

**THOUGHTS DURING PERIODS OF INSOMNIA IN OLDER INDIVIDUALS: CODING MANUAL**

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## PREAMBLE

This manual emerged from our studies of good and poor sleep in older individuals. Respondents indicated their thoughts about the following situations: when trying to fall asleep after going to bed, when waking up in the middle of the night, when awakening too early in the morning, when participating in an analogue study of sleep. Thoughts in our studies were either written down by the respondent or by an interviewer. After thoughts were listed, the respondent was instructed to indicate, for each thought, whether it was mainly positive, mainly negative, both positive and negative (depending on the circumstances), or neutral.

## EACH THOUGHT IS CODED FOR

**CONTENT:** one category for each thought is selected from the list below

**VALENCE:** positive, negative, both, neutral

**WORRY:** in the case of negative thoughts, the presence or absence of worry (W)

## SUMMARY OF CONTENT CODES

- |                      |                                |  |
|----------------------|--------------------------------|--|
| 1. <u>(EN)</u>       | Environment                    | - conditions, noises, atmosphere in room, process of the study |
| 2. <u>(R)</u>        | Relaxation                     | - feeling sleepy, relaxed, peaceful, quiet, dozing off         |
| 3. <u>(I) (W)</u>    | Insomnia (Worry)               | - one's insomnia problem, its consequences                     |
| 4. <u>(S:H) (W)</u>  | Self: Health (Worry)           | - one's own health status                                      |
| 5. <u>(FUT:S)</u>    | Future: Short Term             | - events/activities of the next day, week                      |
| 6. <u>(FUT:L)</u>    | Future: Long Term              | - plans, upcoming activities (> 1 week)                        |
| 7. <u>(PAS:S)</u>    | Past: Short Term               | - events/activities of the day, previous week                  |
| 8. <u>(PAS:L)</u>    | Past: Long Term                | - events/activities in the distant past (> 1 week)             |
| 9. <u>(FF:H) (W)</u> | Friends/Family: Health (Worry) | - health status of friends or family                           |
| 10. <u>(FF)</u>      | Friends/Family: Nonspecific    | - friends, family members                                      |
| 11. <u>(A)</u>       | Activities                     | - volunteer work, job, chores                                  |
| 12. <u>(S)</u>       | Self: Nonspecific              | - person's own situation, circumstances, personality, etc.     |
| 13. <u>(E)</u>       | Entertainment                  | - reference to a story, book, tape, radio/TV program           |
| 14. <u>(C)</u>       | Current Affairs                | - politics, world conditions                                   |
| 15. <u>(P)</u>       | Prayer                         | - reference to praying   |
| 16. <u>(T)</u>       | Time                           | - thoughts about the passage of time                           |
| 17. <u>(AF)</u>      | Affect                         | - positive/negative mood descriptions                          |
| 18. <u>(M)</u>       | Miscellaneous                  | - thoughts not classified elsewhere                            |
| 19. <u>(N)</u>       | No Thoughts                    | - respondent <u>indicates</u> that he/she had no thoughts      |

## CODING RULES

### CONTENT

Hierarchy of content scoring categories: If a thought also fits a category which has a number lower than another category that fits (i.e., comes earlier on the list), use the category which comes earlier [e.g., "remembering a pleasant day spent with friends yesterday" would be coded (PAS:S), not (FF) or (AF)].

Order of coding "problems:" Code what respondents describe as "problems" in the order below when it is not clear what type of problem is involved (e.g., not a future or a health problem). Generally, negative depictions of "problems" are coded worry (W).

1. Activities (A)
2. Self: Nonspecific (S)
3. Affect (AF)

### VALENCE

Coding of valence: Generally, respondents themselves indicate whether a thought is mainly positive, negative, both, or neutral. Code valence for items where valence was not indicated by the respondent only for those thoughts where you are absolutely certain about the decision. Otherwise, do not code valence.

### WORRY

Scoring worry (W): Generally, negative thoughts in the following categories are coded (W): Self: Health, Friends/Family: Health, Insomnia. Specific thoughts in other categories which meet Andrews and Borkovec's (1988) definition are also coded worry: reference to uncertain future outcomes, rumination about past events or losses, thoughts reflecting hopelessness about the future.

## CODING DEFINITIONS AND EXAMPLES

1. **Environment (EN)** - reference to conditions, noises, atmosphere in room, process of the study [situation where sleep / the study (research or sleep lab) takes place]

"Not as comfortable here as I'd like to be"  
"Being here in this room"  
"The hum of the air conditioner"  
"When my participation in this study would be over"

2. **Relaxation (R)**: reference to feeling sleepy, relaxed, peaceful, quiet, dozing off

"Ready to go to sleep, relaxed"  
"Relaxing of body"  
"What is it that makes me feel so relaxed?"  
"Started to doze off"

3. **Insomnia (I) (W)**: reference to one's insomnia problem and its consequences. Negative thoughts are usually coded (W) for worry.

"I worry about not falling asleep" (W)  
"I wish I could sleep"  
"I hope I'll sleep tonight"  
"I'll be a wreck tomorrow" (W)  
"How long before I fall asleep tonight"

4. **Self: Health (S:H) (W)**: reference to one's own health, status and illnesses. Negative thoughts are usually coded (W) for worry.

