

Insomnia Type Questionnaire Scoring Form

After computing the sum scores according to the scoring rules below, subtypes can be computed using the ITQ application: <https://tfblanken.shinyapps.io/itqapp/>

A Action control scale

Action control: sum all action-oriented answers: 1B, 2B, 3B, 4B, 5A, 6B, 7A, 8A, 9B, 10B, 11B, 12B, 13A, 14B, 15B, 16A, 17B, 18A, 19B, 20B, 21B, 22A, 23A, 24A, indicated below. Range: 0-24.

- 1 When I have lost something valuable and can't find it anywhere:
☐ I have a hard time concentrating on anything else.
☒ I don't dwell on it.
- 2 When I know I must finish something soon:
☐ I have to push myself to get started.
☒ I find it easy to get it done and over with.
- 3 When I've worked for weeks on one project and then everything goes completely wrong:
☐ It takes me a long time to get over it.
☒ It bothers me for a while, but then I don't think about it anymore.
- 4 When I don't have anything in particular to do and I am getting bored:
☐ I have trouble getting up enough energy to do anything at all.
☒ I quickly find something to do.
- 5 When I'm in a competition and lose every time:
☒ I can soon put losing out of my mind.
☐ The thought that I lost keeps running through my mind.
- 6 When I'm getting ready to tackle a difficult problem:
☐ It feels like I am facing a big mountain that I don't think I can climb.
☒ I look for a way that the problem can be approached in a suitable manner.
- 7 If I had just bought a new piece of equipment (for example, a laptop) and it accidentally fell on the floor and was damaged beyond repair:
☒ I would get over it quickly.
☐ It would take me a while to get over it.
- 8 When I have to solve a difficult problem:
☒ I usually get on it right away.
☐ Other things go through my mind before I can get down to working on the problem.
- 9 When I have to talk to someone about something important and, repeatedly, can't find her/him at home:
☐ I can't stop thinking about it, even while I'm doing something else.
☒ I easily forget about it until I can see the person again.
- 10 When I have to make up my mind about what I am going to do when I get some unexpected free time:
☐ It takes me a while to decide what I should do.
☒ I can usually decide on something to do without having to think it over very much.
- 11 When I've bought a lot of stuff at a store and realize when I get home that I paid too much – but I can't get my money back:
☐ I can't concentrate on anything else.
☒ I easily forget about it.
- 12 When I have work to do at home:
☐ It is often hard for me to get started.

- ☒ I usually get started right away.
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- 13 When I am told that my work has been completely unsatisfactory:
☒ I don't let it bother me for too long.
☐ I feel paralyzed.
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- 14 When I have a lot of important things to do:
☐ I often don't know where to begin.
☒ I find it easy to make a plan and stick with it.
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- 15 When I'm stuck in traffic and miss an important appointment:
☐ At first, it's difficult for me to start doing anything else at all.
☒ I quickly forget about it and focus on something else.
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- 16 When there are two things that I really want to do, but I can't do both of them:
☒ I quickly begin one thing and forget about the other.
☐ It's not easy for me to put the thing that I couldn't do out of my mind.
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- 17 When something is very important to me, but I can't seem to get it right:
☐ I gradually lose heart.
☒ I just forget about it and go do something else.
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- 18 When I have to carry out an important but unpleasant task:
☒ I do it and get it over with.
☐ It can take a while before I can bring myself to do it.
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- 19 When something really gets me down:
☐ I have trouble doing anything at all.
☒ I find it easy to distract myself by doing other things.
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- 20 When I am facing a big project that has to be done:
☐ I often spend too long thinking about where I should begin.
☒ I don't have any problems getting started.
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- 21 When several things go wrong on the same day:
☐ I don't know how to deal with it.
☒ I just keep on going as though nothing had happened.
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- 22 When I have a boring assignment:
☒ I usually don't have any problem getting through it.
☐ I sometimes just can't get moving on to it.
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- 23 When I have to put all my effort into doing a really good job on something and the whole thing doesn't work out:
☒ I don't have too much difficulty starting something else.
☐ I have trouble doing anything else at all.
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- 24 When I have an obligation to do something that is boring and uninteresting:
☒ I do it and get it over with.
☐ It usually takes a while before I get around to doing it.
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B Behavioral activation subscale

Behavioral activation: sum all items. Range: 13-52.

