

CAN

Cognitive Appraisal of Nightmares

The following questions deal with nightmares. Nightmares are extremely dysphoric and well-remembered dreams that usually involve efforts to avoid threats to survival, security, or physical integrity. On awakening, the individual rapidly becomes oriented and alert. Nightmares are accompanied by physiological symptoms such as sweating and shortness of breath.

How much would you agree on the following statements?

1 not at all
2 a little
3 moderately
4 predominately
5 totally

- | | | | | | |
|--|-----|-----|-----|-----|-----|
| 01. When I have a nightmare, I know what I have to do. | () | () | () | () | () |
| 02. When I have a nightmare and wake up, I have problems going to sleep again. | () | () | () | () | () |
| 03. I know the reason for my nightmares. | () | () | () | () | () |
| 04. My nightmares indicate that something bad could happen to me. | () | () | () | () | () |
| 05. After a night with a nightmare, I am more tired than usual. | () | () | () | () | () |
| 06. I know whom or what is responsible for my nightmares. | () | () | () | () | () |
| 07. I prepare myself that my nightmare could eventually become reality. | () | () | () | () | () |
| 08. I have an explanation for my nightmares. | () | () | () | () | () |
| 09. I am scared that my nightmares could come true. | () | () | () | () | () |
| 10. I have a solution, which provides an escape from nightmares. | () | () | () | () | () |
| 11. After a nightmare, I know how to cope with the stress. | () | () | () | () | () |
| 12. After a nightmare, I am drenched in sweat. | () | () | () | () | () |

Scoring rules

1. Nightmare threat	items 04, 07, 09
2. Nightmare harm	items 02, 05, 12
3. Blame/credit	items 03, 06, 08
4. Coping potential	items 01 ⁺ , 10 ⁺ , 11 ⁺
+: Invert items before adding them	
Total score	item 01 – item 12

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Source: Gieselmann, A., Elberich, N., Mathes, J., & Pietrowsky, R. (2020). Nightmare distress revisited: Cognitive appraisal of nightmares according to Lazarus' transactional model of stress. *Journal of Behavior Therapy and Experimental Psychiatry*, 68, 101517. doi:10.1016/j.jbtep.2019.101517