

Dysfunctional Beliefs and Attitudes about Sleep Scale (DBAS)

The Dysfunctional Beliefs and Attitudes about Sleep Scale is a self-report tool designed to identify erroneous beliefs that may contribute to insomnia. This questionnaire supports the cognitive and cognitive-behavioral assessment of sleep disorders by highlighting the dysfunctional thoughts and attitudes that patients may have about their sleep.

Number of questions	16 questions
Estimated duration	10 minutes
Language	English
Original name	Dysfunctional Beliefs and Attitudes about Sleep Scale
Target audience	Adults
Authors	Charles M. Morin, Marta M. Vallieres, Sylvie Ivers (2007)
Category	General

Preview of the 16 questions

I need 8 hours of sleep to feel refreshed and function well during the day.

0 - Strongly disagree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Strongly agree

When I don't get proper amount of sleep on a given night, I need to catch up on the next day by napping or on the next night by sleeping longer.

0 - Strongly disagree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Strongly agree

I am concerned that chronic insomnia may have serious consequences on my physical health.

0 - Strongly disagree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Strongly agree

I am worried that I may lose control over my abilities to sleep.

0 - Strongly disagree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Strongly agree

After a poor night's sleep, I know that it will interfere with my daily activities on the next day.

0 - Strongly disagree	1	2	3	4	5	6	7	8	9	10 - Strongly agree

Scoring & interpretation

Participants rate their agreement with each statement on a Likert scale. A high score indicates the presence of significant dysfunctional beliefs about sleep. Total scores can be used to target specific therapeutic interventions.

Usage

This tool is not available on Mentaal. To access this questionnaire, please visit the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

Go to ePROVIDE™