

Italian adaptation of the Mannheim Dream Questionnaire (MADRE): Age, gender and dream recall effects

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Summary. This research is aimed at extending the study of a relevant experience such as dreaming, through an Italian version of the Madre questionnaire. An observation group of 623 subjects with female prevalence (F = 57%, M = 43%) between the ages of 12 and 87 years old (average of 38.26 years; SD 14.71) was involved; the evaluation was carried out with the MADRE questionnaire, translated in Italian and corresponding to the original version. The statistical models performed in this article were linear regression for numerical variables, binary logistic regression for dichotomous variables and ordinal logistic regression for ordinal variables. Number and frequency related to items were reported, in line with the original article. The results were comparable to the previous versions, so effects of age, gender and dream recall were relevant as dependences. The research on dreams can serve as an integrative key point, opening doors to different perspectives inter alia based on evidence in literature. Our contribution has arisen from the wish to spread this method to the Italian population.

Keywords: Dream, Mannheim Dream Questionnaire, lucid dreams, nightmares, Italian adaptation, age effect, gender effect

1. Introduction

The experience of dreams has been enhanced by different scientific theories. Subsequently the first psychodynamic contributions of the study of the dreaming process were extended to sleep disorders and to labs. This perspective was useful for measurements of phenomena and for several comparisons among different methodologies. The comprehensive research needs reflection (Zellner, & Olds, 2016), and constant confrontation with previous and present epistemology. In fact, the relevance of dream recall is known in the literature (Cory et al., 1975; Cernovsky, 1984), so that the phenomenon can be considered as an important variable for the empirical study of sleeping phenomena (Schredl, 2007) and waking life. The relation between the recall phenomena and the attitudes towards dreams (Beaulieu-Prévost & Zadra, 2005) suggest the possibility to implement the study of dream through consciousness, so

that the development of research instrument represents a strong starting point.

Nowadays more aspects related to dreams are accessible to empirical study. Telling dreams represents an occasion of studying the structure, the narratives and the role of dreams in their inner content, meaning (Fosshage, 2017) and anthropological-linguistic aspect (Kracke, 2009). The different perspectives, are both referred to the form and content of dreams, in their manifestations accessible in contact with psychopathology (Schredl & Engelhardt, 2001) and many different forms of consciousness due to wake-sleep-dream cycle (Llewellyn & Desseilles, 2017).

Important issues common in everyday life and in their pathological manifestations are still relevant for research. Nightmares are relevant as manifestations of various themes (Schredl & Göritz, 2018) and for their possible relation to waking life. Their consistence is so relevant that suggests a specific nosographic dimension. The study of the outcomes of adverse life experience in childhood and sleep disorders give us the possibility to study their manifestations, present in the same form (Kajeeepeta et al., 2015).

The persistence of symptoms, the recurrence, the frequency and the related distress are data for diagnosis and treatments that can be noticed through the assessment of dreams manifestations, both in childhood and adulthood. Lucid dreams are other relevant manifestation now involved

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in research through empirical methods.

As for nightmares, their frequency and first experience are relevant in order to explain their role, for example in psychopathology (Aviram & Soffer-Dudek, 2018). As for other phenomena, the affectivity results a central dynamic that must be taken into account. As suggested by Kahan & Claudatos (2016), positive emotions are associated with more adaptive phenomenal features than negative emotions.

Current literature is highlighting the role of different variables that must be taken into account. The effect of age, gender and dream recall can be considered as central in research on dreams. The changes in emotional tone, intensity and their expression in dreams are known in their relation with dreams (Waterman, 1991; Giambra 1996), it is in fact known that dream recall frequency declines with age (Schredl & Göritz, 2015; Mangiaruga et al., 2018) even if tends to be stable. This fact should be confronted with the limited data existing about influence of age on dreams reports (Zanasi et al., 2002) and with the evolution of current comprehensive approaches. As for age, even gender has his role an dreaming processes.

As reported by Mangiaruga et al. (2018) dream recall and dream features are in fact influenced by gender, differences, orientation and personality (Nielsen, 2012; Schredl & Göritz, 2015; Georgy et al., 2012).

