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Title: Sleep quality, Sleepiness and General health status of Isfahan University of Medical Sciences Students, In 2010.

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Abstract: INTRODUCTION: Sleep problems express themselves in daily living, causing difficulties in cognitive performance (learning, concentration and memory problems), mood swings and emotional distress, poor performance on the job and during leisure activities and creating a lack of general physical and mental well-being. The purpose of this study was to determine the Sleep quality, Sleepiness and General health status of Isfahan University of Medical Sciences Students, In 2010.

METHODS: This cross-sectional descriptive study comprised a sample of 500 students (M=203, F=297) from five Schools of Isfahan University of Medical Sciences. Participants completed a self-reported questionnaire that included the Pittsburgh Sleep Quality Index (PSQI), Epworth sleepiness scale (ESS), and the General Health Questionnaire (GHQ-28). A PSQI global score greater than 5 indicated insomnia.

RESULTS: Of the 500 participating students (mean age 21.6 years), Mean sleep duration was about 5.7 h and weekends 6.8 h. As defined by the PSQI, 54% of females and 50% of males in this sample were poor sleep quality. Taking 10 as ESS cut-off point, it was found that 16% of the students had a high level of sleepiness. There was a significant correlation between quality of sleep and General Health and sleepiness (P<0.001). The GHQ-28, showed of 500 students, 244 (48.8%) had poor mental health a score >23, the cutoff score. A significant association, however, was found between poor mental health and marital status and household size. (P<0.05). The most frequent symptoms were social dysfunction (79%), anxiety/insomnia (46%), somatic symptoms (28.2%) and severe depression (26.9%) Using a cut off point of >6 for the GHQ-28 score.

CONCLUSIONS: These results suggest that insomnia is very common among Isfahan college students and associated with other psychosocial factors. This study provides preliminary data on sleep quality and risk factors for insomnia, which may be used to guide sleep hygiene promotion and intervention among college students.

Key words: Sleep quality, Sleepiness, General health.

Presentation: Poster