PhenX Toolkit

Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Insomnia Severity Index

For each question, please CIRCLE the number that best describes your answer.

Please rate the CURRENT (i.e. LAST 2 WEEKS) SEVERITY of your insomnia problem(s).

Insomnia Problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problems waking up too early	0	1	2	3	4

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

    0 [ ] Very Satisfied

    1 [ ] Satisfied

    2 [ ] Moderately Satisfied

    3 [ ] Dissatisfied

    4 [ ] Very Dissatisfied

5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

0 [ ] Not at all Noticeable

1 [ ] A Little

2 [ ] Somewhat

3 [ ] Much

4 [ ] Very Much Noticeable

6. How WORRIED/DISTRESSED are you about your current sleep problem?

0 [ ] Not at all Worried

1 [ ] A Little

2 [ ] Somewhat

3 [ ] Much

4 [ ] Very Much Worried

7. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

0 [ ] Not at all Interfering

1 [ ] A Little

2 [ ] Somewhat

3 [ ] Much

4 [ ] Very Much Interfering

Guidelines for Scoring/Interpretation:

Add the scores for all seven items (questions 1 + 2 + 3 + 4 + 5 +6 + 7) = _____ your total score

Total score categories:

0-7 = No clinically significant insomnia

8-14 = Sub-threshold insomnia

15-21 = Clinical insomnia (moderate severity)

22-28 = Clinical insomnia (severe)

Protocol source: https://www.phenxtoolkit.org/protocols/view/640801