On the basis of the above mentioned studies, this research is aimed at extending the current empirical method to the Italian mother tongue population. In order to assess the relevant variables discussed, the Italian adaptation of the Mannheim Dream Questionnaire (MADRE) analysed the relevance of age, gender and dream recall effects. The results were then compared to the original and the adapted versions of the questionnaire, to compare the relevance and the consistence of the considered variables.

The questionnaire form is deducible from obtained results, as well as the Italian version in Appendix A.

2. Method

2.1. Research instrument

The work of Schredl et al. (2014), establishes an inclusive measure of the main methods in "assessing dreaming-related variables" (p. 141), so questionnaires, interviews, dream diaries (2002) and laboratory awakenings.

For this reason, the need to adapt the questionnaire proposed by Schredl et al. (2014) increased, with the subsequent characteristics. The MADRE Questionnaire was translated from English to Italian by one of the authors (E.M. Merlo), corresponding precisely to the original version. In order to assess the fidelity of the translation, a retranslation was provided by Nicholas Joseph Lupo, Assistant Journal Manager of the Mediterranean Journal of Clinical Psychology.

According to the original version a French and a Persian versions were published (Scapin, Dehon & Englebert, 2018; Shahabian et al., 2017). The first one, is adherent to the original version by Schredl et al, showing high validity and reliability. The extensions represent a consistent implementation for the consistent French and Persian mother tongue populations. The Persian version is quite different from the French and the original version by Schredl et al., but provides relevant information about reliability and validity.

In our case, for the Italian adaptations the structures of

the scores proposed by the original scores were maintained. The articles cited in the original research, serve as a strong basis and evidence for single items and groups (Schredl, 2000, 2004, 2008, 2010, 2011, 2013; Schredl, Brenner & Faul, 2002; Schredl & Erlacher, 2004, 2007, 2011; Schredl & Schawinski, 2010; Stumbrys, Erlacher & Schredl, 2013; Zink & Pietrowsky, 2015).

In order to assess Dream recall, the item is elicited with a 7 point likert scale (0 = never, 1 = less than once a month, 2 = about once a month, 3 = about 2 to 3 times a month, 4 = about once a week, 5 = several times a week, 6 = almost every morning).

For eliciting Emotional intensity and Emotional tone, five point scale are used, respectively intensity from 0 not at all intense, to 4, very intense (0= Not at all intense, 1 = Not that intense, 2 = Somewhat intense, 3 = Quite intense, 4 = Very intense) and tone from -2 very negative, to +2 very positive (-2 = Very negative, - 1 = Somewhat negative, 0 = Neutral, +1 = Somewhat positive, +2 = Very positive).

For Nightmare frequency (current and childhood), Lucid dream, Telling dreams, Recording dreams, Dreams affecting daytime mood, Creative dreams, Problem solving dreams and Déjà vu experiences eight point scales are used (0 = never, 1 = less than once a year, 2 = about once a year, 3 = about 2 to 4 times a year, 4 = about once a month, 5 = about 2 to 3 times a month, 6 = about once a week, and 7 = several times a week).

Referring to Attitude towards dreams, which also includes Meaningfulness and Impulse, the five point scales are used (from 0 = Not at all, 1 = Not that much, 2 = Partly, 3 = Somewhat, and 4 = Totally).

Other item structures are Nightmare distress measured with a five point scale (0 = Not at all distressing, 1 = Not that distressing, 2 = Somewhat distressing, 3 = Quite distressing, and 4 = Very distressing), Recurring nightmares (Yes/No), the Percentage of recurring nightmares (%). Age of First Lucid Dream is a numerical variable, Reading about dreams presents a three points scale (0 = No, 1 = One to two times, 2 = several times) and Helpful dream literature is measured with a five point scale (0 = Not at all, 1 = Not that much, 2 = Somewhat, 3 = Quite, and 4 = Very much).

2.2. Procedure and Participants

The observation group consists of 623 subjects, 268 males (43 %) and 355 females (57%). The age of the subjects included in the study is between 12 and 87 years old, with an average of 38,26 years (SD 14,71).

About the recruitment of subjects, as part of the educational offer provided by the University of Messina, two degree courses were selected as adherent to the theme of M.A.D.R.E (Medicine & Surgery, Psychology and Cognitive Neurosciences - first selection step).

