**APPENDIX**

**Černis Felt Sense of Anomaly scale: Short-form (ČEFSA-14).**

Please read the following items and rate how often you have experienced these over the past **TWO WEEKS** using the following rating:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 |
| Never | Rarely | Sometimes | Often | Always |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Never | Rarely | Sometimes | Often | Always |
|  | I don’t fully experience emotions. | 0 | 1 | 2 | 3 | 4 |
|  | I feel disconnected from the world around me. | 0 | 1 | 2 | 3 | 4 |
|  | I’m absorbed in my own world and don’t notice what is happening around me. | 0 | 1 | 2 | 3 | 4 |
|  | My personality changes seemingly at random. | 0 | 1 | 2 | 3 | 4 |
|  | I feel disconnected from other people. | 0 | 1 | 2 | 3 | 4 |
|  | I find myself drifting off into my own world when I’m with others. | 0 | 1 | 2 | 3 | 4 |
|  | My body (or parts of it) feels unreal or strange. | 0 | 1 | 2 | 3 | 4 |
|  | I feel detached from my emotions. | 0 | 1 | 2 | 3 | 4 |
|  | I act like someone else without meaning to. | 0 | 1 | 2 | 3 | 4 |
|  | People I know seem unfamiliar. | 0 | 1 | 2 | 3 | 4 |
|  | I feel as though other people stop existing when I can’t see them. | 0 | 1 | 2 | 3 | 4 |
|  | My body feels numb. | 0 | 1 | 2 | 3 | 4 |
|  | Things I’ve done many times before seem new or unfamiliar. | 0 | 1 | 2 | 3 | 4 |
|  | I feel like an alien or a ghost. | 0 | 1 | 2 | 3 | 4 |

|  |  |
| --- | --- |
| **Score range (total score)** | **Category** |
| 0 - 28 | Average |
| 29 - 38 | Elevated |
| 39 - 48 | Moderately Severe |
| 49 - 56 | Severe |