

## **CHILDREN’S SLEEP HABITS QUESTIONNAIRE (ABBREVIATED)**

### **Reference**

Owens, J. A., Spirito, A., & McGuinn, M. (2000). The Children’s Sleep Habits Questionnaire (CSHQ): Psychometric properties of a survey instrument for school-aged children. *Sleep, 23*(8), 1-9.

### **Secondary Reference**

Seifer, R., Sameroff, A. J., Dickstein, S., Hayden, L. C., & Schiller, M. (1996). Parental psychopathology and sleep variation in children. *Child and Adolescent Psychiatric Clinics of North America, 5*(3), 715-727.

### **Companion Documents**

*Children’s Sleep Habits Q (Original)*

*Children’s Sleep Habits Q (Original) with coding*

### **Description**

The 45-item *Children’s Sleep Habits Questionnaire* is a parent-report sleep screening instrument designed for school-aged children, revised by Owens et al. (2000) from the original version developed by Siefer et al. (1996). Items reflect a number of key sleep domains reflected in clinical sleep complaints. Most items are rated on a 3-point scale ranging from 1 = *rarely* to 3 = *usually*. The respondent also provides the child’s bedtime, usual amount of sleep each day, length of night wakings, and time that child usually awakens in the morning. The instrument is available at <http://www.kidzzsleep.org/researchinstruments.htm>

Owens et al. (2000) grouped the items conceptually to form eight subscales: Bedtime Resistance, Sleep Onset Delay, Sleep Duration, Sleep Anxiety, Night Wakings, Parasomnias, Sleep-Disordered Breathing, and Daytime Sleepiness. A Total Sleep Disturbance score is the mean of all items on the subscales. Internal consistency estimates (Cronbach’s coefficient alpha) for the subscales ranged from .36 to .70 in a community (nonclinical) sample of children ages 4-10 years. Test-retest reliability estimates for a 2-week interval ranged from .62 to .79. Evidence of validity is reported in terms of the measure’s ability to discriminate between community samples and clinical samples of children with sleep disturbances.

Modifications: The *Children’s Sleep Habits Questionnaire*, identified as *Your Child’s Sleep Habits* in the site-specific questionnaire battery, was modified for administration to study participants. Only a subset of items was administered, and the response scale was expanded to 5 points (1 = *always*, 5 = *never*).

### **Administration: 54 months**

An abbreviated version of this measure was administered at 54 months to mothers ( $n = 89$ ) during the common protocol lab visit. A different abbreviated version was administered to mothers as part of the common protocol at Grades 3 & 6.

### **Scoring**

Given the poor reliability of most subscales in the original measure and our use of an abbreviated

version, we computed only a total score. Four items had very low ( $< .10$ ) item-to-total correlations and are omitted from the total score.

Mean of 18 items: 1, 2, 3, -4, -5, -7, -8, 10, -11, -12, -14, -15, -16, -17, -18, -20, -21, -22. A higher score reflects more sleep problems.

**M54SLEEP**

$N = 89$ ,  $M = 2.04$ ,  $SD = 0.41$ , range = 1.39-3.94,  $\alpha = .80$

Additional variables are available in the raw data set. For bedtime and wake-up time variables, times are keyed to military time. If the time is other than on the hour, 15 minutes is entered as 0.25, 30 minutes is entered as 0.50, and 45 minutes is entered as 0.75. For example, 8:00 p.m. = 20.00, 8:15 p.m. = 20.25, 8:30 p.m. = 20.50, 8:45 p.m. = 20.75.

**WKNIGHTB** = bedtime on weeknights

$N = 84$ ,  $M = 20.47$ ,  $SD = 0.66$ , range = 19-22.5

**WEEKENDB** = bedtime on weekend nights

$N = 82$ ,  $M = 21.12$ ,  $SD = 0.85$ , range = 19-23

**SLEEPAMT** = child's usual amount of sleep, inclusive of nighttime sleep and daytime naps

$N = 88$ ,  $M = 10.47$ ,  $SD = 1.08$ , range = 6-12.5

**NAPMIN** = number of minutes child usually naps

$N = 81$ ,  $M = 53.89$ ,  $SD = 37.22$ , range = 0-120

**WEEKDAYW** = wake-up time on weekdays

$N = 89$ ,  $M = 7.04$ ,  $SD = 0.75$ , range = 5.5-9.5

**WEEKENDW** = wake-up time on weekends

$N = 88$ ,  $M = 7.65$ ,  $SD = 0.95$ , range = 6-11.5

**Analysis Data Set**

SS54MO

**Raw Data Set**

M54SLP