this page we will summarise your results, and on the following pages we will provide a more detailed explanation.

RESULT 1

Your DES (Dissociative Experiences Scale) score was **47.5**. This would indicate significant dissociative symptoms.

Your DES-Taxon score was **31.25**. This would suggest you have a high number of significant dissociative symptoms and there is also the high likelihood of a dissociative disorder. This warrants further investigation.

RESULT 2

You obtained an overall score of **58** on the SDQ-20. This suggests a very high number of somatoform dissociation symptoms and therefore a high likelihood of a dissociative disorder and again would warrant a full clinical assessment.

OUR RECOMMENDATION

Your scores suggest it is likely that you have a dissociative disorder, so a full diagnostic assessment may be helpful.

For information about what to do now, including how to access our 'Find a Therapist' service, helpful articles, useful resources, details of support groups and information on getting a diagnosis, please go to www.pods-online.org.uk/whatnext

If you have any questions regarding your results or this letter please contact me by phone on 01480 413582 or email on elisabeth@pods-online.org.uk.

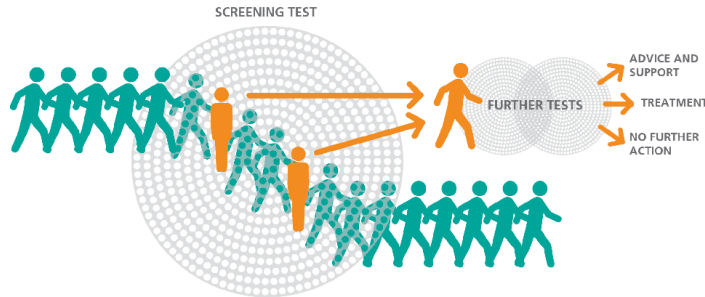
Yours sincerely

Elisabeth Allan
Client Services Manager



Explanation of Screening Tools

A screening tool uses a list of questions to identify who may have a high risk or likelihood of a disease or condition. Public Health England describe screening like a sieve: most people pass through because they are at low risk. However, some people's results show a higher risk or likelihood of the condition. But further tests are required to confirm/ diagnose the actual presence of that condition.



The two most commonly-used screening tools for dissociative disorders are the DES (Dissociative Experiences Scale) and the SDQ-20 (Somatoform Dissociation Questionnaire). The DES mainly looks at psychological symptoms whereas the SDQ-20 focuses on physical symptoms or body experiences.

These screening tools do not provide a diagnosis, but a higher score indicates a greater likelihood of suffering from a dissociative disorder, which would warrant further investigation. A full diagnosis is usually given using the SCID-D clinical assessment tool, delivered face-to-face by a qualified clinician, or the DDIS (Dissociative Disorders Interview Schedule).

There are limitations of the DES and SDQ-20 screening tools because they are self-report tools. There can be false positives: someone who overestimates their symptoms. There can also be false negatives: someone who underestimates or denies their symptoms. This is particularly true when people have 'amnesia for amnesia'.



The DES (Dissociative Experience Scale)

For each experience on the DES questionnaire you were asked to select what percentage of the time this happens to you. You could choose between 0% (never) and 100% (always). The questionnaire is scored by taking the mean percentage: if you add up the percentages you gave for each question and divide it by the number of questions, you get the average percentage you gave.

A score of more than 30 indicates significant dissociative symptoms. Studies show that 74% of those with DID scored 30 or more on the DES. Where people scored over 30 but did not have DID, 61% had PTSD or another dissociative disorder.

Average DES scores in research

General adult population	5.4
Anxiety disorders	7
Affective disorders	9.35
Eating disorders	15.8
Schizophrenia	15.4
Borderline personality disorder	19.2
Posttraumatic stress disorder	31
Dissociative disorder not otherwise specified (DDNOS)	36
Dissociative identity disorder (DID)	48



Carlson, E.B. & Putnam, F.W. (1993). An update on the Dissociative Experience Scale. Dissociation 6(1): 16-27.

Your DES score was **47.5**. This would indicate significant dissociative symptoms.

DES Factor Analysis

Pathological/clinically significant dissociation can be assessed by a subset of 8 questions (3, 5, 7, 8, 12, 13, 22 and 27) and is called the DES-Taxon. The scores for these questions more strongly relate to the presence of pathological dissociation and a dissociative disorder.

Your DES-Taxon score was **31.25**. This would suggest you have a high number of significant dissociative symptoms and there is also the high likelihood of a dissociative disorder. This warrants further investigation.

Questions can also be grouped into 3 other groups and your scores are:

Depersonalisation/derealisation = **48.33**
Amnesic Dissociation = **13.75**
Absorption and Imaginative Involvement = **62.22**



The SDQ-20 (Somatoform Dissociation Questionnaire)

As there is a correlation between somatoform dissociative symptoms and a dissociative disorder, scoring someone's somatoform symptoms can indicate a likelihood of a dissociative disorder.

The questions look at positive symptoms (pain, seizures, heightened taste and touch sensations) and negative symptoms (lack of pain, sensation, feeling numb, immobility). You were asked for each question to say whether each statement applied to you not at all (1) through to extremely (5). If they did apply, you were asked if there was a known physical cause for this symptom. If there was we adjusted your score to 1 for that question.

The test is scored simply by adding up the number you gave for each question and can range from 20 to 100. Studies have consistently shown that a score of 30 or more is suggestive of a somatoform disorder, 40 or more is suggestive of a dissociative disorder, and a score of 50 or more is suggestive of dissociative identity disorder in particular. This table shows the mean scores found in key research studies.

	Nijenhuis et al. 1996	Nijenhuis et al. 1998	Nijenhuis et al. 1999	Sar et al. 2000
DID	51.8	57.3	55.1	58.7
DDNOS	43.8	44.6	43	46.3
Somatoform disorders			32	
Major depressive episode				28.7
Eating disorders			27.7	
Schizophrenia				27.1
Anxiety disorder				26.8
Mixed non-dissociative psychiatric patients (mainly anxiety and depression)	23.5		22.9	
Bipolar mood disorder			21.6	22.7

More information about the scoring and interpretation of the SDQ-20 can be found here: www.pods-online.org.uk/sdqscoring

You obtained an overall score of **58**. This suggests a very high number of somatoform dissociation symptoms and therefore a high likelihood of a dissociative disorder and again would warrant a full clinical assessment.



Summary of Answers

Name	Joe Bloggs
Age	42
Gender	Male
Employment status	Employed
Where you live	United Kingdom
Date of completion	8/26/2016

DES Scores

Question	%
1	10
2	20
3	30
4	40
5	50
6	60
7	70
8	80
9	90
10	100
11	90
12	80
13	70
14	60
15	50
16	40
17	30
18	20
19	10
20	0
21	10
22	20
23	30
24	40
25	50
26	60
27	70
28	80

DES Score = **47.5**

DES-Taxon Score = **31.25**

Depersonalisation/Derealisation Score = **48.33**

Amnesic Dissociation Score = **13.75**

Absorption and Imaginative Involvement Score = **62.22**

SDQ-20 Scores

Question	
1	1
2	2
3	3
4	4
5	5
6	4
7	3
8	2
9	1
10	2
11	3
12	4
13	5
14	4
15	3
16	2
17	1
18	2
19	3
20	4

SDQ-20 Score = **58**