NovoPsych

Client Information

Client Name	Generic Client
Date of birth (age)	14 December 1980 (42)

Assessment Information

Assessment	Regensburg Insomnia Scale (RIS)
Date administered	16 February 2023
Assessor	Dr David Hegarty
Time taken	1 minutes 3 seconds

Results

|	Raw Score (0-40)	Clinical Percentile	Insomnia Cutoff?
Total Score	27	80.2	Yes

Interpretive Text

This client scored above the cutoff of 12. Therefore, this client's score is consistent with the cognitive, emotional, and behavioural aspects of psychophysiological insomnia.

Sleep Factors

	Raw Score	Average Score
Poor Sleep Depth	9	3
Poor Sleep Quantity	7	2.3
Fearful Focus	6	3
Hypnotics & Poor Daytime Functioning	5	2.5

Clinical Percentile
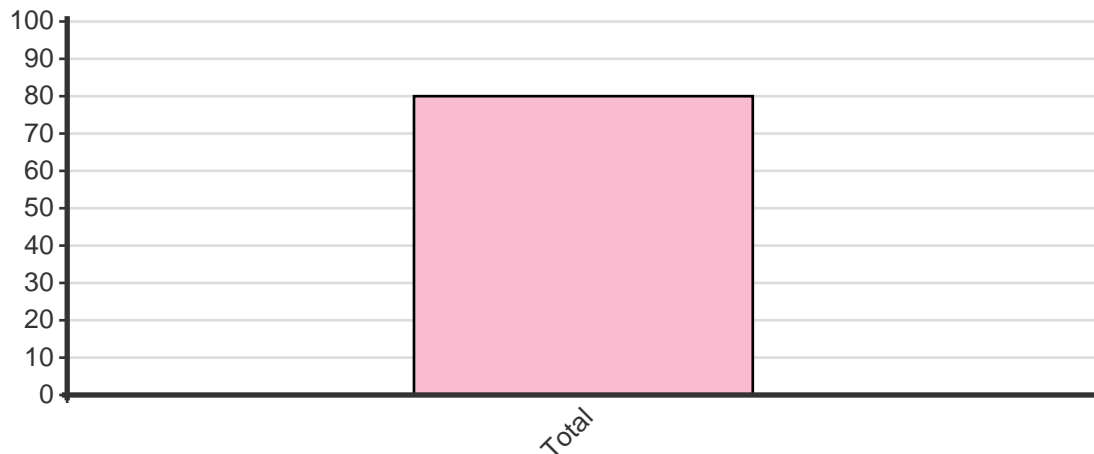
Client Name	Generic Client