"My own health - I hope I never become dependent" (W)  
"I think about my health" (W)  
"My upcoming doctor's appointment" (W)  
"Will I still be able to walk next year at this time?"

5. **Future: Short Term (FUT:S)**: reference to events/activities of the next day or week

"Thinking of what I will have for lunch"  
"If I'm parked on this side of the street, will I get a ticket?"  
"Plans for next week"  
"I'm concerned that tomorrow will be very hard for me" (W)  
"What I am going to do tomorrow?"

6. **Future: Long Term (FUT:L)**: reference to plans or upcoming activities in the future (> 1 week)

"Try to formulate future plans"  
"Future trips"  
"Whether I will be able to cope with future problems" (W)  
"What will happen to me in future as I get older?" (W)  
"How long do I have to live"

7. **Past: Short Term (PAS:S)**: reference to events/activities of the day or previous week

"What happened during the day"  
"Review activities of the day"  
"Worry about things I have not done" (W)  
"Last week was very hectic"

8. **Past: Long Term (PAS:L):** reference to events/activities in the past (> 1 week)

- "Things that happened many years ago"
- "Past trips"
- "Past events in my life"
- "Think of happy times I have had during the past years"

9. **Friends/Family: Health: (FF:H) (W):** reference to health status of friends or family - those who are ill or disabled or who have positive health outcomes. Negative thoughts are usually coded (W) for worry.

- "My sister's health - she is handicapped" (W)
- "Friends who are ill or distressed" (W)
- "My husband's illness" (W)
- "My brother's miraculous recovery from surgery"

10. **Friends/Family: Nonspecific (FF):** reference to friends, family members

- "What my wife is doing"
- "Worry about children's problems" (W)
- "About my children and their friends"
- "My two boys and their well being"

11. **Activities (A):** reference to volunteer work, job, chores, recreation, housework, etc. [if doctor's appointment, or health related, code (S:H). If activity is time linked, code (FUT:S), (FUT:L), (PAS:S), or (PAS:L)].

- "Thinking I should buy a reclining chair"
- "How I might improve some of the activities I am presently engaged in"
- "My activities - volunteer work"
- "Poor bridge hands"
- "Something I am trying to memorize"

12. **Self: Nonspecific (S):** reference to person's own situation, circumstances, personality, etc. [code (A) if thought r to activities]

- "I'm not used to just sitting with nothing to do"
- "I'm highly motivated"
- "I'd better not let myself get nervous"
- "What to do about certain of my problems" (W)
- "I miss sleeping with my late husband"
- "Will I ever meet anyone again"
- "My financial problems" (W)
- "I don't like being alone"

13. **Entertainment (E):** reference to recalling, trying to remember, or attending to a story, book, audiobook, tape, radio/TV program while trying to fall asleep [if the dominant thought is about current affairs, rather than about the medium or the entertainment value of the story, code (C).]

- "About a TV program - trying to remember the names of characters"
- "Trying to follow the story line of a radio play"
- "Something I read"
- "Concentrating on what I'm listening to"

14. **Current Affairs (C)**: reference to politics, world conditions

- "Started thinking about the war"
- "Political events - TV, newspaper items about the flood"
- "The state of the world"

15. **Prayer (P)**: reference to praying

- "I pray"

16. **Time (T)**: reference to thoughts about the passage of time [if the time element refers to the insomnia problem, it should be coded (IN). If time thought is related to events/activities, code (FUT:S), (FUT:L), (PAS:S), or (PAS:L)].

- "How long conversation would last"
- "Visualized clock with sweeping hand"
- "Wonder how much longer"
- "How quickly time goes when I'm busy"

17. **Affect - Positive/Negative (AF)**: positive/negative mood descriptions, thoughts which are positive or negative but do not fit any category above

- "Feeling comfortable and lucky" (+)
- "Anticipation of pleasant things" (+)
- "Thankful for what I am" (+)
- "I fantasize about happy times" (+)
- "Death" (-)
- "Felt bored" (-)

18. **Miscellaneous (M)**: thoughts which do not fit any of the categories above

- "Thinking about the imprint on the chair and the shape it made"
- "Random thoughts"
- "What is the purpose of life?"
- "Mind starts to wander"

19. **No Thoughts (N)**: respondent indicates that he/she had no thoughts and there are no other coded thoughts

- "My mind was blank"
- "Nothing"

#### REFERENCES

Andrews, V.H. & Borkovec, T.D. (1988). The differential effects of inductions of worry, somatic anxiety, and importance of emotional experience. Journal of Behaviour Therapy & Experimental Psychiatry, 19(1), 21-26.

Tallying rules for our study of thoughts:

1. If more than one thought per content category (same valence), then list once under 'Type of Cognition' section. Include the number of all such discrete thoughts indicated by the respondent when tallying in 'Total Thoughts' section.
2. If more than one thought per content category (different valence), then list as many times as appropriate (positive, negative) in 'Type of Cognition' and in 'Total Thoughts' sections.
3. If a thought has a valenced and a neutral code, list the valenced code in 'Type of Cognition' section and both codes in 'Total Thoughts' section.
4. Category 19 (N) No Thoughts: use only if respondent reports no other coded thoughts and indicates that he/she had no thoughts.
5. Possible codes: A+/- = A+ and A-  
A+, A-  
A(W) = A-(W)  
A = A neutral = (A∅)