Disturbing Dream and Nightmare Severity Index

1. How often do you have disturbing dreams and/or nightmares: (Circle one, then follow the arrow) → STOP HERE: NO OTHER QUESTIONS NEED TO BE ANSWERED ► Yearly_____ → Monthly ➤ Weekly_____ How many **NIGHTS** in a How many **NIGHTS** in a How many **NIGHTS** in a year week did you have disturbing month did you have disturbing did you have disturbing dreams dreams and/or nightmares? dreams and/or nightmares? and/or nightmares? 1 2 3 4 5 6 7 8 9 10 11 1 2 3 4 5 6 7 1 2 How many **disturbing dreams** How many **disturbing dreams** How many **disturbing dreams** and/or nightmares did you and/or nightmares did you and/or nightmares did you have in a week? have in a month? have in a year? → GO TO QUESTION #2 ◀ STOP HERE 2. Please estimate the NUMBER of months or years you have had disturbing dreams and/or nightmares: ____months ____years 3. On average, do your nightmares wake you up? (Circle answer) Never/Rarely Occasionally Frequently Sometimes Always 4. How would you rate the SEVERITY of your disturbing dreams and/or nightmare problem? (Circle answer) No Minimal Mild Very Severe **Extremely Severe** Moderate Severe Problem Problem Problem Problem Problem Problem Problem 5. How would you rate the INTENSITY of your disturbing dreams and/or nightmares? (Circle answer) Very Severe Extremely Severe Not Minimal Mild Moderate Severe Intensity Intense Intensity Intensity Intensity Intensity Intensity

Scoring: Add nights/per week (0 to 7) + nightmares/week* +Q3 (0 to 4 scale) +Q4 (0 to 6 scale) + Q5 (0 to 6 scale) *Notes: maximum for nightmares/week = 14, so scale is 0 to 14. Don't use Q2. Score > 10 usually indicate a nightmare disorder.