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Investigating factors affecting the sleep quality of psychiatric patients through structural equation model

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The aim of this study was to evaluate the sleep quality and the factors affecting sleep quality of patients who were hospitalized at psychiatric ward of a university hospital in the Central Anatolia region in Turkey. This is a cross-sectional study carried out on 90 patients (85.71%) who were hospitalized at psychiatric ward between September 2011 and February 2012. The "Pittsburg Sleep Quality Index (PSQI)" was used to evaluate the sleep quality of patients in the last month. Statistical analysis was performed by using chi-square and structural equation modeling (SEM). The average of total PSQI point was 8.1 ± 4.6 (min: 1.0; max: 18.0). The sleep quality of patients' 67.8% (n=61) was poor. According to the results of the SEM, being a woman ($\beta=0.201$; $p=0.007$), the presence of sleep problems previously ($\beta=0.226$; $p=0.002$), the presence of chronic disease ($\beta=0.209$; $p=0.005$) and having a diagnosis about schizophrenia ($\beta=0.204$; $p=0.006$), depression ($\beta=0.274$; $p<0.001$), bipolar ($\beta=0.344$, $p<0.001$), anxiety ($\beta=0.213$; $p=0.004$) and personality disorders ($\beta=0.304$; $p<0.001$) had a significant effect on the poor quality of sleep. Especially having a bipolar diagnosis among the significant independent variables has more influence than any other variables. More detailed studies should be performed to solve the deterioration in sleep structure of each different psychiatric diagnosis.

Biography

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Page 48