I go out of my way to get things I want.	4	3	2	1
When I'm doing well at something I love to keep at it.	4	3	2	1
I'm always willing to try something new if I think it will be fun.	4	3	2	1
When I get something I want, I feel excited and energized.	4	3	2	1
When I want something I usually go all-out to get it.	4	3	2	1

I will often do things for no other reason than that they might be fun.	4	3	2	1
If I see a chance to get something I want I move on it right away.	4	3	2	1
When I see an opportunity for something I like I get excited right away.	4	3	2	1
I often act on the spur of the moment.	4	3	2	1
When good things happen to me, it affects me strongly.	4	3	2	1
I crave excitement and new sensations.	4	3	2	1
When I go after something I use a “no holds barred” approach.	4	3	2	1
It would excite me to win a contest.	4	3	2	1

C Subjective happiness scale

Subjective happiness: sum all items. Range: 4-28.

*** indicates reverse coded items.**

In general, I consider myself:	1	2	3	4	5	6	7
Compared to most of my peers, I consider myself:	1	2	3	4	5	6	7
Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?	1	2	3	4	5	6	7
Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?*	7	6	5	4	3	2	1

D Response to positive affect scale

Positive rumination: sum all positive rumination items (PR). Range: 9-36.

Dampening of positive moods: sum all dampening items (D). Range: 8-32.

Notice how you feel full of energy. (PR)	1	2	3	4
Savor this moment. (PR)	1	2	3	4
Think “I am getting everything done”. (PR)	1	2	3	4
Think about how you feel up to doing everything. (PR)	1	2	3	4
Think “I am living up to my potential”. (PR)	1	2	3	4
Think “This is too good to be true”. (D)	1	2	3	4
Think about how happy you feel. (PR)	1	2	3	4
Think about how strong you feel. (PR)	1	2	3	4
Think about things that could go wrong. (D)	1	2	3	4
Remind yourself these feelings won’t last. (D)	1	2	3	4
Think “People will think I’m bragging”. (D)	1	2	3	4
Think about how hard it is to concentrate. (D)	1	2	3	4
Think “I am achieving everything”. (PR)	1	2	3	4
Think “I don’t deserve this”. (D)	1	2	3	4
Think “My streak of luck is going to end soon”. (D)	1	2	3	4
Think about how proud you are of yourself. (PR)	1	2	3	4
Think about things that have not gone well for you. (D)	1	2	3	4

E Ruminative Response scale

Rumination: sum all items. Range: 10-40.

Analyze recent events to try to understand why you are depressed.	1	2	3	4
Think “Why do I always react this way?”.	1	2	3	4
Go away by yourself and think about why you feel this way.	1	2	3	4
Write down what you are thinking and analyze it.	1	2	3	4

Think about a recent situation, wishing it had gone better.	1	2	3	4
Think "Why do I have problems other people don't have".	1	2	3	4
Think "Why can't I handle things better?".	1	2	3	4
Analyze your personality to try to understand why you are depressed.	1	2	3	4
Go someplace alone to think about your feelings.	1	2	3	4
Think "What am I doing to deserve this?".	1	2	3	4

F Mini-IPIP

Extraversion: sum (E) items. Range: 4-20.

Agreeableness: sum all (A) items. Range: 4-20.

Neuroticism: sum all (N) items. Range: 4-20.

*** indicates reverse coded items.**

Am the life of the party. (E)	1	2	3	4	5
Sympathize with others' feelings. (A)	1	2	3	4	5
Have frequent mood swings. (N)	1	2	3	4	5
Don't talk a lot. (E)*	5	4	3	2	1
Am not interested in other people's problems. (A)*	5	4	3	2	1
Am relaxed most of the time. (N)*	5	4	3	2	1
Talk to a lot of different people at parties. (E)	1	2	3	4	5
Feel others' emotions. (A)	1	2	3	4	5
Get upset easily. (N)	1	2	3	4	5
Keep in the background. (E)*	5	4	3	2	1
Am not really interested in others. (A)*	5	4	3	2	1
Seldom feel blue. (N)*	5	4	3	2	1

G Positive and negative affect scale

Positive affect: sum all (P) items. Range: 10-40.

Negative affect: sum all (N) items. Range: 10-40.

Interested (P)	1	2	3	4	5
Distressed (N)	1	2	3	4	5
Excited (P)	1	2	3	4	5
Upset (N)	1	2	3	4	5
Strong (P)	1	2	3	4	5
Guilty (N)	1	2	3	4	5
Scared (N)	1	2	3	4	5
Hostile (N)	1	2	3	4	5
Enthusiastic (P)	1	2	3	4	5
Proud (P)	1	2	3	4	5
Irritable (N)	1	2	3	4	5
Alert (P)	1	2	3	4	5
Ashamed (N)	1	2	3	4	5
Inspired (P)	1	2	3	4	5
Nervous (N)	1	2	3	4	5
Determined (P)	1	2	3	4	5
Attentive (P)	1	2	3	4	5
Jittery (N)	1	2	3	4	5

Active (P)	1	2	3	4	5
Afraid (N)	1	2	3	4	5

H Temporal experience of pleasure scale

Experience of pleasure: sum all items. Range: 18-108.

