

Journal

Pittsburgh Sleep Quality Index.

Published in: Psychiatry Research, 1989

Database: Health and Psychosocial Instruments

By: Buysse, Daniel J.; Reynolds, Charles F., III; Monk, Timothy H.; 12 more

Additional information

Title

Pittsburgh Sleep Quality Index.

Acronym

PSQI

Authors

Buyse, Daniel J.
Reynolds, Charles F., III
Monk, Timothy H.
Gorman, Susan R.
Kupfer, David J.

Source Notes

Primary Source

Source

[Psychiatry Research](#). The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. By: Buysse, D. J.; Reynolds, C. F., III; Monk, T. H.; Gorman, S. R.; Kupfer, D. J., Vol. 28 (Pt 1) 1989. p179-213, 21p.

Language

English

Abstract

Pittsburgh Sleep Quality Index (PSQI) is designed to assess sleep quality and sleep disturbances during the previous month and to discriminate between "good" and "poor" sleepers. This self report questionnaire contains 19 self rated questions that measure a variety of factors relating to sleep quality, including estimates of sleep duration and latency and of the frequency and severity of specific sleep-related problems. These 19 items are grouped into seven component scores: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medications, and daytime dysfunction. Each component score ranges from 0 to 3, with a score of 0 indicating no difficulty and a score of 3 indicating severe difficulty. The seven component scores are summed to yield a global PSQI score ranging from 0 to 21; higher scores indicate worse sleep quality. The PSQI also contains five questions that are rated by the respondent's bed partner or roommate (e.g., partner's perception of how often in the past month the respondent snored loudly).

Measure

[Sleep](#)
[Sleep Duration](#)
[Sleep Initiation and Maintenance Disorders](#)
[Sleep Latency](#)
[Sleep Quality](#)
[Sleep-Wake Disorders](#)

Sample

[Adult](#)
[Aged](#)
[Aged, 80 and Over](#)
[Depression](#)
[Disorders of Excessive Somnolence](#)
[Female](#)
[Inpatients](#)
[Major Depressive Disorder](#)
[Male](#)
[Middle Aged](#)
[Outpatients](#)
[Sleep Initiation and Maintenance Disorders](#)
[Sleep-Wake Disorders](#)
[Young Adult](#)

Response Options

Response formats include open-ended and multiple choice questions, as well as 4-point rating scales ranging from 0 to 3. The multiple choice items are used to rate frequency and severity.

Sample Items

"During the past month, how long (in minutes) has it usually taken you to fall asleep each night?" "During the past month, how many hours of actual sleep did you get at night?" "During the past month, how often have you had trouble sleeping because you have to get up to use the bathroom?" "During the past month, how often have you had trouble sleeping because you cannot breathe comfortably?" "During the past month, how would you rate your sleep quality overall?" "During the past month, how often have you taken medicine (prescribed or 'over the counter') to help you sleep?" "During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?" (pp. 209-210). All items in this instrument are presented in the Source.

Number of Questions

24

Reliability

Internal consistency reliability (Cronbach's alpha) = .83 (N = 148). Test-retest reliability (Pearson correlation coefficient) over an average period of 28 days = .85 (N = 91).

Validity

Construct
Discriminant

Analyst

HaPI Staff

Document Type

Journal

Accession Number

HaPI-12345

Perceived Stress Reactivity Scale.

Published in: Psychological Assessment, 2011
Database: Health and Psychosocial Instruments
By: Schultz, Wolff, Yim, Bena S, Zoccola, Peggy M.; +2 more

Additional Information

Title

Perceived Stress Reactivity Scale.

Acronym

PSRS

Authors

[Schultz, Wolff](#)
[Yim, Bena S.](#)
[Zoccola, Peggy M.](#)
[Jansen, Lutz](#)
[Schultz, Peter](#)

Source Notes

Primary Source

Source

Psychological Assessment, The Perceived Stress Reactivity Scale: Measurement Invariance, Validity, and Reliability in Three Countries. By: [Schultz, W.](#), [Yim, B. S.](#), [Zoccola, P. M.](#), [Jansen, L.](#) [Schultz, P.](#) Vol. 23 (1) 2011. p80-94, 15p.

