

Development of Sleep Disorders Scale through Expert Opinion

Nudra Malik * Amina Muazzam**

Abstract

The purpose of this study was to develop an indigenous Sleep Disorders Scale for identifying the symptoms and prevalence of sleep disorders among Pakistani population. Beginning with an extensive review of the literature, the symptoms of the sleep disorders were identified. Interviews with sleep specialists and sleep disorders' patients were also conducted. An initial pool of items based on the symptoms list obtained from both the sources was generated. Four focus groups were carried out to identify symptoms and general sleep disturbances. Finally, a scale consisting of 81 items was developed. Four experts were then asked to examine the developed scale. Using expert opinion, the items were revised according to their fidelity to the relevant construct and the scale was finalized. A pilot study was conducted and the Cronbach's alpha of the scale was highly reliable ($\alpha = .94$). There is no such scale in use in Pakistan which identifies the symptoms of all main categories of sleep disorders. This scale could be used to screen individuals for sleep disorders and treat them timely.

Keywords: sleep disorders scale, scale development, focus groups, expert opinion

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Nudra Malik Assestant Prof Applied Psychology Department Lahore College for Women
University Lahore nudramalik@gmail.com

Amina Muazzam Assestant Prof Applied Psychology Department Lahore College for Women
University Lahore

Aamnakhawar786@yahoo.ca