*** indicates reverse coded items.**

When I hear about a new movie starring my favorite actor, I can't wait to see it.	1	2	3	4	5	6
I enjoy taking a deep breath of fresh air when I walk outside.	1	2	3	4	5	6
The smell of freshly cut grass is enjoyable to me.	1	2	3	4	5	6
I look forward to a lot of things in my life.	1	2	3	4	5	6
I love it when people play with my hair.	1	2	3	4	5	6
Looking forward to a pleasurable experience is in itself pleasurable.	1	2	3	4	5	6
A hot cup of coffee or tea on a cold morning is very satisfying to me.	1	2	3	4	5	6
When I think of something tasty, like chocolate chip cookie, I have to have one.	1	2	3	4	5	6
I appreciate the beauty of fresh snowfall.	1	2	3	4	5	6
I get so excited the night before a major holiday I can hardly sleep.	1	2	3	4	5	6
When I'm on my way to an amusement park, I can hardly wait to ride the roller coasters.	1	2	3	4	5	6
I really enjoy the feeling of a good yawn.	1	2	3	4	5	6
I don't look forward to things like eating out at restaurants.*	6	5	4	3	2	1
I love the sound of rain on the windows when I'm lying in my warm bed.	1	2	3	4	5	6
When I think about eating my favorite food, I can almost taste how good it is.	1	2	3	4	5	6
When ordering something off the menu, I imagine how good it will taste.	1	2	3	4	5	6
The sound of cracking wood in the fireplace is very relaxing.	1	2	3	4	5	6
When something exciting is coming up in my life, I really look forward to it.	1	2	3	4	5	6

I Perfectionism Inventory

Organization: sum all (O) items. Range: 8-40.

Perceived parental pressure: sum all (PP) items. Range: 8-40.

Rumination: sum all (R) items. Range: 7-35.

I am well-organized. (O)	1	2	3	4	5
I've always felt pressure from my parent(s) to be the best. (PP)	1	2	3	4	5
If I do something less than perfectly, I have a hard time getting over it. (R)	1	2	3	4	5
I think things should be put away in their place. (O)	1	2	3	4	5
My parent(s) hold me to high standards. (PP)	1	2	3	4	5
I spend a lot of time worrying about things I've done, or things I need to do. (R)	1	2	3	4	5
I would characterize myself as an orderly person. (O)	1	2	3	4	5
My parent(s) are difficult to please. (PP)	1	2	3	4	5
If I make a mistake, my whole day is ruined. (R)	1	2	3	4	5
I like to always be organized and disciplined. (O)	1	2	3	4	5
My parent(s) have high expectations for achievement. (PP)	1	2	3	4	5
If I say or do something dumb I tend to think about it for the rest of the day. (R)	1	2	3	4	5
I clean my home often. (O)	1	2	3	4	5
Growing up, I felt a lot of pressure to do everything right. (PP)	1	2	3	4	5

When I make an error, I generally can't stop thinking about it. (R)	1	2	3	4	5
I make sure to put things away as soon as I'm done using them. (O)	1	2	3	4	5
My parent(s) put a lot of pressure on me to succeed. (PP)	1	2	3	4	5
I often obsess over some of the things I have done. (R)	1	2	3	4	5
My closet is neat and organized. (O)	1	2	3	4	5
I always felt that my parent(s) wanted me to be perfect. (PP)	1	2	3	4	5
After I turn a project in, I can't stop thinking of how it could have been better. (R)	1	2	3	4	5
My workspace is generally organized. (O)	1	2	3	4	5
My parent(s) have expected nothing but my best. (PP)	1	2	3	4	5

J Ford insomnia to stress test

Insomnia response to stress: sum all items. Range: 9-36.

Before an important meeting the next day.	1	2	3	4
After a stressful experience during the day.	1	2	3	4
After a stressful experience in the evening.	1	2	3	4
After getting bad news during the day.	1	2	3	4
After watching a frightening movie or TV show.	1	2	3	4
After having a bad day at work.	1	2	3	4
After an argument.	1	2	3	4
Before having to speak in public.	1	2	3	4
Before going on vacation the next day.	1	2	3	4

K Pre-sleep arousal scale

Pre-sleep arousal: sum all items. Range: 16-80.

