

Dream Questionnaire (MADRE)

This questionnaire aims at obtaining a good overview of different aspects of dreaming.

It takes about 5 to 10 minutes to complete.

Please take your time and answer all questions carefully and completely.

Age: ____ years

Gender: male female

Occupation / Study discipline (students): _____

1. How often have you recalled your dreams recently (in the past several months)?

- almost every morning
- several times a week
- about once a week
- two or three times a month
- about once a month
- less than once a month
- never

2. How intense are your dreams emotionally?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Not at all
intense | Not that
intense | Somewhat
intense | Quite
intense | Very
intense |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

3. What is the emotional tone of your dreams on average?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Very
negative | Somewhat
negative | Neutral | Somewhat
positive | Very
positive |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4. How often have you experienced nightmares recently (in the past several months)?

Definition: Nightmares are dreams with strong negative emotions that result in awakening from the dreams. The dream plot can be recalled very vividly upon awakening.

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

5. If you currently experience nightmares, how distressing are they to you?

- | | | | | |
|---------------------------|-------------------------|-------------------------|-----------------------|-----------------------|
| Not at all
distressing | Not that
distressing | Somewhat
distressing | Quite
distressing | Very
distressing |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

6. Do you experience recurring nightmares that relate to a situation that you have experienced in your waking life?

- Yes No

7. How many of your nightmares are recurrent ones (in percent)?

____ %

8. How often did you experience nightmares during your childhood (from 6 to 12 year of age)?

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

9. Please list the topics of your childhood nightmares:

10. How often do you experience so-called lucid dreams (see definition)?

Definition: In a lucid dream, one is aware that one is dreaming during the dream. Thus it is possible to wake up deliberately, or to influence the action of the dream actively, or to observe the course of the dream passively.

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

11. If you have experienced lucid dreams, how old were you when they occurred the first time?

____ years

12. Attitude towards dreams

	Not at all	Not that much	Partly	Somewhat	Totally
How much meaning to you attribute to your dreams?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How strong is your interest in dreams?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that dreams are meaningful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to know more about dreams.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If somebody can recall and interpret his/her dreams, his/her life will be enriched.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that dreaming is in general a very interesting phenomenon.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A person who reflects on her/his dreams is certainly able to learn more about her/himself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have the impression that dreams provide impulses or pointers for your waking life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. How often to you tell your dreams to others?

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

14. How often do you record your dreams?

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

15. How often do your dreams affect your mood during the day?

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

16. How often do your dreams give you creative ideas?

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

18. How often do your dreams help you to identify and solve your problems?

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

19. How often do you experience Déjà vus (see definition)?

Definition: During a déjà vu experience one is convinced one is reliving real-life situation that was already experienced in a dream.

- | | |
|--|--|
| <input type="radio"/> several times a week | <input type="radio"/> about two to four times a year |
| <input type="radio"/> about once a week | <input type="radio"/> about once a year |
| <input type="radio"/> two to three times a month | <input type="radio"/> less than once a year |
| <input type="radio"/> about once a month | <input type="radio"/> never |

20. Have you ever read something on the topic of dreams?

[Books or magazine articles]

- No
- One to two times
- several times

21. Did the literature about dreaming / dream interpretation help you to better understand your dreams?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Not at all | Not that much | Somewhat | Quite | Very much |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |