

RELIABILITY AND VALIDITY OF THE CHINESE TRANSLATION OF INSOMNIA SEVERITY INDEX (C-ISI) IN CHINESE PATIENTS WITH INSOMNIA

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Introduction: The Insomnia Severity Index ISI is a Questionnaire to screen insomnia in clinics;so,it has been translated to many languages.

Objectives: To determine the Reliability and validity of the Chinese Translation of Insomnia Severity Index(C-ISI) in patients with Insomnia and compare it with Chinese version of Pittsburgh Sleep Quality Index(C-PSQI).

Aims: To show the Reliability and validity of C-ISI for using it in chinese speakers.

Method: English version ISI was translated into Chinese base on standard guidelines then Chinese version was filled in 83 patients with insomnia as a clinical group and 45 persons without sleep complain as the control group by themselves in Neuropsychiatry Department of DongzhiMen hospital. For finding Test-Retest reliability they refilled ISI questionnaire 2 weeks later.

Results: Cronbach- α coefficient of C-ISI for the clinical group, control group and both of them was 0.72, 0.75 and 0.91 respectively. The C-ISI component and total scores in test were significantly correlated with their related components and total scores in re-test ($P < 0.05$). Mean Ranks for All C-ISI components, total score were significantly higher in clinical group than control group that presents low sleep quality in clinical group. There are Significant correlations between C-ISI component and total scores and C-PSQI components and Total scores in related Items.

Conclusions: C-ISI has acceptable reliability and good sensitivity for assessing insomnia patients ;besides,C-ISI can evaluate the insomnia patients similar to the PSQI-C so it can be used as a good scale to measure sleep quality in Chinese speakers.