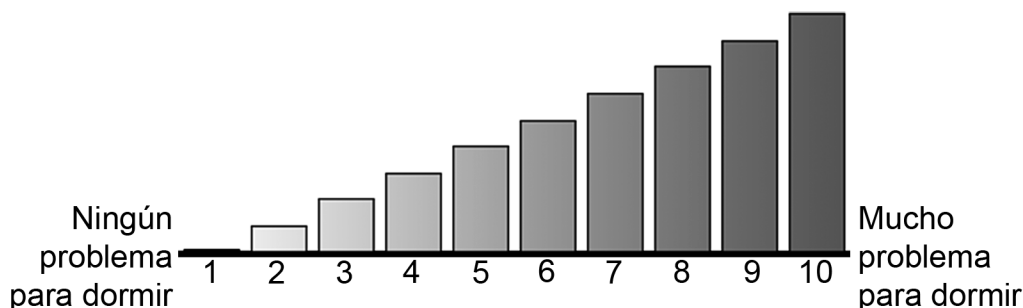




Spanish Sleep Visual Numeric

Nosotros estamos interesados en saber si Usted ha sido afectado por problemas para **dormir**. Por favor **marque** el número que mejor describa su problema para **dormir** la **semana pasada**:



Scoring

The score is the number circled or histogram marked (radio buttons below the numbers are used on the Internet version). Scores range from 0 to 10, with the higher score indicating more sleep problems. If two consecutive numbers are circled, score the higher (more sleep problems) number, if two non-consecutive numbers are circled, do not score.

Characteristics

Tested on 213 Spanish-speaking subjects with chronic conditions.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-10	4.24	3.57	—	NA

Source of Psychometric Data

Spanish-speaking participants in the U.S. National Chronic Disease Self-Management Study. Study described in Ory MG, Ahn S, Jiang L, et al. National study of chronic disease self-management: six month outcome findings. Journal of Aging and Health. 2013 [in press].

Comments

This scale is a modified version of the visual analog scale. We found that this scale is easier for subjects to use, resulting in less missing and unclear responses. Available in English.

References

Unpublished at this time.

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