

Participant ID: _____
Evaluator: _____

Date: _____
Appointment: _____

Nightmare Disorder Index

Thinking about a typical night in the last month ...

1. How many nights a week did you have nightmares (i.e., disturbing, extended, well-remembered dreams)?	0 nights per week (0)	< 1 nights per week (1)	1-3 nights per week (2)	4-6 nights per week (3)	7 nights per week (4)
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Skip to next questionnaire if answered "0" above.

2. How often do you wake up from your nightmares AND quickly become alert?	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Always (4)
3. To what extent have nightmares troubled/distressed you in general?	Not at all (0)	A little (1)	Somewhat (2)	Much (3)	Very Much (4)
4. To what extent have nightmares caused difficulties in social, work, or other areas of life?	Not at all (0)	A little (1)	Somewhat (2)	Much (3)	Very Much (4)
5. How long have you been bothered by nightmares?	Less than 1 week (0)	Less than 1 month (1)	1-6 months (2)	6-12 months (3)	>12 months (4)