Average Scores
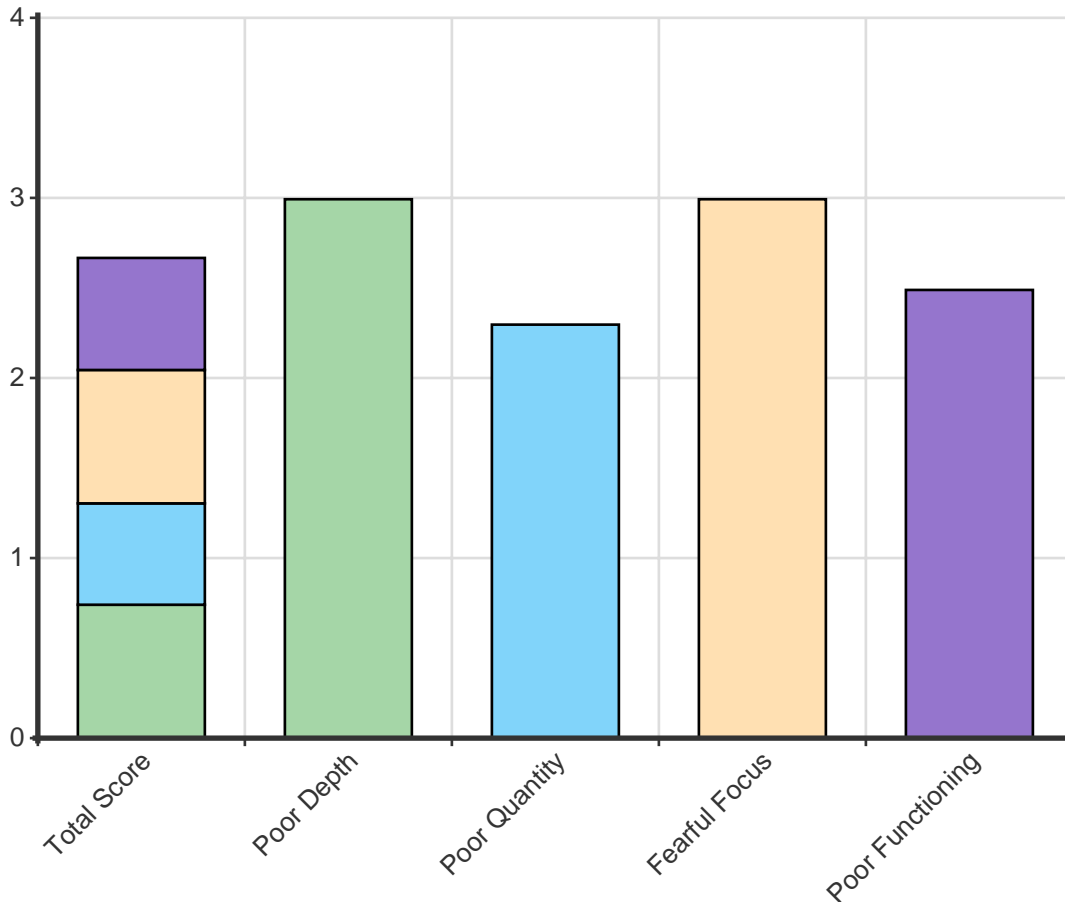
Scoring and Interpretation Information

Total scores range from 0 to 40 points with higher scores indicative of more cognitive, behavioural, and emotional difficulties consistent with psychophysiological insomnia. Scores from 0-12 are considered normal and scores above the cutoff (13+) are indicative of symptoms consistant with psychophysiological insomnia that warrant further investigation.

A clinical percentile is shows a comparison of the total score of the respondent's in comparison to patients with diagnosed psychophysiological insomnia (Cronlein et al., 2013). A clinical percentile of around 50 indicated that a client has scored at the average level for the clinical comparison group and would be indicative of significant cognitive, behavioural, and emotional symptoms consistent with psychophysiological insomnia.

There are four factors for the

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

RSI:

1. Poor Sleep Depth (items 3, 4, 5) - measuring sleep continuity, easy awakening, and early awakening.
2. Poor Sleep Quantity (items 1, 2, 6) - measuring sleep latency, sleep duration, and sleepless nights.
3. Fearful Focus on Insomnia (items 7, 8) - measuring thinking about sleep and fear of insomnia.
4. Hypnotics and Poor Daytime Functioning (items 9, 10) - measuring impaired daytime fitness and hypnotics intake.

Average scores are presented for the four factors so that a comparison can be made (due to different numbers of questions in each factor) and which allows a comparison of relative strengths and weaknesses in the sleep factor areas (with higher average scores indicating more difficulties).

The RIS can be used to monitor the effectiveness of sleep interventions such as CBT-i.

Client Responses

		1-20 minutes	21-40 minutes	41-60 minutes	61-90 minutes	91 minutes and more
1	How many minutes do you need to fall asleep?	0	1	**2**	3	4
		7 hours and more	5-6 hours	4 hours	2-3 hours	0-1 hours
2	How many hours do you sleep during the night?	0	1	**2**	3	4
		Always	Mostly	Sometimes	Seldom	Never
3	Please read the following statements and rate how often the following occurrences happen. My sleep is disturbed.	4	**3**	2	1	0
4	I wake up too early.	**4**	3	2	1	0
5	I wake up from the slightest sound.	4	3	**2**	1	0
6	I feel that I have not slept all night.	4	**3**	2	1	0
7	I think a lot about my sleep.	4	**3**	2	1	0
8	I am afraid to go to bed because of my disturbed sleep.	4	**3**	2	1	0

Client Name	Generic Client

Client Responses (cont.)

		Always	Mostly	Sometimes	Seldom	Never
9	I feel fit during the day.	0	1	2	3	4
10	I take sleeping pills in order to get to sleep.	4	3	2	1	0