

Nightmare Disorder Index (NDI)

Copy of NDI 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 NDI here): <https://eprovide.mapi-trust.org/login>

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

- 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>).

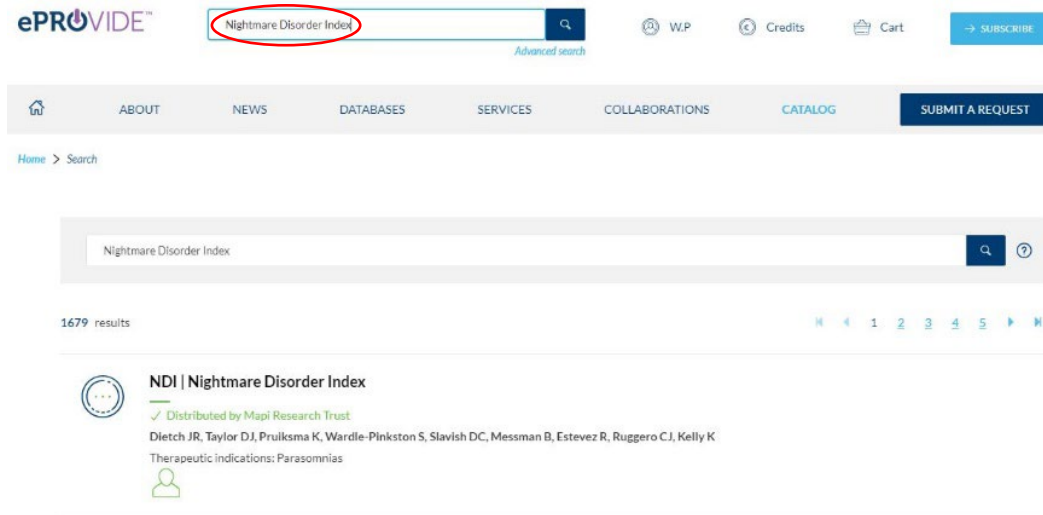
Go to <https://eprovide.mapi-trust.org/login>

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**”.

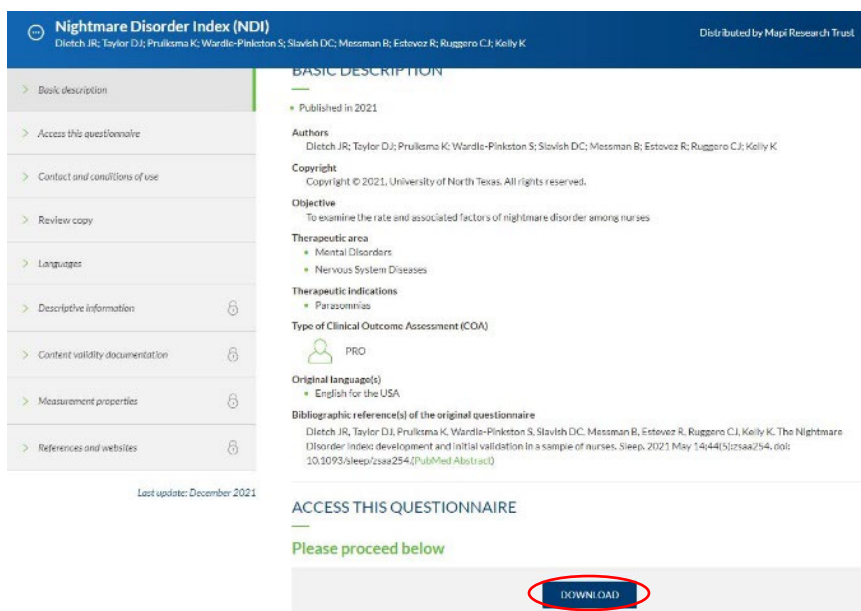
- You can choose to indicate your institution's name under the "Organization" bar so long as you make sure to select "Individual Practice or Academic" above (you are registering an individual not organization wide account).
- Fill out the rest of the demographic information. For the question "Is isoqol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

STEP 2 FINDING THE NDI. Type "**Nightmare Disorder Index**" in the search bar and click enter.



- When the NDI appears click on its title.

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



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

Nightmare Disorder Index (NDI)
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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 NDI for educational or clinical reasons instead, select a time window that encompasses how long you will need the NDI 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 NDI and the NDI scoring sheet!

*Contact support email: eprovidetechnicalsupport@mapi-trust.org

Nightmare Disorder Index

Thinking about the last month ...

1. How many nights a week did you have nightmares (i.e., disturbing, extended, well-remembered dreams)?	0 nights per week (0)	<1 night per week (1)	1-3 nights per week (2)	4-6 nights per week (3)	7 nights per week (4)
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Skip to next questionnaire if answered "0" above.

2. How often do you wake up from your nightmares AND quickly become alert?	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Always (4)
3. To what extent have nightmares troubled/distressed you in general?	Not at all (0)	A little (1)	Somewhat (2)	Much (3)	Very much (4)
4. To what extent have nightmares caused difficulties in social, work, or other areas of your life?	Not at all (0)	A little (1)	Somewhat (2)	Much (3)	Very much (4)
5. How long have you been bothered by nightmares?	<1 week (0)	<1 month (1)	1-6 months (2)	6-12 months (3)	>12 months (4)

Nightmare Disorder Index Administration and Scoring Instructions

The Nightmare Disorder Index (NDI) assesses for symptoms of DSM 5-defined nightmare disorder. The NDI can be administered in paper-and-pencil or digital format. The NDI can be scored in 2 ways: as a continuous score, or as a categorical score. If possible, we suggest you use “skip logic” to reduce participant burden in the following way: if participants endorse “0” for item 1, they do not need to complete the rest of the items, are assigned a score of “0” for the total NDI measure, and are assigned to the “No Nightmare Disorder” category.

Continuous Scoring Instructions:

Individual item responses on the NDI range from 0-4. Sum items 1-5 to obtain a total continuous score. Greater scores indicate greater nightmare disorder symptom severity.

Categorical Scoring Instructions:

Items 1-4 on the NDI correspond to the *DSM-5* criteria for nightmare disorder and thus are used to obtain diagnostic categories. Item 5 is not used in the assessment of categorical scores but can be used to denote the acuity specifier. Please note that a diagnosis cannot be made without a clinical interview; the NDI is meant to serve as a screening tool and should not be used to assign a definitive diagnosis.

No Nightmare Disorder: A respondent is assigned this category if they answer “0” for item 1.

Subthreshold/Partial Nightmare Disorder Symptoms: A respondent is assigned this category if they respond 1-4 (i.e., <1 night per week to 7 nights per week) on item 1 AND respond 0 or 1 for any item 2-4. This indicates that while the respondent has experienced nightmares on a consistent basis in the past month, they do not endorse all symptoms at a level severe enough to be included in the category of probable nightmare disorder.

Probable Nightmare Disorder: A respondent is assigned this category if they respond 1-4 on item 1 AND ≥ 2 on all items 2-4.

A severity specifier can be assigned to respondents falling in this category based on the response to item 1 as follows: 1 – Mild; 2-3 – Moderate; 4 – Severe.

An acuity specifier can be assigned to respondents falling in this category based on the response to item 5 as follows: 1 – Acute; 2 – Subacute; 3-4 – Persistent