

Assessment of a French version of the Mannheim Dream questionnaire (MADRE) in a Belgian sample

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Summary. The aim of the current study was to provide a French validation of the MADRE questionnaire (Schredl, Berres, Klingauf, Schelhaas & Göritz, 2014) and to further examine demographic factors that may affect dream-related experiences (Schredl, Berres, Klingauf, Schelhaas & Göritz, 2014). The participants were 357 Belgians aged from 18 to 81 years. Despite some differences caused by the sample features, the results obtained with the French version of the MADRE questionnaire indicated a lot of similarities with the German original version. However, all variables did not reach satisfying retest reliability. The findings regarding the French version of the MADRE questionnaire are encouraging but a replication with a shorter test/retest interval and a more representative sample is needed.

Keywords: Mannheim Dream Questionnaire, MADRE, French version, Dream, Validation

1. Introduction

Some people remember their dreams easily, others can hardly believe that they dream every night (Strauch & Meier, 1996). Despite these amazing inter-individual differences, dreams has always been a fascinating phenomenon for many researchers around the world (Hartmann, 2010; Jouvett, 1992; Strauch & Meier, 1996). A lot of theories about the function of dream have been elaborated (Zink & Pietrowsky, 2015). Some of them postulate an adaptive simulation mechanism of threatening situations (Revonsuo & Valli, 2009) while others make the assumption that dreaming plays an important role in the development and maintenance of the waking consciousness and high cognitive functions (Hobson, 2009). However, this question is still open and dream research's future looks bright. In another vein, a field of research attempts to determine inter-individual differences like age, gender or personality affecting dream recall and perception of the dream phenomenon (Okada, Matsuoka & Hatekeyama, 2000; Schredl, 2002a; Schredl, 2009; Schredl, Nürnberg & Weiler, 1996; Schredl & Schawinsky, 2010; Watson, 2002). For instance, dream recall frequency is known to decrease with age (Chellappa, Münch, Blatter, Knoblauch & Cajochen, 2009) and to be higher in women (Schredl & Piel, 2003; Schredl & Reinhard, 2008). In need of assessment tools, dream research field has developed a variety of questionnaires measuring different aspects of dream (Schredl, Berres, Klingauf, Schelhaas & Göritz, 2014). However, Schredl et al. (2014) pointed out that a comprehensive dream questionnaire that can be widely used by different

research groups was needed and developed the Mannheim Dream questionnaire (MADRE) in such a purpose. MADRE questionnaire evaluates dream recall frequency, emotional aspects of dreams (intensity and tonality), nightmares, lucid dreaming, attitude towards dreams, effects of dreams on waking life and dream literature reading and has been demonstrated to show high retest reliability (Schredl et al., 2014). For instance, an item about nightmare of the MADRE questionnaire is "How often have you experienced nightmares recently (in the past several months)?" Otherwise, the MADRE questionnaire assesses the effects of dreams on waking life using questions like "How often do your dreams give you creative ideas?" Recently, Shahabian et al. (2017) assessed a Persian version of the MADRE questionnaire and proved that this new tool enjoys a valid and reliable content. However, to the best of our knowledge, no validated French version of this questionnaire is currently available. Thus, the present study aims at evaluating a French version of the MADRE questionnaire and to investigate the effects of age and gender on the MADRE variables.

2. Method

2.1. Research Instrument

The MADRE questionnaire (Schredl et al., 2014) is available in German and in English. The English version has been translated in French by the first author. This translated version is exactly the same as the original version except for an addition of eight items measuring the effects of dreams on waking life. Data of these additional items will not be discussed in this article. The scales of the questionnaire were coded according to Schredl et al. (2014). The French version of the MADRE questionnaire without the additional items is available in the appendix of this article.

