

Pittsburgh Insomnia Rating Scale-20 Item Version (PIRS_20)
Form Administration Instructions, References, and Scoring

Form Administration Instructions

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The PIRS_20 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. Items must occur in their original sequence, as this aspect is a deliberate design feature. The PIRS_20 is only a one-week (7 day) questionnaire. Exact item wording may not be changed. With these stipulations, the PIRS_20 is available as an open resource.

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

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Reference

Not currently available.

Scores – reportable in publications

PIRS_20TOT	TOTAL SCORE
	Q1 + Q2 + Q3 + Q4 + Q5 + Q6 + Q7 + Q8 + Q9 + Q10 + Q11 + Q12 + Q13 + Q14 + Q15 + Q16 + Q17 + Q18 + Q19 + Q20
	One missing item is allowed....pro-rate if missing one item....i.e. (sum/count)*20
	Minimum Score = 0 (good); Maximum Score = 60 (bad)