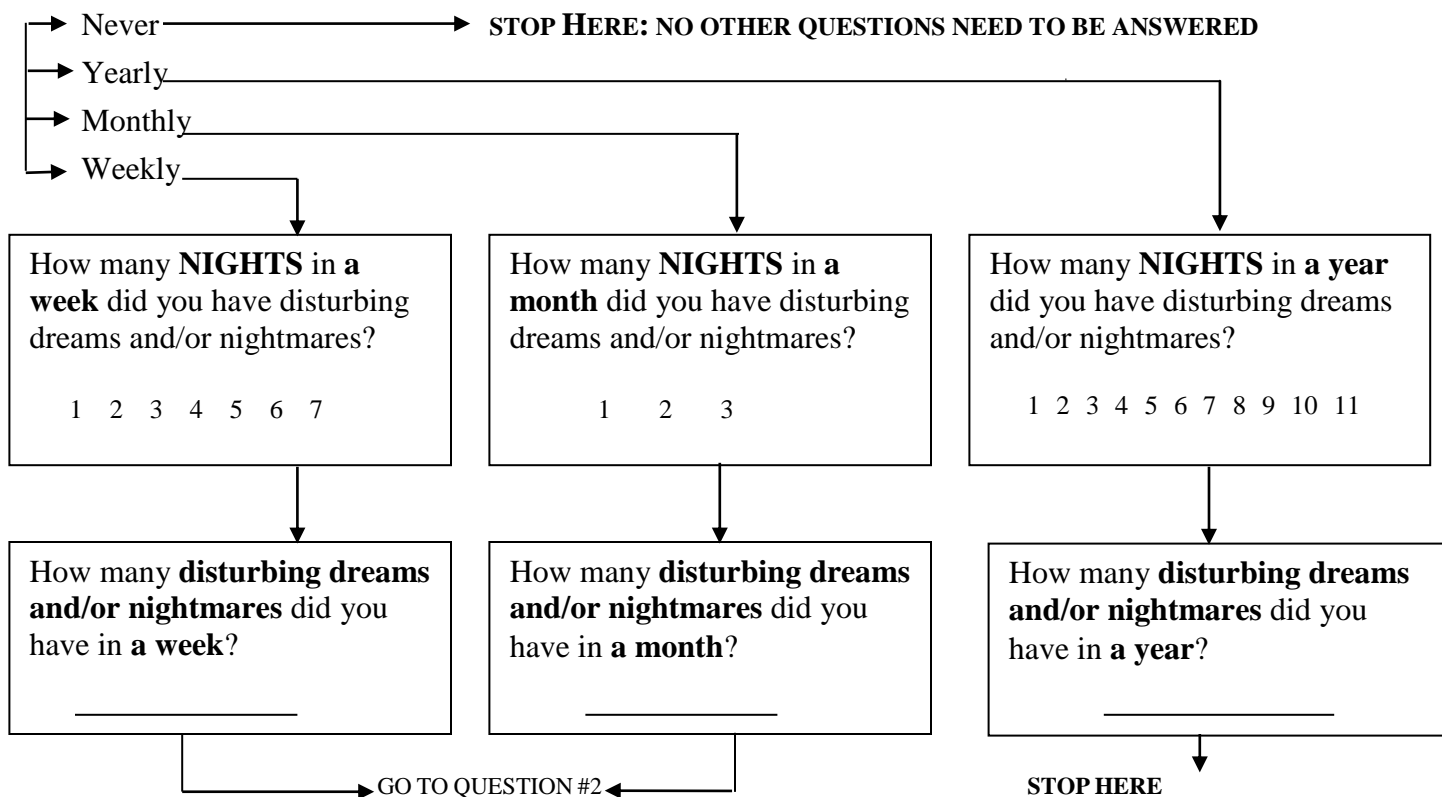


Disturbing Dream and Nightmare Severity Index

1. How often do you have disturbing dreams and/or nightmares: (Circle one, then follow the arrow)



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 Sometimes Frequently Always

4. How would you rate the SEVERITY of your disturbing dreams and/or nightmare problem? (Circle answer)

No Problem Minimal Problem Mild Problem Moderate Problem Severe Problem Very Severe Problem Extremely Severe Problem

5. How would you rate the INTENSITY of your disturbing dreams and/or nightmares? (Circle answer)

Not Intense Minimal Intensity Mild Intensity Moderate Intensity Severe Intensity Very Severe Intensity Extremely Severe 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.