

Partial results

Cross-cultural adaptation

The initial translation of SPAQ and DBAS-16 instructions, rating scale, and items were a mix of translations produced by the three (for each instrument) forward translators. To some items, a particular translation was taken with minor or no modifications. Others were a merge of two or more versions with additions where it was deemed necessary. The instruments' versions produced in each stage of the cross-cultural adaptation process and detailed documentation of criteria for decisions are available at osf.io/av45j.

Once the translation process was completed, a sample of 15 subjects from the target population evaluated each instrument. Overall, participants had a good comprehension of the test items and instructions, and only a single term of the DBAS-16 required alteration for a more natural reading in the target language. We also noted that participants without sleeping problems had trouble relating to some SPAQ items due to ambiguity induced by item wording. For instance, in the first question, some participants said they would disagree with the sentence because they do not have sleep problems despite agreeing that they are living a normal life. After debating these issues with the original authors, we added a sentence to the instrument instructions asking people to think about any difficulties with sleep they have, or have had, no matter how small they feel them to be, and then answer accordingly. The final version of both DBAS-16 and SPAQ are on Appendices ?? and ??, respectively.

Sample description

After excluding individuals who did not meet the inclusion criteria and those who failed to complete at least the first questionnaire on the survey (DBAS-16), the final sample was comprised of 1397 individuals, of which 1130 were female and 1062 reported insomnia symptoms. The sample mean age was 38.41 years ($SD = 9.79$, Range: 18–59.8 years). 619 participants reported having a formal job, and 1085 had a university degree. A detailed description of the sample is found on Table @ref(tab:tab1).

Table 1: Sample description

	<i>n = 1397</i>
Sex Male (%)	267 (19.1)
Age [mean (SD)]	38.41 (9.79)
Race (%)	
Asian	48 (3.4)
Black	331 (23.7)
Other/Not informed	13 (0.9)
White	1005 (71.9)
Marital Status (%)	
Cohabiting	179 (12.8)
Divorced	129 (9.2)
Married	488 (34.9)
Single	588 (42.1)
Widowed	13 (0.9)
Educational Level (%)	
Primary School	17 (1.2)
Secondary School	295 (21.1)
University degree or higher	1085 (77.7)
Monthly income [mean (SD)]	9197.40 (7946.13)
Occupation (%)	
Informal work	46 (3.3)
Regular job	619 (44.3)
Retired	29 (2.1)
Self-employed	410 (29.3)
Student	172 (12.3)
Unemployed	121 (8.7)
Insomnia (%)	1062 (76.0)
Region (%)	
Central-West	54 (3.9)
Northeast	105 (7.6)
Northern	36 (2.6)
Southeast	1083 (77.9)
Southern	112 (8.1)