

TRNS

Instructions: The following questions relate to your experience of nightmares in the past month. Nightmares are dreams with **negative emotions** that **wake you up** [if you do not wake up, that is a bad dream, not a nightmare]. Please read each question and answer to the best of your ability. If you need more room, feel free to use the back of the page.

1. Approximately how many hours do you sleep per night? _____
2. Approximately how long does it usually take for you to fall asleep?
 Less than 15 minutes
 15 minutes to 1 hour
 1 hour to 2 hours
 More than 2 hours
if more, how many? hours
3. In general, how fearful are you to go to sleep?
 Not at all Slightly Moderately Very much Extremely
4. In general, how depressed do you feel when you wake up?
 Not at all Slightly Moderately Very much Extremely
5. In general, how rested do you feel when you wake up?
 Not at all Slightly Moderately Very much Extremely
6. How long have you experienced nightmares? _____ months OR _____ years
7. Did your nightmares begin after a traumatic event, such as sexual assault, combat, fire or any other stressful event?
 Yes No
 - 7a. If yes, how old were you when the trauma occurred? _____
 - 7b. What was the trauma or stressful event? _____
8. Approximately how many nightmares have you experienced in the past month?
 in the past week
 in the past month (if less than one per week)
 less than one per month
9. On how many nights in the past week have you experienced a nightmare? _____
10. On how many nights in the past week have you experienced **more than one** nightmare per night?

11. In general, how disturbing have the nightmares been?
 Not at all Slightly Moderately Very much Extremely
12. How many different nightmares do you generally experience? _____

13. If you have experienced a trauma (serious car accident, natural disaster, sexual assault, etc.), please indicate how similar your nightmare is to the trauma you experienced. If you have more than one nightmare, please answer for the most frequent nightmare. My most frequent nightmare is:

Exactly or almost exactly like the trauma

Similar to trauma, but not exact; Please explain: _____

Unrelated to traumatic event(s); Please explain: _____

14a. How long does it typically take you to return to sleep after a nightmare?

less than 15 minutes

15 minutes to 1 hour

1 hour to 2 hours

more than 2 hours

typically do not return to sleep

14b. What do you do to help you get back to sleep? (e.g. nothing, read, watch TV, consume alcohol or drugs, etc...)

14c. After waking from the nightmare, do you experience any of the following symptoms? (check all that apply)

Palpitations, pounding heart, or accelerated heart rate

Feeling dizzy, unsteady, lightheaded, or faint

Sensations of shortness of breath or smothering

Chest pain or discomfort

Numbness or tingling sensations

Derealization (feelings of unreality)

Depersonalization (being detached from oneself)

Sweating

Trembling or shaking

Feeling of choking

Nausea or abdominal distress

Fear of losing control

Chills or hot flashes

Fear of dying

14d. What time do you generally wake up from a nightmare? [if you experience more than one nightmare per night, please indicate the time you wake from the first nightmare].

_____ 0-2 hours after sleep onset

_____ 3-5 hours after sleep onset

_____ 6-8 hours after sleep onset

_____ 9+ hours after sleep onset

15. In general, my nightmares are related to themes of

Powerlessness

___ Not at all ___ Slightly ___ Moderately ___ Very much ___ Extremely

Trust

___ Not at all ___ Slightly ___ Moderately ___ Very much ___ Extremely

Intimacy

___ Not at all ___ Slightly ___ Moderately ___ Very much ___ Extremely

Safety

___ Not at all ___ Slightly ___ Moderately ___ Very much ___ Extremely

Esteem

___ Not at all ___ Slightly ___ Moderately ___ Very much ___ Extremely

16. In general, I have the same nightmare[s] over and over

___ Not at all ___ Slightly ___ Moderately ___ Very much ___ Extremely