2.2. Participants and Procedure

The participants were 357 Belgians aged from 18 to 81 years (mean age: 32.02 ± 14.35 years). The majority of the sample

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was composed of women (women: 74.79%; men: 25.21%). The sample involved 31.92% of participants working or studying in the field of psychology. Participants completed an online questionnaire posted on the social network Facebook between November 2016 and February 2017. During the questionnaire, participants were not required to answer at all questions. Of the total sample, 90 participants completed the questionnaire a second time during March 2017. The retest sample was aged from 18 to 69 years (mean age: 32.59 ± 14.29 years) and included of a majority of women (women: 77.78 %; men: 22.22%). The interval between the first and second completion of the questionnaire ranged from 48 to 115 days.

All statistical analyses were carried out with the Statistica 12 software except for regression analyses which have been computed with the SAS 9.4 software. In the line of Schredl et al. (2014), ordinal regressions (proc logistic) were used with ordinal scales to predict the effect of age, gender and dream recall frequency on different dream variables. In front of linear variable, linear regressions (proc GLM) have been computed. For the retest reliability analyses, exact agreement for binary items, Spearman Rank correlation and Pearson correlation were computed.

3. Results

The distribution of the dream recall frequency (N=357) is shown in the Table 1.

The average emotional intensity of the dreams (N=355) was 2.62 ± 0.84 and the emotional tone of the dreams (N=356) was slightly negative (-0.26 ± 1.00). The distributions for the current nightmares frequency and the nightmares frequency in childhood (N=357) are shown in Table 2. Their inter-correlation was .425 ($p < .05$).

There was a statistically significant difference between the frequency of current nightmares and the frequency of childhood nightmares (Sign test (N=253): $Z = 2.766$, $p = .0057$) with more frequent nightmares in childhood. The mean nightmares distress was 1.96 ± 1.07 (N=308). The correlation between nightmares distress and nightmares frequency was .39 ($p < .05$).

Among the participants claiming to have nightmares (N=321), 31.51% of the participants mentioned recurrent nightmares that are associated with a situation in waking life. Among participants reporting recurrent nightmares, 45.11 ± 28.74 % (N= 111) of the nightmares were recurrent.

Table 1. Dream recall frequency (N=357)

Category	Percent
Almost every morning	17.37%
Several times a week	36.13%
About once a week	20.17%
About 2 to 3 times a month	13.72%
About once a month	5.88%
Less than once a month	5.60%
Never	1.12%

The distribution of lucid dreaming frequency is represented in Table 2. The mean age of the first lucid dreams was 15.52 ± 6.29 years (N= 244).

For 82.72 % of the participants having answered the question (N= 244), lucid dreaming onset took place before or at the age of 18 years old. The average of the subjective meaning of dreams item was 2.34 ± 1.21 . Concerning the item eliciting the impression of dreams providing impulses for waking life, the average was 2.32 ± 1.31). As mentioned by Schredl et al. (2014), this scale includes 6 statements of item 12 excepting the first item and the last one about the meaningfulness and the impulses impression respectively. The inter-item consistency of the attitude towards dreams scale was high: $r = .90$ (Cronbach's alpha). Spearman rank correlation between the total score of the attitude towards dreams scale and dream recall frequency was .246 ($p < .05$).

Table 3 shows the results for the six scales measuring different effects of dreams on waking life. In our sample, the most common effect of dreams is telling dreams to others followed by the déjà-vu experiences based on dreams. A majority of the participants reports experiencing dreams that affect their daytime mood more than twice a year.

Creative dreams and problem solving dreams are less frequent but not rare. On the other hand, recording dreams is rarely experienced.

