

# Pittsburgh Insomnia Rating Scale (PIRS)

## Form Administration Instructions, References, and Scoring

### Form Administration Instructions

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### **Terms of Use**

The PIRS is copyrighted by the University of Pittsburgh. A key stipulation regarding its use is that no patient or research subject may be charged for using it. Minor modification of formatting (e.g. using checkboxes instead of numbers to circle) is permitted. The first item must be exactly 100 mm in length. Items must occur in their original sequence, as this aspect is a deliberate design feature. The PIRS is only a one-week (7 day) questionnaire. Exact item wording may not be changed. With these stipulations, the PIRS is available as an open resource.

For more information on the use of this form, please contact:

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### Reference

Moul DE, Pilkonis PA, Miewald JM, Carey TJ, Buysse DJ: Preliminary study of the test-retest reliability and concurrent validities of the Pittsburgh Insomnia Rating Scale (PIRS). *Sleep* 25(Abstract Supplement):A246-247, 2002.

### Scores – reportable in publications

<b>PIRSDISTRS</b>	<b>DISTRESS SCORE</b> Q1 + Q2 + Q3 + Q4 + Q5 + Q6 + Q7 + Q8 + Q9 + Q10 + Q11 + Q12 + Q13 + Q14 + Q15 + Q16 + Q17 + Q18 + Q19 + Q20 + Q21 + Q22 + Q23 + Q24 + Q25 + Q26 + Q27 + Q28 + Q29 + Q30 + Q31 + Q32 + Q33 + Q34 + Q35 + Q36 + Q37 + Q38 + Q39 + Q40 + Q41 + Q42 + Q43 + Q44 + Q45 + Q46 Minimum Score = 0 (not bothered); Maximum Score = 138 (severely bothered)
<b>PIRSPARAM</b>	<b>SLEEP PARAMETERS SCORE</b> Q47 + Q48 + Q49 + Q50 + Q51 + Q52 + Q53 + Q54 + Q55 + Q56 Minimum Score = 0 (good sleep); Maximum Score = 30 (disrupted sleep)
<b>PIRSQOL</b>	<b>QUALITY OF LIFE SCORE</b> Q57 + Q58 + Q59 + Q60 + Q61 + Q62 + Q63 + Q64 + Q65 Minimum Score = 0 (excellent); Maximum Score = 27 (poor)
<b>PIRSTOT</b>	<b>TOTAL SCORE</b> Q1 + Q2 + Q3 + Q4 + Q5 + Q6 + Q7 + Q8 + Q9 + Q10 + Q11 + Q12 + Q13 + Q14 + Q15 + Q16 + Q17 + Q18 + Q19 + Q20 + Q21 + Q22 + Q23 + Q24 + Q25 + Q26 + Q27 + Q28 + Q29 + Q30 + Q31 + Q32 + Q33 + Q34 + Q35 + Q36 + Q37 + Q38 + Q39 + Q40 + Q41 + Q42 + Q43 + Q44 + Q45 + Q46 + Q47 + Q48 + Q49 + Q50 +

Q51 + Q52 + Q53 + Q54 + Q55 + Q56 + Q57 + Q58 + Q59 + Q60 + Q61 + Q62 +  
Q63 + Q64 + Q65  
Minimum Score = 0 (good); Maximum Score = 195 (bad)

**PIRSDSTRS\_M**     **DISTRESS SCORE (2 OF 46 ALLOWED MISSING)**  
IF CNTP1 >= 44, THEN (SUMP1 / CNTP1) \* 46 ELSE set value to Null  
Minimum Score = 0 (not bothered); Maximum Score = 138 (severely bothered)

**PIRSPARAM\_M**     **SLEEP PARAMETERS SCORE (1 OF 10 ALLOWED MISSING)**  
IF CNTP2 >= 9, THEN (SUMP2 / CNTP2) \* 10 ELSE set value to Null  
Minimum Score = 0 (good sleep); Maximum Score = 30 (disrupted sleep)

**PIRSQOL\_M**     **QUALITY OF LIFE SCORE (1 OF 9 ALLOWED MISSING)**  
IF CNTP3 >= 8, THEN (SUMP3 / CNTP3) \* 9 ELSE set value to Null  
Minimum Score = 0 (excellent); Maximum Score = 27 (poor)

**PIRSTOT\_M**     **TOTAL SCORE (4 OF 65 ALLOWED MISSING)**  
IF (CNTP1 + CNTP2 + CNTP3) >= 61, THEN (SUMP1 + SUMP2 + SUMP3) /  
(CNTP1 + CNTP2 + CNTP3) \* 65 ELSE set value to Null  
Minimum Score = 0 (good); Maximum Score = 195 (bad)

**Preliminary calculations - used in computing the scores above**

**SUMP1**     Q1 + Q2 + Q3 + Q4 + Q5 + Q6 + Q7 + Q8 + Q9 + Q10 + Q11 + Q12 + Q13 + Q14 +  
Q15 + Q16 + Q17 + Q18 + Q19 + Q20 + Q21 + Q22 + Q23 + Q24 + Q25 + Q26 +  
Q27 + Q28 + Q29 + Q30 + Q31 + Q32 + Q33 + Q34 + Q35 + Q36 + Q37 + Q38 +  
Q39 + Q40 + Q41 + Q42 + Q43 + Q44 + Q45 + Q46

**SUMP2**     Q47 + Q48 + Q49 + Q50 + Q51 + Q52 + Q53 + Q54 + Q55 + Q56

**SUMP3**     Q57 + Q58 + Q59 + Q60 + Q61 + Q62 + Q63 + Q64 + Q65

**CNTP1**     Count of non-missing items among Q1, Q2, Q3, Q4, Q5, Q6, Q7, Q8, Q9, Q10, Q11,  
Q12, Q13, Q14, Q15, Q16, Q17, Q18, Q19, Q20, Q21, Q22, Q23, Q24, Q25, Q26,  
Q27, Q28, Q29, Q30, Q31, Q32, Q33, Q34, Q35, Q36, Q37, Q38, Q39, Q40, Q41,  
Q42, Q43, Q44, Q45, Q46

**CNTP2**     Count of non-missing items among Q47, Q48, Q49, Q50, Q51, Q52, Q53, Q54, Q55,  
Q56

**CNTP3**     Count of non-missing items among Q57, Q58, Q59, Q60, Q61, Q62, Q63, Q64, Q65