Language

English

Abstract

Perceived Stress Reactivity Scale (PSRS) is designed to assess participants' perceptions of their "typical response tendencies to different potentially stressful situations in everyday life" (p. 81). Perceived stress reactivity is defined as "a disposition that underlies individual differences in physiological and psychological stress responses. It is assumed that perceived stress reactivity is relatively stable over time, across situations, and response systems" (p. 81). Each of the 23 PSRS items describes a stressful situation potentially encountered in everyday life (e.g., heavy workload, social conflicts, task failure, negative social evaluation) and is followed by "three answer options representing potential stress responses. Thus, each item considers an individual's exposure to stress and a typical response to a stressor" (p. 81). The items describe four categories of reactivity to stressful situations: 1) Unmanaged Reactivity (e.g., finding it difficult to relax or unwinding after working hard, finding it difficult to sleep or enjoy leisure time when under stress); 2) Reactivity to Work Demands (e.g., feeling nervous, agitated, or irritated in response to a heavy workload or excessive demands/tasks); 3) Reactivity to Social Conflicts (e.g., feeling upset or annoyed in response to criticism, arguments, or conflicts with others); 4) Reactivity to Failure (e.g., feeling disappointed, uncomfortable, or annoyed in response to failure); and 5) Reactivity to Social Evaluation (e.g., feeling nervous or being self-conscious when in a social situation, when observed by others, or when speaking in front of others). For each item, participants are asked to select the response that best describes their general tendencies. The PSRS is a revised English-language questionnaire based on the original 29-item German language Stress Reactivity Scale (Schultz, Jansen, & Schultz, 2008).

Measure

[Repsonse to Stress](#)
[Stress, Psychological](#)

Sample

[Adult](#)
[Aged](#)
[Aged, 60 and Over](#)
[Asian/Asian Indian or Asian Native](#)
[Asian](#)
[Black or African American](#)
[European People](#)
[Filipino](#)
[Hispanic or Latino](#)
[Male](#)
[Middle Aged](#)
[Multiracial People](#)
[Native Hawaiian or Pacific Islander](#)
[Students, Undergraduate](#)
[United Kingdom](#)
[United States](#)
[White](#)
[White People](#)
[Young Adult](#)

Response Options

Items are rated using 3-point scales ranging from 0 to 2. Twelve of the 23 items are reverse scored.

Subscale

[Five subscales: Prolonged Reactivity](#)
[Reactivity to Work Overload](#)
[Reactivity to Social Conflicts](#)
[Reactivity to Failure](#)
[Reactivity to Social Evaluation](#)
[\[See subscale records\]](#)

Sample Items

"When tasks and duties build up to the extent that they are hard to manage...I am generally untroubled/I usually feel a little uneasy/I normally get quite nervous." "When I have conflicts with others that may not be immediately resolved...I generally shug it off/I usually suffers me a little/I usually affects me a lot." "When I argue with other people...I usually calm down quickly/usually stay upset for some time/I usually takes me a long time and I never does." "When I am unsure what to do or say in a social situation...I generally stay cool/I often feel warm/I often begin to sweat." "When I fail at something...I usually find it hard to accept/I usually accept it to some degree/I generally I hardly think about it." "When I am under stress...I usually can't enjoy my leisure time at all/I usually have difficulty enjoying my leisure time/I usually enjoy my leisure time." (pp. 93-94). All items in this instrument are presented in the Source.

Number of Questions

23

Reliability

Internal consistency reliability (Cronbach's alpha) for the overall score = .91 in the United Kingdom sample (N = 720) and .87 in the United States sample (N = 338). Cronbach's alpha across the five subscales ranges from .78 to .80 in the UK sample and from .62 to .77 in the US sample. Test-retest reliability (Pearson correlation coefficient over a four-week period = .45 for the overall scale, and ranges from .36 to .83 across subscales in the US sample (N = 302). [See subscale records].

Validity

[Construct](#)
[Discriminant](#)

References

Schultz, P., Jansen, L. J., & Schultz, W. (2008). Stress reactivity: Theoretical concept and measurement. *Diagnostica*, 54(1/2), 176-183.

Document Type

Journal

Accession Number

PsycInfo000000