A large part of our participants (80.29%) has already read something about dreams (book or magazine articles). Among these participants, they were 47.83% to have read something about dreams one or two times whereas they

Table 2. Current nightmare frequency, childhood nightmare frequency, and lucid dreaming frequency (N=357)

Category	Current nightmares	Childhood nightmares	Lucid dreaming
Almost every morning	6.44%	12.32%	8.12%
About once a week	12.32%	11.20%	7.84%
Two to three times a month	17.65%	17.09%	12.60%
About once a month	19.89%	19.09%	9.80%
About two to four times a year	20.17%	16.81%	16.53%
About once a year	7.56%	4.48%	8.68%
Less than once a year	6.44%	7.00%	7.28%
Never	9.52%	11.20%	29.13%

Table 3. Frequency distribution of different effects of dreams on waking life

Category	Telling dreams (N = 354)	Recording dreams (N = 354)	Daytime mood affected (N = 354)	Creative dreams (N = 354)	Problem solving dreams (N = 354)	Déjà vu experiences (N = 349)
Almost every morning	12.99%	2.26%	5.93%	3.39%	1.98%	5.16%
About once a week	18.64%	2.26%	9.89%	3.11%	3.39%	6.02%
Two to three times a month	18.08%	2.54%	11.30%	5.65%	7.63%	15.19%
About once a month	15.54%	1.41%	12.99%	6.78%	8.76%	16.04%
About two to four times a year	14.41%	5.65%	11.86%	12.71%	12.15%	32.95%
About once a year	6.78%	2.54%	7.34%	10.17%	8.47%	10.31%
Less than once a year	5.93%	5.65%	9.04%	11.30%	12.71%	7.16%
Never	7.63%	77.68%	31.64%	46.89%	44.91%	7.16%

were 32.46% to have read something about dreams several times. At the opposite, 19.71% of the participants have never read something about dreams. Of those who read something about dreams (N=277), 13.36% of the participants reported that this literature wasn't helpful at all, 35.38% indicated that it was not that much helpful, 34.30% indicated that it was somewhat helpful, 13% indicated that it was quite helpful and 3.97% reported that it was very helpful.

Table 4 shows the age and gender effects on the first set of dreams variables.

Three variables show a statistically significant correlation with age: the current nightmares frequency, the childhood nightmares frequency and the age of the first lucid dream. More precisely, current nightmares and childhood nightmares reports tend to decrease with age. Furthermore, the older the participant is, the more he reports a late age of lucid dreaming onset. Concerning gender differences, women tend to report more dreams, more intense dreams, more negatively toned dreams, more nightmares and more nightmare distress. As it was shown by Schredl et al. (2014), there was no significant difference between men and wom-

en concerning lucid dreaming frequency and lucid dreaming onset in our sample.

The Table 5 represents the age, gender and dream recall frequency effects on the dream variables that may be influenced by the dream recall frequency. Dream recall frequency had a significant effect on all dream variables. Despite the dream recall frequency control, an additional explanation can be provided by age for attitude towards dreams, telling dreams, dreams affecting daytime mood, creative dreams and déjà-vu experiences. Therefore, a more advanced age explains lower scores on attitude towards dreams scale and less influence of dreams on waking life.

Additional explanations are also given by gender for some variables. Women would tend to give more meaning to their dreams and to tell their dreams more often whereas men would record their dreams more often and would have more creative dreams.

Table 4 and 5 show the retest reliability indices. Although all variables show indices indicating a strong positive correlation, a lot of them don't reach the .70 criteria. Of all variables, nine of them show values ranged from .70 to .80.

