Disturbing Dream and Nightmare Severity Index

1. How often do you have disturbing dreams and/or nightmares: (Circle one, then follow the arrow)
   - Never
   - Yearly
   - Monthly
   - Weekly

   STOP HERE: NO OTHER QUESTIONS NEED TO BE ANSWERED

   How many NIGHTS in a week did you have disturbing dreams and/or nightmares?
   1 2 3 4 5 6 7

   How many NIGHTS in a month did you have disturbing dreams and/or nightmares?
   1 2 3

   How many NIGHTS in a year did you have disturbing dreams and/or nightmares?
   1 2 3 4 5 6 7 8 9 10 11

   How many disturbing dreams and/or nightmares did you have in a week?

   How many disturbing dreams and/or nightmares did you have in a month?

   How many disturbing dreams and/or nightmares did you have in a year?

   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
   - 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/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.