

## Insomnia Severity Index (ISI)

Copy of ISI for training purposes only (and scoring instructions) begins on page 4!

Link to ePROVIDE website, which hosts the MAPI Research Trust (request your own copy of the ISI here): <https://eprovide.mapi-trust.org/login>

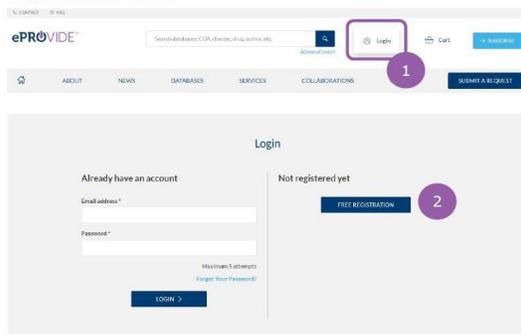
### Instructions for requesting and/or downloading your own copy of the ISI:

- Mapi requires that “You are an academic user and do not receive specific funding for your Study” or “You intend to use the questionnaire in individual clinical practice or research study” (if research study, must be funded from general department budget not from a specific research grant).
- If both of the previous conditions are not met, you must submit a request here: <https://eprovide.mapi-trust.org/my-eprovide/my-requests/new> (must be signed in, see below).
- If the previous conditions are met, follow the instructions below...

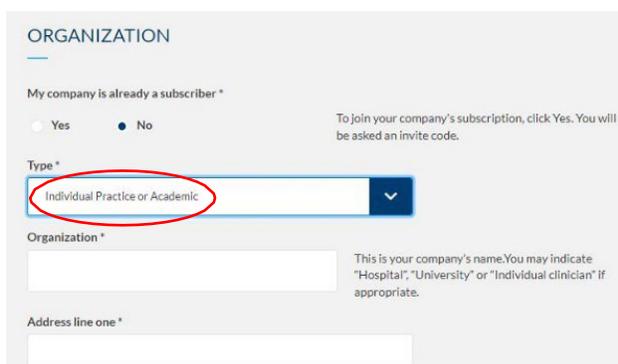
**STEP 1 REGISTRATION.** The first step is to create an account. Click the “FREE REGISTRATION” button shown in the picture from MAPI below (Sign-in page link: <https://eprovide.mapi-trust.org/login>).

Go to <https://eprovide.mapi-trust.org/login>

1. If you already have an account, enter your credentials and click **Login**
2. If you are not registered yet, click **Free Registration**. Then complete and submit the registration form



- Fill out the sign-in and personal information sections.
- Then for the question, “My company is already a subscriber” select “No” (unless you know your institution already has an account).
- More textboxes will appear. Under “Type of use” select “Individual Practice or Academic”.



- You can choose to indicate your institution’s name under the “Organization” bar so long as you make sure to select “Individual Practice or Academic” above (you are registering an individual not organization wide account).
- Fill out the rest of the demographic information. For the question “Is isoqol member” select “No”. Click the “I am human” button, then register.

**STEP 2 FINDING THE NDI.** Type “**Insomnia Severity Index**” in the search bar and click enter.

The screenshot shows the ePROVIDE website interface. At the top left is the logo "ePROVIDE™ By Mapi Research Trust". A search bar contains the text "Insomnia Severity Index" and is circled in red. To the right of the search bar are links for "Login", "Cart", and a "SUBSCRIBE" button. Below the search bar is a navigation menu with links for "ABOUT", "NEWS", "DATABASES", "SERVICES", "COLLABORATIONS", "CATALOG", and a "SUBMIT A REQUEST" button. The main content area shows search results for "Insomnia Severity Index". On the left, there is a "SEARCH BY" sidebar with categories like "Databases", "Therapeutic indications", "Therapeutic areas", and "Type of outcome assessment". The search results section shows "1107 results" and a "Sort by" dropdown set to "Best match". The top result is "ISI | Insomnia Severity Index" by Morin CM, with a "1" icon below it. Below the title are icons for "ClinRO", "ObsRO", and "PRO", and a "Review copy available" link. At the bottom of the result card, there is a green checkmark and the text "Original version and translations distributed by Mapi Research Trust", and a dark blue button labeled "ACCESS THIS QUESTIONNAIRE".

- When the ISI appears click on its title.