For these two degree courses, last year students were selected, involved in the laboratory activities included in the study plan (second selection step). Each of them had to compile a paper and pencil questionnaire form and, moreover, had to administer the same to other subjects according to a non probabilistic sampling (avalanche sampling design).

All 623 participants voluntarily completed the paper and pencil version of the questionnaire in one session. The participation in the study was completely voluntary and unpaid. The item about the idea that dreams provide impulse for waking life (Schredl et al., 2015; p.142) was considered in

Table 1. Dream recall frequency

Category	Frequency	Percentage
Almost every morning	57	9.1%
Several times a week	137	22.0%
About once a week	115	18.5%
About 2 to 3 times a month	82	13.2%
About once a month	99	15.9%
Less than once a month	101	16.2%
Never	32	5.1%

this article.

2.3. Statistical Analysis

The numerical data is expressed as mean and standard deviation and the categorical variables as number and percentage.

In order to assess the dependence of some response variables related to nightmares and demographic variables as age and gender, appropriate statistical models were estimated; in particular, linear regression model was estimated when the outcome was a numerical variable (as percentage or recurring nightmares), binary logistic regression model when the outcome was a dichotomous variable (as recurring nightmares) and ordinal logistic regression model when the outcome was an ordinal variable (as dream recall, etc...).

Statistical analysis was performed using SPSS 20.0 for Window package. A p-value smaller than 0,050 was considered to be statistically significant.

3. Results

The analysis carried out in this article is in line with the original paper. The distributions of the recall frequency and other variables for the whole observation group are shown in Tables 1, 2 and 3.

The dream recall frequency shown in the Table 1, highlights the relevance of such phenomenon. In fact, in line with the original version of the questionnaire, the absence of the phenomenon is low. Our result suggests that just a

low number of subjects (5,1%) involved in the study are not able to recall dreams. As for the original work (6,28%) and for the French assessment (1,12%), the distribution of the absent phenomenon is low. The majority of the distribution is related to the higher scores, such as several times a week (22%) and about once a week (18%), scores that are in line with original (28,85%; 19,22%) and the French version (36,13%; 20,17%).

Distributions of current nightmare, childhood nightmares and lucid dreams were reported in Table 2. For the six scales measuring different features of dreams, the distributions are reported in Table 3.

Regression analysis were in line with the original study, including the 20 items. The 21 dependent variables were compared to age, gender and dream recall as independent variables (Tables 4 and 5).

For each response variable and for both effects, we shown coefficients (standardized coefficients for only linear regression), X^2 or t test and their significance (p-value).

Starting from the effect of age, we obtained significant causal relationships (all negative dependencies) with Dream recall frequency, Nightmare frequency (current), Nightmare frequency (childhood), Lucid dreaming frequency, Age of first lucid dream, as shown in Table 4.

According to the Schredl et al (2014) in line with the original version, dependence relations were found among age and dream recall frequency, nightmare frequency (current), nightmare frequency (childhood), lucid dreaming frequency, age of first lucid dream. These results were also in line with the French version, for the effect of age on nightmare (current and childhood) and the age of the first lucid dream. Standardized regression coefficients, were reported for linear regressions to highlight the effects.

Referring to the effect of gender, the significant relationships were those with Dream recall frequency, Emotional intensity, Nightmare frequency (current), Nightmare distress, Percentage of recurring nightmares. In particular, the only positive dependence was about Percentage of recurring nightmares, expressing the same effect of Gender on males and females subjects. Comparing the results with the previous published versions, the variable gender was in a significant dependence relation with dream recall frequency, emotional intensity, nightmare frequency (current), nightmare frequency (childhood), nightmare distress and percentage of recurring nightmares; the same significant relation with

Table 2. Current nightmare, childhood nightmare, and lucid dreaming frequency and percentage (N = 623)

Category	Current nightmares		Childhood nightmares		Lucid dreaming	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Almost every morning	23	3.7%	31	5.0%	48	7.7%
About once a week	51	8.2%	57	9.1%	45	7.2%
Two to three times a month	76	12.2%	86	13.8%	44	7.1%
About once a month	130	20.9%	106	17.0%	96	15.4%
About two to four times a year	114	18.3%	96	15.4%	109	17.5%
About once a year	77	12.4%	79	12.7%	77	12.4%
Less than once a year	77	12.4%	68	10.9%	67	10.8%
Never	75	12.0%	100	16.1%	136	21.8%

