

**Title:** The Nightmare Disorder Index: Development and Initial Validation in a Sample of Nurses

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## Nightmare Disorder Index

***Thinking about 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)	<b>&lt;1 night per week (1)</b>	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)	<b>Sometimes (2)</b>	Often (3)	Always (4)
3. To what extent have nightmares troubled/distressed you in general?	Not at all (0)	A little (1)	<b>Somewhat (2)</b>	Much (3)	Very much (4)
4. To what extent have nightmares caused difficulties in social, work, or other areas of your life?	Not at all (0)	A little (1)	<b>Somewhat (2)</b>	Much (3)	Very much (4)
5. How long have you been bothered by nightmares?	<1 week (0)	<1 month (1)	1-6 months (2)	6-12 months (3)	>12 months (4)

## Nightmare Disorder Index Administration and Scoring Instructions

The Nightmare Disorder Index (NDI) can be administered in paper-and-pencil or digital format. The NDI can be scored in 2 ways: as a continuous score, or as a categorical score. If possible, we suggest you use “skip logic” to reduce participant burden in the following way: if participants endorse “0” for item 1, they do not need to complete the rest of the items, are assigned a score of “0” for the total NDI measure, and are assigned to the “No Nightmare Disorder” category.

### Continuous Scoring Instructions:

Individual item responses on the NDI range from 0-4. Sum items 1-5 to obtain a total continuous score. Greater scores indicate greater nightmare disorder symptom severity.

### Categorical Scoring Instructions:

Items 1-4 on the NDI correspond to the *DSM-5* criteria for nightmare disorder and thus are used to obtain diagnostic categories. Item 5 is not used in the assessment of categorical scores but can be used to denote the acuity specifier. Please note that a diagnosis cannot be made without a clinical interview; the NDI is meant to serve as a screening tool and should not be used to assign a definitive diagnosis.

*No Nightmare Disorder:* A respondent is assigned this category if they answer “0” for item 1.

*Subthreshold/Partial Nightmare Disorder Symptoms:* A respondent is assigned this category if they respond 1-4 (i.e., <1 night per week to 7 nights per week) on item 1 AND respond 0 or 1 for any item 2-4. This indicates that while the respondent has experienced nightmares on a consistent basis in the past month, they do not endorse all symptoms at a level severe enough to be included in the category of probable nightmare disorder.

*Probable Nightmare Disorder:* A respondent is assigned this category if they respond 1-4 on item 1 AND  $\geq 2$  on all items 2-4.

A severity specifier can be assigned to respondents falling in this category based on the response to item 1 as follows: 1 – Mild; 2-3 – Moderate; 4 – Severe.

An acuity specifier can be assigned to respondents falling in this category based on the response to item 5 as follows: 1 – Acute; 2 – Subacute; 3-4 – Persistent