

The Dissociative Experiences Scale: A Welsh Translation

Christopher Alan Lewis, Martin J. Dorahy, Julie Brake, Mary Jane Lewis

Dear Editor,

For both researchers and clinicians there exists a wide range of self-report instruments to measure frequency and types of dissociative experience. Examples include the Perceptual Alterations Scale,¹ the Questionnaire of Experiences of Dissociation,² the Dissociation Questionnaire,³ the Dissociative Processes Scale,⁴ the Multiscale Dissociation Inventory,⁵ and the Child Dissociative Checklist.⁶

The Dissociative Experiences Scale (DES),⁷ a 28-item instrument that measures a wide variety of dissociative phenomena (e.g., absorption, imaginative involvement, depersonalisation, derealisation, amnesia), is the most frequently used.⁸ In addition to the original DES, there now exists a wide range of adaptations of the measure for use among specific samples, including adolescents,⁹ the visually impaired,¹⁰ and the profoundly deaf.¹¹ Moreover, there are a large number of foreign language translations of the DES.¹² Examples include translations into Dutch,¹³ Turkish,¹⁴ Japanese,¹⁵ German,¹⁶ French,¹⁷ Hebrew,¹⁸ Finnish,¹⁹ and Portuguese.²⁰

The present aim was to provide a Welsh translation of the DES for use among Welsh speakers. The utility of such a tool is that it should help facilitate the work of clinicians and researchers in Wales. For clinicians, the availability of such a tool would allow assessment of dissociative experiences and symptoms among service users who prefer to be assessed in Welsh. At present, outside of the GP practice most "health-related business" is conducted in English.^{21,22,23,24,25} For researchers, the availability of the tool would mean that dissociation, and potentially its antecedents and correlates, could be examined using language sensitive measures, thus heightening the ecological validity of work in this area

The DES was translated and back translated by two experienced translators familiar with health-related research. No relevant cultural differences were found for any item. This is not surprising given that the events and activities which evoke, anchor to, or are associated with dissociation in the North American context from which items were written do not differ from those of Welsh speakers in Wales. Linguistically, only item 8 proved a little problematic in translation. This is because the

impersonal "some people are told" in Welsh is quite formal (linguistic registers in Welsh are more obvious than in English) and there is a tendency to use active rather than passive constructs. "Some people find" also could not be translated directly as this idiom is not used in Welsh. Appendix 1 contains the 28 items of the Welsh translation of the DES.

Further work is now required to examine the reliability and validity of the Welsh translation of the DES. Initial research should focus on establishing the psychometric properties of the scale, including examining the internal reliability, temporal stability, convergent validity, and construct validity. Providing the scale was found to be reliable and valid, subsequent research may wish to establish the correlates and antecedents of dissociation within the Welsh context. It is hoped that the present contribution helps stimulate research on dissociation within Wales among Welsh speakers. More broadly, at present there is a dearth of Welsh translated tests in both clinical and health psychology,^{26,27,28} or indeed more widely within psychology.^{29,30,31} Further research may wish to provide a systematic review of available tests in psychology in the Welsh language, as well as providing translations of the more widely used psychometric tests.

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Table 1 The 28 items of the Welsh translation of the DES

G P D Mae'r cwestiynau hyn yn disgrifio profiadau y mae'n bosib ichi eu cael yn eich bywyd bob dydd. Dylai eich ateb ddangos pa mor aml y mae'r profiadau'n digwydd ichi pan NA FYDDWCH dan dylanwad alcohol neu gyffuriau. RHOWCH GYLCH O GWMPAS rhif rhwng 0% i 100% i nodi'r ganran o'r amser y mae hyn yn digwydd ichi. Os yw'n digwydd 45% o'r amser, rhowch gylch o gwmpas 40% a 50%.

