Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC:
SLEEP APNEA

Measure: STOP-BANG Questionnaire


1. Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?
2. Do you often feel tired, fatigued, or sleepy during daytime?
3. Has anyone observed you stop breathing during your sleep?
4. Do you have or are you being treated for high blood pressure?

Scoring: All “yes” answers receive a score of 1. Question scores are added to produce a total score (range 0-4), with extra points added for BMI >35, male gender, age >50 and neck circumference >40 mm. This allows a total score of 0-8.

Interpretation: Maximum score is 8. Total score of 3 or more indicates risk for sleep apnea. Higher scores indicate greater probability of sleep apnea. Individuals with scores of 3 or higher should be evaluated by a sleep specialist.