

Chinese Version of the Owl and Lark Questionnaire: Paper-Pencil and Internet Administration

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Individuals' variation in their preference for the daily timing of sleep and wakefulness is known as chronotype. This study aims to examine the reliability and validity of the Chinese version of the Owl and Lark Questionnaire (OLQ; also known as the Horne and Östberg Morningness-Eveningness Questionnaire), which was developed by Horne and Östberg in 1976 and is still today the most frequently used self-evaluation instrument for chronotype. Two self-administration methods for the Chinese OLQ were studied. The paper and pencil version was studied in university students aged between 18 and 28 years and showed an internal consistency Cronbach's alpha value of .7 ($N = 213$) and a one-month-interval test-retest reliability value of .71 ($N = 28$). The internet version was administered in general adults aged between 18 and 36 years and showed a Cronbach's alpha value of .75 ($N = 660$) and a test-retest reliability value of .61 ($n = 24$) with varying test-retest intervals of 120 ~ 339 days. The OLQ scores of both the versions were negatively correlated with the mean daily bedtime and getup time, i.e., the higher the score (denoting greater circadian preference as a morning type), the earlier the bedtime and getup time. Compared to the morning type and intermediate type, the evening type had the greatest value for the difference in getup time between weekday and weekend and longest sleep duration during the weekend. Age positively and daytime sleepiness negatively correlated to morningness in the internet group. However, sex differences in OLQ scores were not found. Taken together, the results of this study support that both the paper and internet versions of the Chinese OLQ are of good reliability and validity for assessing the phase preference of individuals.

Keywords: *morningness, social jetlag, eveningness, circadian rhythms*