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## THE SANG BOK LEE TRAUMATIC DREAM SCALES FOR KOREAN COLLEGE STUDENTS

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**Aim:** To develop and validate traumatic dream scales by further utilizing The Sang Bok Lee Neurocognitive Dream Orientation Scales (Lee, Sang Bok: 2010, European Psychiatry) assessing the narrative dream contents.

**Methods:** 2450 dream were collected from 870 Korean college students, Yongin, South Korea: 445 males (M age=20.48 years, SD=1.35) and 425

females (M age=20.12, SD=1.24). The collected dreams were analyzed by The Sang Bok Lee Traumatic Dream Scales that were designed to differentiate ordinary dreams from traumatic and PTST-related dreams.

The traumatic dreams were hypothesized as having frequently recurrent, unexpected, emotionally dreadful, and not actively coped by the dreamers.

**Results:** 759 dreams (31%) of 2450 collected dreams were found as traumatic or very/extreme anxious according to The Lee Anxiety Dream Scale (Mean=4.56).

Strong positive correlation was found between 759 traumatic dreams and independent variables of traumatic dream content (unfamiliar:  $r=.86$ ,  $p=.0001$ ; accidental:  $r=.81$ ,  $p=.0001$ ; dreadful:  $r=.93$ ,  $p=.0001$ , and not coped by the dreamer:  $r=0.86$ ,  $p=.0001$ ).

**Conclusion:** The contents of The Sang Bok Lee Traumatic Dream Scales were developed and validated; the results were associated with the previous publications - "Lee Acculturation Dream Scale for Korean-American College Students" (Lee, Sang Bok, 2005: Psychological Reports, 96, 454-456),

The Sang Bok Lee Neurocognitive Dream Orientation Scales for Screening Traumatic and PTSD Related Dreams, and The Lee Anxiety Dream Scales.