Table 4. Regression analyses and retest reliability for dream variables

Variable	Effect of age			Effect of Gender			Retest reliability (N = 90)
	β	χ²/t	p	β	χ²/t	p	
Dream recall frequency ¹	-.0122	3.24	.0717	-.6036	7.28	.0070	0,762 ⁴
Emotional intensity ¹	.0101	1.88	.1703	-.8158	11.81	.0006	0,642 ⁴
Overall emotional tone ¹	-.0045	0.41	.5238	.7103	9.65	.0019	0,521 ⁴
Nightmare frequency (current) ¹	-.0298	19.21	<.0001	-.8789	15.50	<.0001	0,740 ⁴
Nightmare frequency (childhood) ¹	-.0291	17.42	<.0001	-.0477	0.05	.8297	0,804 ⁴
Nightmare distress ¹	-.0008	0.01	.9168	-.5611	5.04	.0247	0,551 ⁴
Recurring nightmares (Yes/No) ¹	-.0092	1.04	.3072	-.4601	2.41	.1204	74,39% ⁵
Percentage of recurring nightmares ^{2,3}	.0866	0.91	.3656	.1099	1.15	.2511	0,649 ⁶
Lucid dreaming frequency ¹	-.0090	1.83	.1766	-.1270	0.33	.5643	0,888 ⁴
Age of first lucid dream ^{2,7}	.2682	4,23	<.0001	.0040	0,06	.9490	0,580 ⁶

Note. β = standardized estimates, ¹ordinal regression (χ²), ²linear regression (t), ³calculated among participants reporting to have recurring nightmares (N=36), ⁴Spearman rank correlation, ⁵exact agreement, ⁶Pearson correlation, ⁷N=51

Table 5. Regression analyses and retest reliability for dream variables

Variable	Effect of age			Effect of Gender			Effect of dream recall frequency			Retest reliability (N = 90)
	β	χ^2/t	p	β	χ^2/t	p	β	χ^2/t	p	
Meaningfulness ¹	-.0012	0.03	.8589	-.4432	3.86	.0494	.2452	12.73	.0004	0.825 ³
Attitudes towards dreams ²	-.1790	-3.47	.0006	.0908	-1.76	.0793	.2267	4.44	<.0001	0.737 ⁴
Telling dreams ¹	-.0338	22.66	<.0001	-.8226	12.97	.0003	.7831	99.74	<.0001	0.866 ³
Recording dreams ¹	-.0098	1.01	.3150	.6195	4.52	.0335	.2720	6.99	.0082	0.717 ³
Dreams affecting daytime mood ¹	-.0140	3.87	.0492	-.4214	3.34	.0676	.4179	32.29	<.0001	0.699 ³
Creative dreams ¹	-.0175	5.27	.0217	.5085	4.55	.0328	.4474	30.66	<.0001	0.619 ³
Problem solving dreams ¹	.0006	0.01	.9303	-.1594	0.45	.5040	.4158	28.40	<.0001	0.597 ³
Déjà vu experiences ¹	-.0462	39.01	<.0001	-.1055	0.21	.6462	.3141	20.03	<.0001	0.624 ³
Reading about dreams ¹	.0037	0.25	.6169	-.2150	0.77	.3797	.3310	19.65	<.0001	0.560 ³
Helpful dream literature ¹	.0110	2.35	.1249	-.1398	0.35	.5522	.3045	18.02	<.0001	0.658 ³

β = Standardized estimates, ¹ordinal regression (χ^2 values), ²linear regression (t values), ³Spearman Rank correlation, ⁴Pearson correlation

4. Discussion

The item selection procedure clearly indicates that it is possible. First, the comparison between the results obtained with the French version of the MADRE questionnaire and the results of Schredl et al. (2014) with the German original version indicates a lot of similarities. Indeed, most of the dream variables studied shows frequencies distributions and averages close to those obtained by Schredl et al. (2014). Moreover, this study confirms the very high internal consistency of the attitude towards dreams scale demonstrated by Schredl et al. (2014). However, the retest reliability of the French version of the MADRE questionnaire is weaker than the one of Schredl et al. (2014), with only nine items reaching a .70 value. This could be attributed to the test/retest interval which was much longer in this study than in the Schredl et al. (2014) study. Yet, this longer interval gives information concerning the items for which test/retest reliability resists across the time.

Although the reliability of the French version of the MADRE questionnaire is weaker than the one of Schredl et al. (2014), we argue that this version is still useful. Indeed, the threshold of .70 was chosen according the usual convention but it is interesting to notice that a lot of variables are close to .70. Moreover, the lowest correlation reach a .52 value which is a moderate positive correlation.