> Basic description

> Access this questionnaire

> Contact and conditions of use

> Review copy

> Languages

> e-Versions

> Descriptive information 

> Content validity documentation 

> Measurement properties 

> References and websites 



PRO

PRO: Patient version; ClinRO: Clinician version; ObsRO: Spouse version

**Original language(s)**

- English

This English original version was developed as English for North America (Canada and USA).

**Bibliographic reference(s) of the original questionnaire**

Morin, C.M. (1993). *Insomnia: Psychological assessment and management*. Guilford Press, New York.

Bastien CH, Vallières A, Morin CM. Validation of the Insomnia Severity Index as an outcome measure for insomnia research. *Sleep Med.* 2001 Jul;2(4):297-307 ([PubMed Abstract](#))

Yang M, Morin CM, Schaefer K, Wallenstein GV. Interpreting score differences in the Insomnia Severity Index: using health-related outcomes to define the minimally important difference. *Curr Med Res Opin.* 2009 Oct;25(10):2487-94 ([PubMed Abstract](#))

Morin CM, Belleville G, Bélanger L, Ivers H. The Insomnia Severity Index: psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep.* 2011 May 1;34(5):601-8 ([Full Text Article](#))

ACCESS THIS QUESTIONNAIRE

Please proceed below

DOWNLOAD

**STEP 3 DOWNLOADING THE ISI.** Once on the ISI page, scroll down to “ACCESS THIS QUESTIONNAIRE” and click **DOWNLOAD**.

- If you are not logged in, it will tell you to login or sign up

Once you click this button the following CONTEXT AND CONDITIONS of use screen will appear...

**Insomnia Severity Index (ISI)**  
Morin CM

Distributed by Mapi Research Trust

1 CONTEXT AND CONDITIONS OF USE 2 CHOICE OF VERSION 3 LICENSE AGREEMENT 4 OBTAIN QUESTIONNAIRE

### CONTEXT AND CONDITIONS OF USE

Context of Use \*

Clinical Practice

Clinical Research

Epidemiological Study

Other Project

Type of use \*

Individual Practice

Educational Purpose

- Select **Clinical Practice**
- Another “Type of use” question will appear, select **Educational Purpose**
- Give yourself a Start and End date. This question is written like you are indicating the start and end date of a grant. However, since you are using the ISI for educational or clinical reasons instead, select a time window that encompasses how long you will need the ISI to learn it or treat a particular patient/set of patients. If you do not know how long this will be, pick a 1 year long period to be safe.
- Ignore the study specific questions.
- Select “Paper” as your mode of administration (if you can use this method). If you must administer online, select “Electronic”, indicate the devices likely to be used, and make sure to select “No” when Mapi asks if you will use an IT company or e-vendor to distribute.
- Then click “NOT FUNDED”
- The Next page asks for you to select a language. Type “English” into the textbox, then click the NEXT STEP button in the righthand corner.
- Review the terms and conditions. Afterward, click “I HAVE READ AND ACCEPT THE ABOVE TERMS AND CONDITIONS” (make sure to scroll through the terms document or the site won’t let you click this button). Select the same button for the specific terms that appear. Click NEXT STEP.
- Finally select the **Download All** icon, navigate to your downloads folder, select the most recently downloaded Zip file, and click “Extract all” in the upper right-hand corner.
- Now you should have your own copy of the ISI and the ISI scoring sheet!

\*Contact support email: [eprovidetechnicalsupport@mapi-trust.org](mailto:eprovidetechnicalsupport@mapi-trust.org)

Client ID: \_\_\_\_\_  
Evaluator: \_\_\_\_\_

Date: \_\_\_\_\_  
Appointment: \_\_\_\_\_

### Insomnia Severity Index

The Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. When you have your total score, look at the 'Guidelines for Scoring/Interpretation' below to see where your sleep difficulty fits.

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?

Very Satisfied      Satisfied      Moderately Satisfied      Dissatisfied      Very Dissatisfied  
0                      1                      2                      3                      4

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

Not at all                      A Little                      Somewhat                      Much                      Very Much Noticeable  
Noticeable                      0                      1                      2                      3                      4

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

Not at all                      A Little                      Somewhat                      Much                      Very Much Worried  
Worried                      0                      1                      2                      3                      4

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?

Not at all                      A Little                      Somewhat                      Much                      Very Much Interfering  
Interfering                      0                      1                      2                      3                      4

#### 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 = Subthreshold insomnia

15-21 = Clinical insomnia (moderate severity) 22-

28 = Clinical insomnia (severe)