

Nightmare Frequency

A nightmare is a dream where the emotion or imagery of the dream is so intense that it wakes you up?"	NEVER	ONCE A YEAR	ONCE A MONTH	ONCE A WEEK	> 3 TIMES / WEEK
I Have Nightmares, Particularly In The First ½ Of The Night					
I Have Nightmares, Particularly In The Latter ½ Of The Night					
For No Reason, I Awaken Suddenly, Startled, And Feeling Afraid					

Belicki's (1992) Trait Nightmare Distress Scale

If you ever have nightmares please answer the following questions by circling your answer

When you awaken from a nightmare, do you find that you keep thinking about it and have difficulty putting it out of your mind?

Always Often Sometimes Rarely Never

Do you ever find yourself avoiding or disliking or fearing someone because they were in your nightmare?

Always Often Sometimes Rarely Never

Are you ever afraid to fall asleep for fear of having a nightmare?

Always Often Sometimes Rarely Never

After you awaken from a nightmare, do you have difficulty falling back asleep?

Always Often Sometimes Rarely Never

Do nightmares interfere with your quality of your sleep?

A great deal Definitely Somewhat Slightly Not at all

Do you have difficulties coping with nightmares?

Always Often Sometimes Rarely Never

Do you feel you have a problem with nightmares?

Always Often Sometimes Rarely Never

Do nightmares affect your well-being?

A great deal Definitely Somewhat Slightly Not at all

Do you ever have the feeling that something that happened in your nightmare has really occurred?

Always Often Sometimes Rarely Never

Do your nightmares foretell the future?

Always Often Sometimes Rarely Never

When you have a nightmare, does it ever seem so real that when you awaken you have difficulty convincing yourself it's "just a dream" ?

Always Often Sometimes Rarely Never

In the past year have you considered seeking professional help for your nightmares?

Always Often Sometimes Rarely Never

If a therapy programme were available that might help you control, or to stop having nightmares, how interested would you be in participating?

Extremely interested Very interested Somewhat interested Slightly interested Not at all interested