

Purpose This 25-item questionnaire was developed to evaluate the content, character, and intrusiveness of cognitions in adults in the moments prior to sleep onset. The tool is specifically intended for assessing the cognitive processes of individuals with insomnia, particularly when those processes may affect the creation of treatment plans and the interpretation of treatment outcomes.

Population for Testing The questionnaire has been validated with a sample of insomniac participants between the ages of 16 and 65.

Administration Completed by self-report using pencil and paper, the scale requires between 5 and 10 min for administration.

Reliability and Validity Developed by Harvey and Espie [1], the GCTI has been validated on a variety of psychometric measures: an initial study found a construct validity of $r = .88$, a concurrent validity ranging from .48 to .82, a test-retest

reliability of .88, and an internal consistency of $\alpha = .87$.

Obtaining a Copy A copy can be found in the developers' original published article [1].

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Scoring Respondents are asked to indicate how frequently in the last week they have been kept awake by certain thoughts. Individuals rate each of the questionnaire's 25 statements on a scale from 1 ("never") to 4 ("always"). Higher scores indicate more intrusive cognitions that may lead to increased sleep-onset latency. Developers suggest a cutoff score of 42, which yields a sensitivity of 100% and a specificity of 83%.

Glasgow Content of Thoughts Inventory (GCTI)

Here are some thoughts that people have when they can't sleep. Please indicate by placing a tick in the appropriate box how often over the past 7 nights the following thoughts have kept you awake.

| | | Never | Sometimes | Often | Always |
|-----|--|-------|-----------|-------|--------|
| 1. | Things in the future | | | | |
| 2. | How tired/sleepy you feel | | | | |
| 3. | Things that happened during the day | | | | |
| 4. | How nervous/anxious you feel | | | | |
| 5. | How mentally awake you feel | | | | |
| 6. | Checking the time | | | | |
| 7. | Trivial things | | | | |
| 8. | How you can't stop your mind from racing | | | | |
| 9. | How long you've been awake | | | | |
| 10. | Your health | | | | |
| 11. | Ways you can get to sleep | | | | |
| 12. | Things you have to do tomorrow | | | | |
| 13. | How hot/cold you feel | | | | |
| 14. | Your work/responsibilities | | | | |
| 15. | How frustrated/annoyed you feel | | | | |
| 16. | How light/dark the room is | | | | |
| 17. | Noises you hear | | | | |
| 18. | Being awake all night | | | | |
| 19. | Pictures of things in your mind | | | | |
| 20. | The effects of not sleeping well | | | | |
| 21. | Your personal life | | | | |
| 22. | How thinking too much is the problem | | | | |
| 23. | Things in your past | | | | |
| 24. | How bad you are at sleeping | | | | |
| 25. | Things to do to help you sleep | | | | |

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Reference

1. Harvey, K. J., & Espie, C. A. (2004). Development and preliminary investigation of the Glasgow Content of Thoughts Inventory (GCTI): a new measure for the assessment of pre-sleep cognitive activity. *British Journal of Clinical Psychology*, *43*, 409–420.

Representative Studies Using Scale

- None.