

## BISQ Questionnaire for Infant Sleep Assessment: translation into brazilian portuguese

*Questionário BISQ para Avaliação do Sono na Primeira Infância: tradução  
linguística para português brasileiro*

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### ABSTRACT

The aim of this article was the translation into Portuguese of the Brief Infant Sleep Questionnaire (BISQ), a tool for screening sleep disorders in infants and toddlers (0-3 years). After obtaining the consent from the author (Avi Sackell), two bilingual professionals translated the questionnaire into Portuguese. Later, two other bilingual professionals performed the back translation into English. The best version of BISQ was chosen in a consensus meeting. The translation of BISQ into Portuguese will allow effective screening and thus a greater number of children with sleep disorders could be diagnosed by pediatricians in Portuguese-speaking countries.

**Keywords:** infant, questionnaires, sleep disorders.

### RESUMO

Este estudo teve como objetivo efetuar a tradução para português do "Brief Infant Sleep Questionnaire (BISQ)", instrumento para triagem de distúrbios do sono em lactentes e primeira infância (0-3 anos). Após obtenção da autorização do autor (Avi Sackell), dois tradutores profissionais realizaram a versão para português e outros dois fizeram a retro-tradução. A melhor versão do questionário foi decidida por consenso. A tradução do BISQ para português vai possibilitar uma triagem efetiva e que maior número de crianças com distúrbios do sono sejam identificadas por pediatras de países lusófonos.

**Descrições:** distúrbios do sono, lactente, questionários.

### INTRODUCTION

The value of clinical attention to pediatric sleep is increasingly being recognized. This is due to the growing evidence of high prevalence of sleep disorders among children and the effects of disrupted or insufficient sleep on somatic and behavioral development<sup>(1)</sup>.

The consolidation of sleep during the night, the "sleeping through the night," is a rapid process of maturation that occurs during the first year of life<sup>(2)</sup>. However, some studies have shown that 20 to 30% of infants and small children face difficulties in this process. Thus, their sleep is still fragmented, manifested in multiple and prolonged awakenings during the night<sup>(3,4)</sup>.

Sleep disorders are among the most common complaints reported in pediatric practice. In most cases, a detailed

clinical history enables establishing a proper diagnosis allowing the physician to estimate the severity of the problem and offer proper care<sup>(5)</sup>.

The complaint of sleep disorders is generally not considered for parents a medical issue. In addition, routine pediatric medical history does not evaluate sleep and potential sleep disorders. However, it is known that the persistence of sleep disorders that begin in childhood may be associated with behavioral and emotional problems at school age and adolescence. Therefore, the approach to such disorders should be a priority in pediatric care<sup>(6,7)</sup>.

Sleep questionnaires are useful tools to assess sleep because they allow the measurements to become standardized and reproducible. When selecting a sleep questionnaire attention should be given to some factors: if the components are clear, if it is easy to understand and apply and if the time required for the application of such an instrument is appropriate<sup>(8)</sup>.

In order to attempt a categorization of sleep disorders in children, Bruni and collaborators developed the Sleep Disturbance Scale for Children (SDSC) for use in school-age children. This scale is able to differentiate among conditions such as disorders of initiating and maintaining sleep, sleep breathing disorders, disorders of arousal, sleep-wake transition disorders, excessive somnolence and sleep hypersychosis<sup>(9)</sup>. This questionnaire was lately translated and validated for Brazilian Portuguese, however it is not adequate to use for infants or toddlers, due to its original design<sup>(10)</sup>.

Several other sleep questionnaires intended to be filled by parents have been developed and validated, including the Pediatric Sleep Questionnaire (Chervin et al., 2005) and the Sleep Habits Questionnaire for Children (Owens et al., 2000)<sup>(11,12)</sup>. However, most of them are not available in Portuguese.

The objective of this study was the translation into Portuguese of the Brief Infant Sleep Questionnaire (BISQ), an instrument used in several countries for sleep assessment

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