Brief description:
PSQI is a self-rated questionnaire that primarily assesses nighttime sleep problems. It focuses on sleep experiences over the past month.

Notes:
- Only self-rated items are included in the scoring.
- In all cases a score of 0 indicates no difficulty while a score of 3 indicates severe difficulty.
- The seven component scores are added to yield one global score with a range of 0-21 points where 0 indicates no difficulty and 21 indicates severe difficulties in all areas.
- Questions 1 through 9 are not allowed to be missing except as noted below.
- Set the score for Q5J to 0 if either the comment or the value was missing.
- This scoring manual is intended to be used only with the questionnaire version on braincode.ca.

Construct	Type of measure	Scoring	Variables from Data Dictionary
Component 1: Subjective Sleep Quality	Categorical	Question 6 (Q6) response	psqi_006
Component 2: Sleep Latency	Categorical	Sum of Q2 and Q5a, converted to 0-3 score Q2: ≤ 15 min = 0; 16-30 min = 1; 31-60 min = 2, > 60 min = 3 Total score: 0 = 0; 1-2 = 1; 3-4 = 2; 5-6 = 3	psqi_002 + psqi_005a
Component 3: Sleep Duration	Categorical	Q4 score: >7 = 0; 6-7 = 1; 5-6 = 2; < 5 = 3	psqi_004
Component 4: Habitual Sleep Efficiency	Continuous	# hours slept (Q4)/(Getting up time (Q3) – Bedtime (Q1)) x 100 = %, > 85% = 0; 75-84% = 1; 65-74% = 2; < 65% = 3	[psqi_004 / (psqi_003 - psqi_001)] x 100
Component 5: Sleep Disturbance	Categorical	Sum of 9 items: Q5b to Q5j, converted to 0-3 score If either the comment or the value for Q5j is null, set the value of Q5j to 0 Total score: 0 = 0; 1-9 = 1; 10-18 = 2; 19-27 = 3	psqi_005b + psqi_005c + psqi_005d + psqi_005e + psqi_005f + psqi_005g + psqi_005h + psqi_005i + psqi_005j
Component 6: Use of Sleep Medication	Continuous	Q7 response	psqi_007
Component 7: Daytime Dysfunction	Continuous	Sum of Q8 and Q9, converted to 0-3 score Total score: 0 = 0; 1-2 = 1; 3-4 = 2; 5-6 = 3	psqi_008 + psqi_009
Total (Global PSQI Score)	Continuous	Sum of 7 component scores	No syntax created yet for component scores in PSQI data dictionary Component 1 + Component 2 + Component 3 + Component 4 + Component 5 + Component 6 + Component 7

Reference:
1. Buysse,D.J., Reynolds,C.F., Monk,T.H. et al. The Pittsburgh Sleep Quality Index (PSQI): A new instrument for psychiatric research and practice. Psychiatry Research. 1989; 28(2):193-213.