Dyddiad	Oedran	Rhyw: G	B
1. Mae rhai pobl yn cael y profiad o yrru neu o deithio mewn car neu ar fws neu drên tanddaearol ac yn sylweddoli yn sydyn nad ydynt yn cofio'r hyn sydd wedi digwydd yn ystod yr holl daith neu am ran o'r daith. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
2. Mae rhai pobl yn gwrandao ar rywun yn siarad ac yn sylweddoli'n sydyn na chlywsant ran neu'r cwbl o'r hyn a gafodd ei ddweud. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
3. Mae rhai pobl yn mynd i le heb fod ganddynt syniad yn y byd o sut y cyraeddasant. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
4. Mae rhai pobl yn cael y profiad o sylweddoli eu bod wedi eu gwisgo mewn dillad nad ydynt yn cofio eu gwisgo. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
5. Mae rhai pobl yn cael y profiad o gael hyd i bethau newydd ymhlith eu heiddo nad ydynt yn cofio eu prynu. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
6. Mae rhai pobl weithiau'n cael pobl yn dod atynt nad ydynt yn eu hadnabod sy'n galw enw arall arnynt neu'n mynnu eu bod wedi cyfarfod â nhw o'r blaen. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
7. Mae rhai pobl weithiau'n cael y profiad o deimlo eu bod yn sefyll yn eu hymyl eu hunain neu'n eu gwyllo eu hunain yn gwneud rhywbeth a byddant yn eu gweld eu hunain fel petaent yn edrych ar rywun arall. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
8. Dywedir wrth rai pobl weithiau nad ydynt yn adnabod ffrindiau neu aelodau o'r teulu. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
9. Mae rhai pobl yn methu â chofio rhai digwyddiadau pwysig yn eu bywydau (er enghraifft, priodas neu seremoni graddio). (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
10. Mae rhai pobl yn cael eu cyhuddo o ddweud celwydd pan nad ydynt yn meddwl eu bod wedi dweud celwydd. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
11. Mae rhai pobl yn cael y profiad o edrych mewn drych a pheidio â'u hadnabod eu hunain. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
12. Mae rhai pobl yn cael y profiad o deimlo nad yw pobl a gwrthrychau eraill a'r byd o'u cwmpas yn real. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
13. Mae rhai pobl yn cael y profiad o deimlo nad yw eu cyrff yn rhan ohonynt. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
14. Mae rhai pobl yn cael y profiad weithiau o gofio digwyddiad a ddigwyddodd yn y gorffennol mor fyw maent yn teimlo fel petaent yn ail-fyw'r digwyddiad. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
15. Mae rhai pobl yn cael y profiad o beidio â bod yn sicr a yw'r pethau y maent yn eu cofio'n digwydd iddynt yn ddigwyddiadau go iawn neu a oeddynt wedi breuddwydio amdanynt. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
16. Mae rhai pobl yn cael y profiad o fod mewn lle cyfarwydd sydd i'w weld yn ddieithr ac yn anghyfarwydd. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
17. Pan fydd rhai pobl yn gwyllo rhaglen deledu neu ffilm maent yn ymgolli gymaint yn y stori nid ydynt yn gwybod beth arall sy'n digwydd o'u cwmpas. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
18. Mae rhai pobl yn ymgolli gymaint mewn ffantasi neu freuddwyd liw dydd mae fel petai'n digwydd iddynt yn go-iawn. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
19. Mae rhai pobl weithiau'n gallu anwybyddu poen. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
20. Mae rhai pobl weithiau'n gallu sylly i ganol unlle, yn meddwl am ddim, heb sylwi fod amser yn mynd heibio. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
21. Mae rhai pobl weithiau'n siarad â'u hunain yn uchel pan fyddant ar eu pennau eu hunain. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
22. Mae rhai pobl yn ymddwyn mor wahanol mewn un sefyllfa o'i chymharu â sefyllfa arall maent yn teimlo bron petaent yn ddau berson gwahanol. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
23. Mae rhai pobl weithiau'n gallu gwneud pethau yn hynod o rwydd a digymell mewn rhai sefyllfaoedd y byddai fel arfer yn anodd iddynt eu gwneud (er enghraifft, chwaraeon, gwaith, sefyllfaoedd cymdeithasol, etc.). (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
24. Mae rhai pobl yn sylwi nad ydynt yn gallu cofio a ydynt wedi gwneud rhywbeth neu dim ond wedi meddwl am ei wneud (er enghraifft, peidio â gwybod a ydynt newydd bostio llythyr neu dim ond wedi meddwl am ei bostio). (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
25. Mae rhai pobl yn cael hyd i dystiolaeth eu bod wedi gwneud pethau nad ydynt yn cofio eu gwneud. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
26. Mae rhai pobl weithiau'n cael hyd i waith ysgrifenedig, lluniau, neu nodiadau ymhlith eu heiddo y mae'n rhaid mai nhw sydd wedi eu gwneud ond eu bod yn methu â chofio eu gwneud. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
27. Mae rhai pobl weithiau'n clywed lleisiau yn eu pen sy'n dweud wrthyn nhw am wneud pethau neu'n gwneud sylwadau ar bethau y maen nhw'n eu gwneud. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			
28. Mae rhai pobl weithiau'n teimlo eu bod yn edrych ar y byd drwy niwl fel bod pobl a gwrthrychau'n ymddangos yn bell i ffwrdd neu'n aneglur. (BYTH) 0% 10 20 30 40 50 60 70 80 90 100 (BOB TRO)			

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