Heart racing, pounding or beating irregularly.	1	2	3	4	5
A jittery, nervous feeling in your body.	1	2	3	4	5
Shortness of breath or labored breathing.	1	2	3	4	5
A tight, tense feeling in your muscles.	1	2	3	4	5
Cold feeling in your hands, feet or your body in general.	1	2	3	4	5
Have stomach upset (knot or nervous feeling in stomach, heartburn, nausea, gas, etc.).	1	2	3	4	5
Perspiration in palms of your hands or other parts of your body.	1	2	3	4	5
Dry feeling in mouth or throat.	1	2	3	4	5
Worry about falling asleep.	1	2	3	4	5
Review or ponder events of the day.	1	2	3	4	5
Depressing or anxious thoughts.	1	2	3	4	5
Worry about problems other than sleep.	1	2	3	4	5
Being mentally alert, active.	1	2	3	4	5
Can't shut off your thoughts.	1	2	3	4	5
Thoughts keep running through your head.	1	2	3	4	5
Being distracted by sounds, noise in the environment (e.g., ticking of clock, house noises, traffic).	1	2	3	4	5

L Fatigue severity scale

Fatigue: sum all items. Range: 9-62.

My motivation is lower when I am fatigued.	1	2	3	4	5	6	7
Exercise brings on my fatigued.	1	2	3	4	5	6	7

I am easily fatigued.	1	2	3	4	5	6	7
Fatigue interferes with my physical functioning.	1	2	3	4	5	6	7
Fatigue causes frequent problems for me.	1	2	3	4	5	6	7
My fatigue prevents sustained physical functioning.	1	2	3	4	5	6	7
Fatigue interferes with carrying out certain duties and responsibilities.	1	2	3	4	5	6	7
Fatigue is among my three most disabling symptoms.	1	2	3	4	5	6	7
Fatigue interferes with my work, family or social life.	1	2	3	4	5	6	7

M Insomnia severity index

Insomnia severity: sum all items. Range: 0-28.

Difficulty falling asleep:	0	1	2	3	4
Difficulty staying asleep:	0	1	2	3	4
Problem waking up too early:	0	1	2	3	4
How satisfied /dissatisfied are you with your current sleep pattern?	0	1	2	3	4
To what extent do you consider your sleep problem to interfere with your daily functioning (e.g., daytime fatigue, ability to function at work/daily chores, concentration, memory, mood, etc.).	0	1	2	3	4
How noticeable to others do you think your sleeping problem is in terms of impairing the quality of your life?	0	1	2	3	4
How worried /distressed are you about your current sleep problem?	0	1	2	3	4

N Childhood trauma questionnaire

Childhood trauma: sum all items except 10, 16, and 22. Range: 25-125.

*** indicates reverse coded items.**

1	I didn't have enough to eat.	1	2	3	4	5
2	I knew that there was someone to take care of me and protect me.*	5	4	3	2	1
3	People in my family called me things like "stupid", "lazy" or "ugly".	1	2	3	4	5
4	My parents were too drunk or high to take care of the family.	1	2	3	4	5
5	There was someone in my family who helped me feel that I was important or special.*	5	4	3	2	1
6	Wore dirty clothes.	1	2	3	4	5
7	I felt loved.*	5	4	3	2	1
8	I thought that my parents wished I had never born.	1	2	3	4	5
9	I got hit so hard by someone in my family that I had to see a doctor or go to the hospital.	1	2	3	4	5
10	People in my family hit me so hard that it left me with bruises or marks.	1	2	3	4	5
11	I was punished with a belt, a board, a cord, or some other hard object.	1	2	3	4	5
12	People in my family looked out for each other.*	5	4	3	2	1
13	People in my family said hurtful or insulting things to me.	1	2	3	4	5
14	I believe that I was physically abused.	1	2	3	4	5
15	I got hit or beaten so badly that it was noticed by someone like a teacher, neighbor, or doctor.	1	2	3	4	5
16	I felt that someone in my family hated me.	1	2	3	4	5
17	People in my family felt close to each other.*	5	4	3	2	1
18	Someone tried to touch me in a sexual way, or tried to make me touch them.	1	2	3	4	5
19	Someone threatened to hurt me or tell lies about me unless I did something sexual with them.	1	2	3	4	5

20	Someone tried to make me do sexual things or watch sexual things.	1	2	3	4	5
21	Someone molested me.	1	2	3	4	5
22	I believe that I was emotionally abused.	1	2	3	4	5
23	There was someone to take me to the doctor if I needed it.	5	4	3	2	1
24	I believe that I was sexually abused.	1	2	3	4	5
25	My family was a source of strength and support.*	5	4	3	2	1