

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)	<1 night 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 your life?	Not at all (0)	A little (1)	Somewhat (2)	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)

DO NOT USE WITHOUT PERMISSION

Nightmare Disorder Index Administration and Scoring Instructions

The Nightmare Disorder Index (NDI) assesses for symptoms of DSM 5-defined nightmare disorder. The 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 ≥ 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