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?

<table>
<thead>
<tr>
<th></th>
<th>Not at all intense</th>
<th>Not that intense</th>
<th>Somewhat intense</th>
<th>Quite intense</th>
<th>Very intense</th>
</tr>
</thead>
<tbody>
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<td>○</td>
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</table>

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

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<thead>
<tr>
<th></th>
<th>Very negative</th>
<th>Somewhat negative</th>
<th>Neutral</th>
<th>Somewhat positive</th>
<th>Very positive</th>
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</thead>
<tbody>
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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.

   ○ several times a week
   ○ about once a week
   ○ two to three times a month
   ○ about once a month
   ○ about two to four times a year
   ○ about once a year
   ○ less than once a year
   ○ never

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

<table>
<thead>
<tr>
<th></th>
<th>Not at all distressing</th>
<th>Not that distressing</th>
<th>Somewhat distressing</th>
<th>Quite distressing</th>
<th>Very distressing</th>
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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)?
   ○ several times a week  ○ about two to four times a year
   ○ about once a week      ○ about once a year
   ○ two to three times a month  ○ less than once a year
   ○ about once a month     ○ 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.
    ○ several times a week  ○ about two to four times a year
    ○ about once a week      ○ about once a year
    ○ two to three times a month  ○ less than once a year
    ○ about once a month     ○ never

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

12. Attitude towards dreams

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>Not that much</th>
<th>Partly</th>
<th>Somewhat</th>
<th>Totally</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much meaning do you attribute to your dreams?</td>
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<td>How strong is your interest in dreams?</td>
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<td>I think that dreams are meaningful.</td>
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<td>I want to know more about dreams.</td>
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<tr>
<td>If somebody can recall and interpret his/her dreams, his/her life will be enriched.</td>
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<td>I think that dreaming is in general a very interesting phenomenon.</td>
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<td>A person who reflects on her/his dreams is certainly able to learn more about her/himself.</td>
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<td>Do you have the impression that dreams provide impulses or pointers for your waking life?</td>
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</table>
13. How often do you tell your dreams to others?
   - several times a week
   - about once a week
   - two to three times a month
   - about once a month
   - about two to four times a year
   - about once a year
   - less than once a year
   - never

14. How often do you record your dreams?
   - several times a week
   - about once a week
   - two to three times a month
   - about once a month
   - about two to four times a year
   - about once a year
   - less than once a year
   - never

15. How often do your dreams affect your mood during the day?
   - several times a week
   - about once a week
   - two to three times a month
   - about once a month
   - about two to four times a year
   - about once a year
   - less than once a year
   - never

16. How often do your dreams give you creative ideas?
   - several times a week
   - about once a week
   - two to three times a month
   - about once a month
   - about two to four times a year
   - about once a year
   - less than once a year
   - never

18. How often do your dreams help you to identify and solve your problems?
   - several times a week
   - about once a week
   - two to three times a month
   - about once a month
   - about two to four times a year
   - about once a year
   - less than once a year
   - 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.
   - several times a week
   - about once a week
   - two to three times a month
   - about once a month
   - about two to four times a year
   - about once a year
   - less than once a year
   - 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

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