Table 3. Frequency distribution and percentage of different dream variables (N = 623)

Category	Telling dreams	Recording dreams	Daytime mood affected	Creative dreams	Problem solving dreams	Déjà vu experiences
Almost every morning	8.5%	1.3%	6.1%	2.9%	2.4%	7.7%
About once a week	11.9%	3.2%	7.7%	4.5%	3.2%	5.1%
Two to three times a month	11.1%	1.6%	8.8%	5.1%	3.4%	13.5%
About once a month	15.9%	4%	15%	11.7%	9.3%	12.7%
About two to four times a year	11.9%	5%	12%	9.5%	10%	20.1%
About once a year	8.8%	3.9%	8.7%	8.3%	11.7%	15.4%
Less than once a year	9.5%	5.3%	9.1%	11.7%	14.0%	14.4%
Never	22.5%	75.8%	32.3%	46.2%	46.1%	11.1%

the French version emerged between gender and current nightmares frequency.

In Table 5, the effect of dream recall frequency was added to the independent variables, according to Schredl et al.

Starting from Age, the only non-significant relation was with Recording dreams. The others were significant and in inverse dependencies with age effect, demonstrating that the increasing of age corresponds to the reduction of functions. The same significant relation from the original version, were those among age and meaningfulness, attitudes towards dreams, telling dreams, dreams affecting daytime mood, creative dreams, problem solving dreams and déjà vu experiences. The French version obtained the same result for telling dreams and déjà vu experiences.

The gender effect was in a significant relation with Meaningfulness, Attitudes towards dreams, Telling dreams, Dreams affecting daytime mood, Reading about dreams and Helpful dream literature. All dependencies were negative, except for Attitudes towards dreams. According to the original version, gender was in a significant relation with meaningfulness, attitudes towards dreams, telling dreams,

dreams affecting daytime mood, problem solving dreams, and reading about dreams. This result means that the gender effect, significant on the mentioned variables, has a cumulative effect on genders.

Regarding the Dream recall frequency effect on dependent variables, it emerged significant effects on Meaningfulness, Impression dream impulse, Telling dreams, Dreams affecting daytime mood, Creative dreams, Problem solving dreams, Déjà vu experiences and Helpful dream literature. All the significant dependencies were positive, to reflect the fact that dream recall is a key component in dreaming studies. The recall, in our experience, did not influence the attitudes towards dreams, the need to record them and the reading activities related to dreams, but not the helpful dream literature. Most of the results are in line with the original article (Schredl et al., 2014). The high significance of relations among effects of age, gender and dream recall on the variables of Madre questionnaire, expresses a concordance with the original items weight and relevance. Comparing our results to the above mentioned versions, the effect of dream recall was significant for all the variables, but recording dreams. The French version highlighted the same

Table 4. Regression analyses and retest reliability for dream variables

Variable	Effect of age			Effect of Gender			Retest reliability ⁴
	β	χ ² /t	p	β	χ ² /t	p	
Dream recall frequency ¹	-.026	28.03	.000*	-.436	9.27	.002*	.826 (.751 to .883)
Emotional intensity ¹	-.007	2.27	.132	-.549	13.88	.000*	.745 (.598 to .825)
Overall emotional tone ¹	.001	0.069	.793	.252	2.90	0.88	.764 (.708 to .797)
Nightmare frequency (current) ¹	-.026	27.42	.000*	-.381	7.16	.007*	.876 (.843 to .918)
Nightmare frequency (childhood) ¹	-.016	10.42	.001*	.069	.236	.627	.917 (.907 to .929)
Nightmare distress ¹	.001	0.024	.878	-.775	26.38	.000*	.823 (.754 to .901)
Recurring nightmares (Yes/No) ¹	-.009	2.79	.095	.054	0.106	.744	.899 (.825 to .958)
Percentage of recurring nightmares ²	-.058	-1.45	.145	.133	3.33	.001*	.971 (.962 to .984)
Lucid dreaming frequency ¹	-.013	7.518	.006*	-.155	1.187	.276	.902 (.862 to .959)
Age of first lucid dream ²	.241	6.19	.000*	-.015	-0.363	.717	.967 (.936 to .991)

