
Contents

1	Adolescent Sleep Habits Survey	001
2	Adolescent Sleep-Wake Scale	045
3	Apnea Beliefs Scale	047
4	Apnea Knowledge Test	049
5	Athens Insomnia Scale (AIS)	053
6	Basic Nordic Sleep Questionnaire (BNSQ)	055
7	BEARS Sleep Screening Tool	059
8	Beck Depression Inventory	063
9	Behavioral Evaluation of Disorders of Sleep (BEDS)	065
10	Berlin Questionnaire	071
11	Brief Fatigue Inventory	075
12	Brief Infant Sleep Questionnaire (BISQ)	079
13	Brief Pain Inventory (BPI)	081
14	Calgary Sleep Apnea Quality of Life Index (SAQLI)	089
15	Cataplexy Emotional Trigger Questionnaire (CETQ)	091
16	Center for Epidemiological Studies Depression Scale for Children (CES-DC)	093
17	Chalder Fatigue Scale	097
18	Child Behavior Checklist (CBCL), 1½–5	099
19	Child Behavior Checklist (CBCL), 6–18	107
20	Children’s Morningness-Eveningness Scale	115
21	Children’s Sleep Habits Questionnaire (CSHQ)	119
22	Circadian Type Inventory (CTI)	123
23	Cleveland Adolescent Sleepiness Questionnaire (CASQ)	127
24	Columbia-Suicide Severity Rating Scale (C-SSRS)	131

25	Composite Morningness Questionnaire	137
26	CPAP Use Questionnaire	141
27	Depression and Somatic Symptoms Scale (DSSS)	143
28	Dysfunctional Beliefs and Attitudes About Sleep Scale (DBAS)	145
29	Epworth Sleepiness Scale (ESS)	149
30	Espe Sleep Disturbance Questionnaire (SDQ)	153
31	FACES (Fatigue, Energy, Consciousness, Energy, Sleepiness)	155
32	Fatigue Assessment Inventory (FAI)	157
33	Fatigue Assessment Scale (FAS)	161
34	Fatigue Impact Scale (FIS)	163
35	Fatigue Severity Scale (FSS)	167
36	Fatigue Symptom Inventory (FSI)	169
37	FibroFatigue Scale	173
38	Frontal Lobe Epilepsy and Parasomnias (FLEP) Scale	177
39	Functional Outcomes of Sleep Questionnaire (FOSQ)	179
40	General Sleep Disturbance Scale (GSDS)	181
41	Glasgow Content of Thoughts Inventory (GCTI)	185
42	Hamilton Rating Scale for Depression (HAM-D)	187
43	Insomnia Severity Index (ISI)	191
44	International Restless Legs Syndrome Study Group Rating Scale	195
45	Jenkins Sleep Scale	203
46	Johns Hopkins Restless Legs Severity Scale (JHRLSS)	205
47	Karolinska Sleepiness Scale (KSS)	209
48	Leeds Sleep Evaluation Questionnaire (LSEQ)	211
49	Maastricht Vital Exhaustion Questionnaire (MQ)	215
50	Medical Outcomes Study Sleep Scale (MOS-SS)	219
51	Mini-Mental State Examination (MMSE)	223
52	Modified Checklist for Autism in Toddlers (M-CHAT)	225
53	Mood Disorder Questionnaire (MDQ)	229
54	Morningness-Eveningness Questionnaire	231
55	Motivation and Energy Inventory (MEI)	235

56	Multidimensional Dream Inventory (MDI)	239
57	Multidimensional Fatigue Inventory (MFI)	241
58	Munich Chronotype Questionnaire (MCTQ)	245
59	Normative Beliefs About Aggression Scale	249
60	Parkinson’s Disease Sleep Scale (PDSS)	251
61	Pediatric Daytime Sleepiness Scale (PDSS)	253
62	Pediatric Quality of Life Inventory (PedsQL) Multidimensional Fatigue Scale	255
63	Pediatric Sleep Questionnaire (PSQ)	259
64	Perceived Stress Questionnaire (PSQ)	273
65	Personal Health Questionnaire (PHQ)	275
66	Pictorial Sleepiness Scale Based on Cartoon Faces	277
67	Pittsburgh Sleep Quality Index (PSQI)	279
68	Profile of Mood States (POMS)	285
69	Psychosocial Adjustment to Illness Scale (PAIS)	287
70	Quebec Sleep Questionnaire (QSQ)	289
71	Resistance to Sleepiness Scale (RSS)	295
72	Restless Legs Syndrome Quality of Life Questionnaire (RLSQoL)	297
73	Richards–Campbell Sleep Questionnaire (RCSQ)	299
74	School Sleep Habits Survey	303
75	Self-Efficacy Measure for Sleep Apnea (SEMSA)	313
76	SF-36 Health Survey	317
77	Sleep-50 Questionnaire	319
78	Sleep Beliefs Scale (SBS)	323
79	Sleep Disorders Inventory for Students – Adolescent Form (SDIS-A)	325
80	Sleep Disorders Inventory for Students – Children’s Form (SDIS-C)	327
81	Sleep Disorders Questionnaire (SDQ)	329
82	Sleep Disturbance Scale for Children (SDSC)	331
83	Sleep Locus of Control Scale (SLOC)	335
84	Sleep Preoccupation Scale (SPS)	341
85	Sleep Quality Scale (SQS)	345

86	Sleep Timing Questionnaire (STQ)	351
87	Sleep-Wake Activity Inventory (SWAI)	355
88	Snore Outcomes Survey (SOS)	359
89	St. Mary’s Hospital Sleep Questionnaire	363
90	State-Trait Anxiety Inventory (STAI)	367
91	Stanford Sleepiness Scale (SSS)	369
92	STOP-Bang Questionnaire	371
93	Tayside Children’s Sleep Questionnaire (TCSQ)	385
94	Teacher’s Daytime Sleepiness Questionnaire (TDSQ)	387
95	Time of Day Sleepiness Scale (TODSS)	389
96	Toronto Hospital Alertness Test (THAT)	391
97	Twenty-Item Toronto Alexithymia Scale (TAS-20)	393
98	Ullanlinna Narcolepsy Scale (UNS)	395
99	Verran and Snyder-Halpern Sleep Scale (VSH)	397
100	Visual Analogue Scale to Evaluate Fatigue Severity (VAS-F)	399
101	Women’s Health Initiative Insomnia Rating Scale (WHIIRS)	403
102	ZOGIM-A (Alertness Questionnaire)	405
	Appendix	407
	Index	419



<http://www.springer.com/978-1-4419-9892-7>

STOP, THAT and One Hundred Other Sleep Scales
Shahid, A.; Wilkinson, K.; Marcu, S.; Shapiro, C.M. (Eds.)
2012, XVII, 421 p. 233 illus., Hardcover
ISBN: 978-1-4419-9892-7