

Participant ID: _____
Evaluator: _____

Date: _____
Appointment: _____

Shift Work Disorder Index

Thinking about the last month ...

1. How many nights a week did you have to be at work past 9PM OR before 6AM?	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 did working past 9PM OR before 6AM cause you to be very sleepy?	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Always (4)
3. How often did working past 9PM OR before 6AM cause you to have difficulty falling or staying asleep?	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Always (4)
4. To what extent did working past 9PM OR before 6AM trouble/distress you in general?	Not at all (0)	A little (1)	Somewhat (2)	Much (3)	Very Much (4)
5. To what extent did working past 9PM OR before 6AM cause difficulties in social, work, or other areas of your life?	Not at all (0)	A little (1)	Somewhat (2)	Much (3)	Very Much (4)
6. How long have you had a work schedule that requires you to work past 9PM OR before 6AM at least 1 night per week?	Less than 1 week (0)	Less than 1 month (1)	1-3 months (2)	3-12 months (3)	>12 months (4)