β = Standardized estimates, ¹ordinal regression (χ² values), ²linear regression (t values), ³Spearman Rank correlation, ⁴Retest correlations between all measurement points (Dyck, Schredl & Kühnel, 2017)

Table 5. Regression analyses and retest reliability for dream variables

Variable	Effect of age			Effect of Gender			Effect of dream recall frequency			Retest reliability ³ Mean (Range)
	β	χ^2/t	p	β	χ^2/t	p	β	χ^2/t	p	
Meaningfulness ¹	-.013	6.63	.010*	-.607	17.03	.000*	.267	39.91	.000*	.775 (.687 to .869)
Attitudes towards dreams ²	-.260	-6.70	.000*	.177	4.48	.000*	.286	7.43	.000*	.883 (.841 to .924)
Impression dream impulse ¹	-.024	23.13	.000*	-.259	3.18	.074	.230	30.41	.000*	-
Telling dreams ¹	-.022	21.06	.000*	-.662	21.20	.000*	.416	93.91	.000*	.784 (.628 to .860)
Recording dreams ¹	-.010	2.19	.138	.061	0.109	.741	.034	0.423	.516	706 (.502 to .973)
Dreams affecting daytime mood ¹	-.012	6.30	.012*	-.298	4.30	.038*	.271	41.88	.000*	.853 (.787 to .921)
Creative dreams ¹	-.017	11.28	.001*	.110	0.549	.459	.155	13.41	.000*	.873 (.811 to .910)
Problem solving dreams ¹	-.016	10.10	.001*	-.088	0.355	.551	.180	17.82	.000*	.827 (.719 to .902)
Déjà vu experiences ¹	-.037	56.25	.000*	.027	0.037	.848	.199	23.99	.000*	.843 (.767 to .918)
Reading about dreams ¹	-.019	14.57	.000*	-.600	15.80	.000*	.257	34.87	.000*	.837 (.763 to .954)
Helpful dream literature ¹	-.017	11.63	.001*	-.823	30.52	.000*	.252	35.60	.000*	.841 (.772 to .913)

β = Standardized estimates, ¹ordinal regression (χ^2 values), ²linear regression (t values), ³Retest correlations between all measurement points (Dyck, Schredl & Kühnel, 2017)

non-significant relation.

4. Discussion

The results show a possible comparison between the original version of the questionnaire, the francophone and the Italian adaptation. The study aimed at pointing out possible similarities among the different mentioned adaptations, considered the frequencies and dependencies of phenomena. The central role of dream recall, as a result in line with considered literature, foresees the opportunity to study the different manifestations of dreams on waking life. It is intended both as a variable, in order to evoke contents and features of dreams and as an effect. This fact shows its key role for empirical research, as a condition to access oneiric phenomena and to highlight their effects. As a strong fact coming from the study of the previous and current literature, this evidence points out further research strategies. It is in fact a key for the comparison of biological and neurological correlates with psychological data, useful to merge different points of view, as those who foreseen the body-mind problem (Motofei & Rowland, 2018).

The same can be noticed in terms of age effect, such a relevant variable, suggesting not just the decrease of functions due to the aging, but also a variation of emotionality, thanks to which a different stability affects the other variables considered. The results on gender effect are relevant, in order to highlight the continuity with other versions, but also for unconsidered possibilities.

Moreover current studies on gender differences, highlight the necessity to study in depth common phenomena between the binary conceptions of genders, but also on all those phenomena of gender non-conforming. This point can serve as a strong basis for future research, related to incoming differences coming from different perspectives on gender.

In these terms, the obtained evidence, in strong continu-

ity with Schredl's and other versions results encourages to extend their method to several Italian contexts, such as assessment, psycho-diagnosis, progress monitoring in psychotherapy, psychopathology and research in general. The consideration of meaningful contents for research, could allow us to get in contact with subjective narrations (Lichtenberg, Lachmann & Fosshage, 2017; Bourlot, 2018), supported by factual data and the possibility to take into account transversal tendencies of populations.

