



## Child Dissociative Checklist (CDC)

### Instructions:

Below is a list of behaviors that describe children. For each item that describes your child now or within the past 12 months, please select 2 if the item is Very True of your child. Select 1 if the item is Somewhat or Sometimes True of your child. If the item is Not True of your child, circle 0.

		Not true	Somewhat or sometimes true	Very true
1	Child does not remember or denies traumatic or painful experiences that are known to have occurred.	0	1	2
2	Child goes into a daze or trance-like state at times or often appears "spaced-out." Teachers may report that he or she "daydreams" frequently in school.	0	1	2
3	Child shows rapid changes in personality. He or she may go from being shy to being outgoing, from feminine to masculine, from timid to aggressive.	0	1	2
4	Child is unusually forgetful or confused about things that he or she should know, e.g. may forget the names of friends, teachers or other important people, loses possessions or gets easily lost.	0	1	2
5	Child has a very poor sense of time. He or she loses track of time, may think that it is morning when it is actually afternoon, gets confused about what day it is, or becomes confused about when something has happened.	0	1	2
6	Child shows marked day-to-day or even hour-to-hour variations in his or her skills, knowledge, food preferences, athletic abilities, e.g. changes in handwriting, memory for previously learned information such as multiplication tables, spelling, use of tools or artistic ability.	0	1	2
7	Child shows rapid regressions in age-level behavior, e.g. a twelve-year-old starts to use baby-talk, sucks thumb or draws like a four-year old.	0	1	2
8	Child has a difficult time learning from experience, e.g. explanations, normal discipline or punishment do not change his or her behavior.	0	1	2
9	Child continues to lie or deny misbehavior even when the evidence is obvious.	0	1	2
10	Child refers to himself or herself in the third person (e.g. as she or her) when talking about self, or at times insists on being called by a different name. He or she may also claim that things that he or she did actually happened to another person.	0	1	2
11	Child has rapidly changing physical complaints such as headache or upset stomach. For example, he or she may complain of a headache one minute and seem to forget about it the next.	0	1	2
12	Child is unusually sexually precocious and may attempt age-inappropriate sexual behaviour with other children or adults.	0	1	2
13	Child suffers from unexplained injuries or may even deliberately injure self at times.	0	1	2
14	Child reports hearing voices that talk to him or her. The voices may be friendly or angry and may come from "imaginary companions" or sound like the voices of parents, friends or teachers.	0	1	2
15	Child has a vivid imaginary companion or companions. Child may insist that the imaginary companion(s) is responsible for things that he or she has done.	0	1	2



	Not true	Somewhat or sometimes true	Very true
16	0	1	2
17	0	1	2
18	0	1	2
19	0	1	2
20	0	1	2

**Developer Reference:**

Putnam, F. W., Helmers, K., & Trickett, P. K. (1993). Development, reliability, and validity of a child dissociation scale. *Child Abuse & Neglect*, 17(6), 731-741. [https://doi.org/10.1016/0145-2134\(93\)90006-Q](https://doi.org/10.1016/0145-2134(93)90006-Q)

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