VALIDATION OF THE BRAZILIAN PORTUGUESE VERSION OF THE PITTSBURGH SLEEP QUALITY INDEX

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Introduction: The Pittsburgh Sleep Quality Index (PSQI) is a questionnaire that assesses sleep quality and disturbances over a 1-month period. Objetive: Validate a Brazilian Portuguese version of the PSQI (PSQI-BR). Methods: The PSQI-BR was developed according to these steps: (a) translation, (b) back-translation, (c) comparison between translation and back-translation and (d) pretest in bilingual individuals. The PSQI-BR was applied to patients who were submitted to overnight polysomnography with clinical suspicion of obstructive sleep apnea syndrome (OSAS) or insomnia. A group of patients with depression and a control group were included. The control group was composed of subjects with a history of normal sleep habits, without noticed snoring. Results: A total of 83 patients and 21 controls completed the questionnaire and were submitted to overnight polysomnography. The groups included 43 patients with OSAS, 21 with insomnia, 19 with depression and 21 controls. The mean (±SD) PSQI-BR score was 8.1 ± 4.0 for patients with OSAS, 12.8 ± 3.7 for insomnia patients, 14.5 ± 3.7 for those with depression and 2.5 ± 2.0 for control subjects. The one-way ANOVA demonstrated significant differences in PSQI-BR scores across the four diagnostic groups ($p < 0.001$). Post hoc tests between paired groups showed that scores for OSAS, depression and insomnia were significantly higher than for controls ($p < 0.05$). PSQI-BR scores for insomnia did not differ from those obtained for depression ($p > 0.05$), but both were higher than for OSAS ($p < 0.05$). Conclusions: PSQI-BR is a valid and reliable instrument for the assessment of sleep quality and equivalent to its original version when applied to individuals who speak the Brazilian Portuguese language.