One of the strongest point, from our perspective, is based on the new technologies applications of research. The original versions experimented with strong consistency, the evolution of test administration going from paper & pencil versions, to the most recent online-administered versions. Current contributions are highlighting the chance to improve knowledge and research on conscious phenomena, on the base of strong evidence and classical contributions (Leigh & Flatt, 2015; Settineri et al., 2019). Moreover, the new research methods provide smarter possibilities of integration among different tendencies, such as psychological (Johnson & Mosri, 2016) and other scientific approaches addressing to the study in the depth of dream phenomena (Kaplan-Solms, 2018).

An integrative perspective provides that what emerged from research, clinical experience and experimentation, can be considered in building the foundations upon comprehension being possible. Objective methods to gain knowledge, in contact with the subjective comprehension of style of existence, interpose inner and unconscious phenomena as a bridge between the abovementioned dynamic and neurocognitive sciences (Leuzinger-Bohleber, Arnold & Solms, 2016; Salone et al, 2016; Blechner, 2015).

Moreover, the assimilation of formal and content-interpretative approaches (Solms, 2018, Hopkins, 2018), could provide the maintenance of the signification process (Fonagy, 2018), also extensible to neuroscientific themes (Solms, 2018; Yu, 2016; Levin, 2015). According with M.

Mancia (2007), both physiologist and psychoanalyst, the relation between dream and soma, is comparable to instinct economy, by which we assist to a subsequent processing of experiences archived in the implicit memory (Mancia, 2006; Manfredi, 2018). This conception refers to the NREM cycle as excitement and REM as discharge. This thesis, like just mentioned approaches, could be corroborated by this questionnaire since the different items are well distinguished without losing unitary character.

This provides the inspiration for multi-disciplinary studies, also referred to psychosomatic illnesses and parasomnia. In this sense, our Italian adaptation is associated with other contributions, beginning from the original version provided by Schredl et al. (2014), to international versions. We suggest that the interest gained by the questionnaire, is in line with research necessities, which is why we chose to translate and adapt it in Italian. The consideration of some central effects such as age and gender, could be considered as the key concepts to highlight recent tendencies. Beyond the strong basis of aging and dream recall, well known in literature, the gender issue is gaining attention. This involves such a new tendencies on gender, such as gender non-conforming and LGBT populations in general. The gender variance, on the basis of current research, has been considered from some different points of view. The study of dream through this questionnaire, could be an occasion to study in depth typical manifestation, currently not considered, that can extend the meaning of gender-effect, to other unknown manifestations. Another outlook, is represented by the role of impulse on daytime mood and life. The impact of impulse effect on subjects' life, is well known in terms of nosographic impulse control disorders, but now more than even the attention is pointed on new addictions, dependencies sine substantia and other syndromes. The implementation of methods and the involvement of existing instruments in different languages could help to get in touch with new typical and abnormal manifestations, that could show their roots in dreaming features.

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Appendix A

Dream Questionnaire (MADRE) Versione Italiana

Il presente questionario ha lo scopo di ottenere una buona panoramica dei diversi aspetti del sogno. Si impiegano circa 5-10 minuti per completarlo. Gentilmente, prendi il tempo necessario per rispondere a tutte le domande con attenzione e completezza.

Età: ____ anni

Sesso _____

Occupazione / Disciplina di studio (studenti): _____

1. Quanto spesso hai ricordato i tuoi sogni di recente (negli ultimi mesi)?

- quasi ogni mattina
- più volte a settimana
- circa una volta a settimana
- due o tre volte al mese
- circa una volta al mese
- meno di una volta al mese
- mai

2. Quanto sono intensi i tuoi sogni emotivamente?

Affatto intensi Non così intensi Piuttosto intensi Abbastanza intensi Molto intensi

3. Qual è il tono emotivo dei tuoi sogni in media?

Molto negativo Piuttosto negativo Neutro Piuttosto positivo Molto positivo

4. Con quale frequenza hai avuto recentemente esperienza di incubi (negli ultimi mesi)?

Definizione: gli incubi sono sogni con forti emozioni negative che si traducono in risveglio dai sogni. La trama del sogno può essere ricordata molto vividamente al risveglio.

