

## RELIABILITY AND VALIDITY OF THE CHINESE TRANSLATION OF INSOMNIA SEVERITY INDEX (C-ISI) IN CHINESE PATIENTS WITH INSOMNIA

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**Introduction:** The Insomnia Severity Index (ISI) is a Questionnaire to screen insomnia in clinics; so, it has been translated to many languages.

**Objectives:** To determine the Reliability and validity of the Chinese Translation of Insomnia Severity Index (C-ISI) in patients with Insomnia and compare it with Chinese version of Pittsburgh Sleep Quality Index (C-PSQI).

**Aims:** To show the Reliability and validity of C-ISI for using it in Chinese speakers.

**Method:** English version ISI was translated into Chinese based on standard guidelines then Chinese version was filled in 83 patients with insomnia as a clinical group and 45 persons without sleep complaints as the control group by themselves in the Neuropsychiatry Department of DongzhiMen hospital. For finding Test-Retest reliability they refilled ISI questionnaire 2 weeks later.

**Results:** Cronbach- $\alpha$  coefficient of C-ISI for the clinical group, control group and both of them was 0.72, 0.75 and 0.91 respectively. The C-ISI component and total scores in test were significantly correlated with their related components and total scores in re-test ( $P < 0.05$ ). Mean Ranks for All C-ISI components, total score were significantly higher in clinical group than control group that presents low sleep quality in clinical group. There are significant correlations between C-ISI component and total scores and C-PSQI components and Total scores in related items.

**Conclusions:** C-ISI has acceptable reliability and good sensitivity for assessing insomnia patients; besides, C-ISI can evaluate the insomnia patients similar to the PSQI-C so it can be used as a good scale to measure sleep quality in Chinese speakers.