

**Suleiman, K.,** Al-Hadid, L., Duhni, A. (2012). Psychometric Testing of the Arabic Version of the Pittsburgh Sleep Quality Index (A-PSQI) among Coronary Artery Disease Patients in Jordan. *Journal of Natural sciences Research*, 2(8), 15-19.

Abstract

The purpose of this study was to test the Arabic version of the Pittsburgh Sleep Quality Index (PSQI) among cardiac patients in Jordan. The data was collected from 130 Arabic cardiac patients during their routine visit to the cardiology clinic using the Arabic versions of the Pittsburgh Sleep Quality Index, the Insomnia Severity Index and the Medical Outcome Study Short Form 36. The mean Pittsburgh Sleep Quality Index score was 9.14 (SD = 2.34). Internal consistency reliability was 0.74. The correlations between the global Pittsburgh Sleep Quality Index score and the components ranged from .25 to .49. Also, PSQI showed a moderate correlation with the Insomnia Severity Index scores ( $r = .36, p < .001$ ), and a small negative correlation with Medical Outcome Study Short Form 36 pain subscale ( $r = -.19, p = .032$ ). Psychometric estimates show that the Pittsburgh Sleep Quality Index is reliable and valid for measuring sleep disturbances among Arabic clinical population.

Keywords: Reliability, validity, cardiac, sleep