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

5. Se si verificano attualmente incubi, quanto sono angoscianti per te?

Affatto dolorosi Non così dolorosi Piuttosto dolorosi Abbastanza dolorosi Molto dolorosi

6. Sperimenti incubi ricorrenti che riguardano una situazione che hai vissuto nella tua vita da sveglio?

Si No

7. Quanti dei tuoi incubi sono ricorrenti (in percentuale)?

____%

8. Quante volte hai avuto incubi durante la tua infanzia (dai 6 ai 12 anni di età)?

più volte alla settimana	<input type="radio"/>	da due a tre volte al mese	<input type="radio"/>
da due a quattro volte l'anno	<input type="radio"/>	meno di una volta all'anno	<input type="radio"/>
circa una volta alla settimana	<input type="radio"/>	circa una volta al mese	<input type="radio"/>
circa una volta all'anno	<input type="radio"/>	mai	<input type="radio"/>

9. Elenca gli argomenti degli incubi della tua infanzia:

10. Con quale frequenza sperimenti i cosiddetti sogni lucidi?

Definizione: in un sogno lucido, si è consapevoli che si sta sognando durante il sogno. Quindi è possibile svegliarsi di propria volontà, o influenzare attivamente l'azione del sogno, o osservare il corso del sogno passivamente.

più volte alla settimana	<input type="radio"/>	da due a tre volte al mese	<input type="radio"/>
da due a quattro volte l'anno	<input type="radio"/>	meno di una volta all'anno	<input type="radio"/>
circa una volta alla settimana	<input type="radio"/>	circa una volta al mese	<input type="radio"/>
circa una volta all'anno	<input type="radio"/>	mai	<input type="radio"/>

11. Se hai vissuto sogni lucidi, quanti anni avevi quando si sono verificati i primi tempi?

____ anni

12. Atteggiamento nei confronti dei sogni

	Per niente	Non molto	Parzialmente	Abbastanza	Totalmente
Quanto significato attribuisce ai tuoi sogni?	<input type="radio"/>				
Quanto è forte il tuo interesse per i sogni?	<input type="radio"/>				
Penso che i sogni siano significativi	<input type="radio"/>				
Voglio sapere di più sui sogni.	<input type="radio"/>				
Se qualcuno può ricordare e interpretare i suoi sogni, la sua vita sarà arricchita	<input type="radio"/>				
Penso che sognare sia in generale un interessante fenomeno	<input type="radio"/>				
Una persona che riflette sui suoi sogni è certamente in grado di far sapere di più su se stesso/a	<input type="radio"/>				
Hai l'impressione che i sogni forniscano impulsi o obiettivi per la tua vita da sveglia/a?	<input type="radio"/>				

13. Quanto spesso racconti i tuoi sogni agli altri?

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

14. Quanto spesso registri-trascrivi i tuoi sogni?

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

15. Quanto spesso i tuoi sogni influenzano il tuo umore durante il giorno?

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

16. Quanto spesso i tuoi sogni ti danno idee creative?

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

17. Con quale frequenza i tuoi sogni ti aiutano a identificare e risolvere i tuoi problemi?

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

18. Quanto spesso vivi Déjà vu?

Definizione: durante un'esperienza déjà vu si è convinti che si stia rivivendo una situazione della vita reale già vissuta in un sogno.

- | | | | |
|--------------------------------|-----------------------|----------------------------|-----------------------|
| più volte alla settimana | <input type="radio"/> | da due a tre volte al mese | <input type="radio"/> |
| da due a quattro volte l'anno | <input type="radio"/> | meno di una volta all'anno | <input type="radio"/> |
| circa una volta alla settimana | <input type="radio"/> | circa una volta al mese | <input type="radio"/> |
| circa una volta all'anno | <input type="radio"/> | mai | <input type="radio"/> |

19. Hai mai letto qualcosa sul tema dei sogni?

[Libri o articoli su riviste]

- | | |
|-----------------|-----------------------|
| No | <input type="radio"/> |
| Una o due volte | <input type="radio"/> |
| Più volte | <input type="radio"/> |

20. La letteratura sull'interpretazione del sogno / sogno ti ha aiutato a capire meglio i tuoi sogni?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Assolutamente no | Non molto | Un po' | Abbastanza | Molto |
| <input type="radio"/> |