An important difference between this study and the one of Schredl et al. (2014) concerns the reading of dream literature. Participants of the Belgian sample are more likely to read something about dream than the participants of the German sample. The Belgian sample features explain this difference. Indeed, the Belgian sample includes more psychologists and psychology students than the general population who are more likely to have an interest in dreams. Furthermore, the age of the first lucid dream was lowest in the Belgian sample. This result could be linked to the youth of the Belgian sample comparatively to the German sample. In the sample of Schredl et al. (2014), the age of lucid dreaming onset was positively correlated with age, which is also the case in the Belgian sample. Schredl et al. (2014) assume

that this phenomenon could be explained by the forgetting of former lucid dreams by older persons. Indeed, the Belgian sample includes a greater number of younger people for whom the first lucid dream is more recent and less likely to be forgotten. The percentage of participants having recurrent nightmares is higher in the Belgian sample than in the German sample. However, in this study, the percentage has been computed among participants having nightmares. This does not allow comparison with Schredl et al. (2014)'s study as in their study the total sample was included in the analyses. This difference can increase the percentage obtained in the Belgian sample. About the percentage of recurrent nightmares among all nightmares, in this study it have been chosen to calculate it among participants reporting to have recurrent nightmares what doesn't allow comparison with Schredl et al. (2014)'s study either. Otherwise, it is interesting to note that the standard deviation of this variable is quite high meaning that an important variation exists between participants in terms of percentage of recurring nightmares.

Regarding the current nightmares frequency and the frequency at which dreams are told, the distributions indicate that those phenomena are more frequent in the Belgian sample. This difference could be explained considering that the Belgian sample includes a majority of women. Indeed, the results of this study show that women have more nightmares and tell their dreams more often. Furthermore, déjà-vu experiences based on dreams seem to appear more often in the Belgian sample comparatively to the German sample. It is possible to explain this considering that the sample includes a lot of psychology students who may be more vigilant about the phenomenon. The distribution observed in this study is very close to the one of the study of Funkhouser & Schredl (2010) carried out with a sample of psychology students and with the same Likert scale what supports this hypothesis. It is interesting to point out that the attitude towards dreams and the influence of dreams on waking life is decreasing with age in both the Belgian and the German samples even if the age-related decline of dream recall frequency is controlled. Regarding this, Schredl et al.

(2014) hypothesize that attitude towards dreams may have changed over the years reflecting a cohort effect. Moreover, regarding déjà-vu experiences based on dreams, another explanation could be that elderly persons may interpret this as signs of memory impairment or dementia and may be reluctant to report it due to a fear of stigma. Some gender differences are also worth noting. Indeed, after control of dream recall frequency, women tend to give more meaning to their dreams and to tell their dreams more often whereas men would have more creative dreams in line with Schredl et al. (2014) results. However, in the Belgian sample, at the opposite of Schredl et al. (2014), men record their dreams more often than women. All gender and age differences found by Schredl et al. (2014) were not replicated, probably because of the smaller sample size.

In summary, the findings obtained with the French version of the MADRE questionnaire are encouraging but a replication with a shorter test/retest interval and a more representative sample would be of interest.

Moreover, we argue that it is important to develop the MADRE questionnaire further as it will be a very useful tool for dream research. Indeed, a questionnaire such as the MADRE questionnaire allows selecting, among a population, participants that have particular features. For example, some research protocols may require the selection of people with a high dream recall frequency or a positive attitude towards dreams to specifically study this category of people. Therefore, the MADRE questionnaire is really a good screening dream questionnaire since it lists a large number of dream aspects.

Despite the MADRE questionnaire variety, it may be useful in some cases to add it some items when it is desirable to study a phenomenon more in depth.

