

TÍTULO: THE NIGHTTIME FEARS SCALE

DESCRIPTION

The Nighttime Fear Scale (EMN-21) is a specific instrument to assess fear of the dark in children aged 8 to 12 years. The construction of the scale was based on previous relevant research and on the clinical experience of its creators in interventions for anxiety and fears in childhood and adolescence.

The scale has shown excellent psychometric properties in children aged 8 to 12 years in a study involving 794 schoolchildren and which was published in the Journal of Anxiety Disorders. This is the only scale available in Spanish to assess night fears that has psychometric properties that guarantee its usefulness.

It is made up of 21 items that examine the fears that children may have at night, grouping the items into 4 subscales:

- (a) Fear of nocturnal characteristics and distressing experiences (8 items): the items examine stimuli related to darkness, as a characteristic of the night, and that can generate fear. For example,

remembering a scary story that I have been told or hearing strange noises.

- (b) Fear of loss or separation from the family (8 items): these refer to stimuli related to the loss or absence of attachment figures and other family members. For example, thinking that something bad could happen to someone in my family or that something bad could happen to me.
- (c) Fear of imaginary stimuli (4 items): refers to imaginary stimuli that may be likely to generate fear, for example, monsters or vampires.
- (d) Fear of real stimuli (4 items), such as a burglar breaking in while we are sleeping or a stranger in my room.

An additional item is also included, so that the child indicates if there is something else that scares him. The items of the Nighttime Fears Scale are scored in a response range from 0 (not at all afraid) to 4 (very afraid).

BUSINESS APLICATION SECTORS

The Nighttime Fears Scale is a very useful screening tool for mental health professionals. It is an adequate resource to assess the fears of children at night and offers information to the professional about the feared stimuli or certain situations, which is a great help for intervention. Fear of the dark and of situations related to it is one of the most frequent in childhood, with significant negative repercussions for the child and his/her family, so detection through resources such as the one proposed that facilitates subsequent treatment is very necessary.

TECNICAL ADVANTAGES AND BUSINESS BENEFITS

The main advantage of the scale is that it is a specific evaluation instrument that allows the detection of children with night fears so that they receive appropriate psychological intervention. It has the advantage that it is a short, 21-item scale that is easy to apply and that children can answer in approximately 15 minutes. It is made up of four subscales that allow knowing the specific stimuli feared by children, better guiding the intervention of the case. In addition, it has good psychometric properties that guarantee that it is a reliable and valid scale. The scale has cut-off points for the total score and the subscales for Spanish children aged 8 to 12 years, helping to determine that the child's night fears are significant and require intervention.

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TECHNOLOGY DEVELOPMENT LEVEL

The Nighttime Fears Scale has already been developed and its effectiveness in detecting children with night fears has been tested in a study with nearly 800 schoolchildren aged 8 to 12 years. It can be used by mental health professionals who wish to do so, both in the public and private spheres.

INTELLECTUAL PROPERTY RIGHTS

The scale is registered in the Intellectual Property Registry and the creators of the scale are Mireia Orgilés, Alexandra Morales, Iván Fernández and José Pedro Espada, professors at the Miguel Hernández University of Elche.

COLABORATION SEARCHED

In addition to collaborating with mental health professionals who wish to do so, the researchers, in order to make the scale more useful, are open to collaborating with other international research groups that translate the instrument and carry out validation studies in their countries.

RELATED IMAGES

BAREMOS PARA LA PUNTUACION TOTAL (8-12 años)

	Total	Niño	Niña
Puntuación máxima	84	84	84
	3,13	41,81	
	6,96	15,95	
	5,11	76	
	7,55	67,65	
	65	63	
	60	60	
	58	56,60	
	5	53	
	8	50	
		48	
		46	
		44	
		42	
		40	
		38	

Escala de Miedos Nocturnos

Nombre y apellidos: _____ Edad: _____

Instrucciones: Casi todos hemos sentido alguna vez miedo por la noche. Nos gustaría saber qué te asusta cuando es de noche y estás acostado...

Ahora dinos, ¿Qué te da miedo por la noche?

0 = Nada
 1 = Casi nada
 2 = Algo
 3 = Bastante
 4 = Mucho

	Nada					Mucho				
	0	1	2	3	4	0	1	2	3	4
1. Acordarme de una historia de miedo que me han contado	0	1	2	3	4	0	1	2	3	4
2. Llamar a mis padres por la noche y que no me contesten	0	1	2	3	4	0	1	2	3	4
3. Pensar que estoy solo	0	1	2	3	4	0	1	2	3	4
4. Escuchar ruidos extraños	0	1	2	3	4	0	1	2	3	4
5. Despertarme en mitad de la noche y estar a oscuras	0	1	2	3	4	0	1	2	3	4
6. Ver sombras en mi habitación	0	1	2	3	4	0	1	2	3	4

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