

# Cognitive Appraisals of Dissociation in Psychosis (CAD-P)

(Černis, Bird, Molodynski, Ehlers & Freeman, 2020, <https://doi.org/10.1017/S1352465820000958>)

Please rate how often you think the following when you are feeling strange, disconnected, unreal or "dissociated".

*Please note that this should NOT be whilst under the influence of drugs, alcohol or legal highs.*

		Never	Rarely	Sometimes	Often	Always
1	I can't trust my own mind.	0	1	2	3	4
2	Someone has done something to me.	0	1	2	3	4
3	Something is terribly wrong.	0	1	2	3	4
4	I'm losing my mind.	0	1	2	3	4
5	I'm not really "me".	0	1	2	3	4
6	I am all alone.	0	1	2	3	4
7	I don't look right to other people right now.	0	1	2	3	4
8	I must be sick.	0	1	2	3	4
9	I'm not in the same world as everyone else.	0	1	2	3	4
10	This is because I am evil.	0	1	2	3	4
11	Now I won't be able to do the things I wanted.	0	1	2	3	4
12	It's not me in control right now.	0	1	2	3	4
13	This might last forever.	0	1	2	3	4

*Scoring:* sum score of all items.

*Note that:* raw scores cannot distinguish between many appraisals occurring infrequently, and a small number of appraisals experienced very frequently. In clinical contexts, therefore, further interpretation of responses may be required.