In an unpublished work, we added to the MADRE questionnaire eight items about the effects of dreams on waking life in addition of the items 13 to 18 which already targeted this question. These items were inspired by Schredl (2000) study about the effects of dreams on waking life. The question of the effects of dreams on waking life has already been approached by different researchers (Kuiken & Sikora, 1993, Pagel & Vann, 1992, Schredl, 2000), but the use of the MADRE questionnaire allowed us to highlight that an important part of the phenomenon of the effects of dreams on waking life can be explained by a positive attitude towards dreams as measured by the attitude towards dreams scale (Schredl et al., 2014).

In addition, it is important to remember that the questionnaire-based approach of dream, as a retrospective approach, may induce some biases since it is based on participants estimates (Schredl, 2002b). Both Zadra and Robert (2012) and Schredl (2002b) have shown that the way in which data is collected can influence the results, especially concerning dream recall frequency. This is why a questionnaire approach cannot be enough and must be supplemented by prospective approaches such as dream diaries.

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6. Faites-vous l'expérience de cauchemars récurrents qui sont liés à une situation que vous avez vécue dans votre vie ?

Oui Non

7. Quel pourcentage de vos cauchemars sont des cauchemars récurrents ?

___ %

8. A quelle fréquence faisiez-vous des cauchemars pendant votre enfance (de 6 ans à 12 ans) ?

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

9. Voulez-vous bien lister les thématiques de vos cauchemars d'enfance?

10. A quelle fréquence faites-vous l'expérience de rêves lucides (voir définition) ?

Définition: Dans un rêve lucide, on est conscient qu'on est en train de rêver pendant le rêve. Ainsi, il est possible de se réveiller délibérément, d'influencer l'action du rêve activement ou d'observer le cours du rêve passivement.

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

11. Si vous avez fait l'expérience de rêves lucides, quel âge aviez-vous quand ils sont apparus pour la première fois ?

___ ans

12. Attitude envers les rêves

	Pas du tout	Pas tellement	Partielle-ment	Quelque peu	Tout à fait
A quel point attribuez-vous de la signification à vos rêves ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A quel point êtes-vous intéressé par les rêves ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Je pense que les rêves ont un sens.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Je veux en savoir plus sur les rêves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Si quelqu'un peut rappeler et interpréter ses rêves, sa vie sera enrichie.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Je pense que le rêve est en générale un phénomène très intéressant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Une personne qui réfléchit à propos de ses rêves sera certainement capable d'en apprendre plus sur elle-même.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avez-vous l'impression que les rêves fournissent des impulsions ou des indications dans votre vie éveillée ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. A quelle fréquence racontez-vous vos rêves à autrui ?

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

14. A quelle fréquence prenez-vous note de vos rêves?

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

15. A quelle fréquence vos rêves affectent-ils votre humeur pendant la journée?

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

16. A quelle fréquence vos rêves vous donnent-ils des idées créatives?

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

17. A quelle fréquence vos rêves vous aident-ils à identifier ou à résoudre vos problèmes?

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

18. A quelle fréquence faites-vous l'expérience d'impression de déjà-vu (voir définition)?

Définition: Pendant une expérience de déjà-vu on est convaincu qu'on est en train de revivre une situation dans la vie réelle qu'on avait déjà vécue dans un rêve.

- | | |
|--|---|
| <input type="radio"/> plusieurs fois par semaine | <input type="radio"/> environ deux à quatre fois par an |
| <input type="radio"/> environ une fois par semaine | <input type="radio"/> environ une fois par an |
| <input type="radio"/> deux ou trois fois par mois | <input type="radio"/> moins d'une fois par an |
| <input type="radio"/> environ une fois par mois | <input type="radio"/> jamais |

19. Avez-vous déjà lu quelque chose sur le sujet du rêve ? (livres ou articles de magazine)

- Non
 Une ou deux fois
 Plusieurs fois

20. Est-ce que la littérature sur le rêve/ l'interprétation du rêve vous aide à mieux comprendre vos rêves ?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Pas du tout | Pas tellement | Un peu | Assez bien | Vraiment bien |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |