

Table 2.

## Analysis of PSQI Scores of Patients With Schizophrenia (N = 100)

Variable	Category	Frequency (%)	Mean $\pm$ SD
Subjective sleep quality	Very good	16	1.93 $\pm$ 1.148
	Fairly good	21	
	Fairly bad	17	
	Very bad	46	
Sleep latency	Very good	3	1.88 $\pm$ .891
	Fairly good	37	
	Fairly bad	29	
	Very bad	31	
Sleep duration	> 7 h	19	1.52 $\pm$ 1.049
	6 to 7 h	33	
	5 to 6 h	25	
	< 5 h	23	
Sleep efficacy	> 85%	14	1.50 $\pm$ .937
	75%–85%	39	
	65%–74%	30	
	< 65%	17	
Sleep disturbance	Not during past month	13	1.64 $\pm$ .990
	Less than a week	34	
	Once or twice a week	29	
	$\geq$ 3 times a week	24	
Use of sleep medication	Not during past month	73	0.68 $\pm$ 1.254
	Less than a week	3	
	Once or twice a week	13	
	$\geq$ 3 times a week	11	
Daytime dysfunction	Not during past month/no problem	8	2.12 $\pm$ 1.008
	Less than a month/slight problem	21	
	Once or twice a month/somewhat a problem	22	
	$\geq$ 3 times a week/a very big problem	49	

Abbreviation: PSQI = Pittsburgh Sleep Quality Index.

# New Psqi Scoring Table

**Patricia Lynn Haynes**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## New Psqi Scoring Table:

*New advances in dietary fibers and their role in metabolic, digestive, and immune health* Junrui Cheng,Aylin Sahin,Changling Hu,Renee Korczak,2024-04-16      **New evidence on the Psychological Impacts and Consequences of Covid-19 on Mental Workload Healthcare Workers in Diverse Regions in the World** Davod Afshari,Edith Kamaru Kwobah,Krystyna Kowalczyk,Stephen X. Zhang,2023-10-16 The Covid 19 pandemic has had a significant global impact on our daily lives At the center of the pandemic are healthcare workers who have faced a great psychological burden in attempting to counter the virus in both short and long terms contexts The goal of this Research Topic is to offer new evidence on the mental health experiences of healthcare workers under the Covid 19 pandemic by taking on a broad global perspective We are particularly interested in new evidence that extends the existing meta analyses on the topic to build further knowledge

*Advances in Sport Science: Latest Findings and New Scientific Proposals* Rubén Maneiro,Mario Amatria,Xavier Iglesias,José Luis Losada,Sophia D. Papadopoulou,Hugo Borges Sarmiento,Antonio Ardá Suárez,Claudio Alberto Casal,2022-05-24      *Sleep Problems: Diagnosis, Biomarkers, Interventions, and Treatments* Haitham Jahrami,Nina Christmann,2023-10-25 Sleep medicine is a burgeoning field owing to the fact that several sleep disorders may cause and or exacerbate serious conditions like psychiatric disorders cardiovascular disease stroke type 2 diabetes and obesity and lead to an overall reduction of quality of life Also poor sleep increases community costs due to increased motor vehicle accidents and loss in productivity Furthermore while chronic sleep deprivation leads to a significant loss of quality of life short term sleep deprivation is a powerful therapeutic option for depression which emphasises the very complex and still not fully understood interaction between the physiology of sleep and psychiatric disorders      **The Journal of Rheumatology** ,2006      *Sleep Research* ,1997      *The American Journal of Psychiatry* ,2002-04      **40th Annual Meeting of the American Society of Clinical Oncology** American Society of Clinical Oncology. Annual Meeting,American Society of Clinical Oncology,2004

Cognitive Function and Excessive Daytime Sleepiness in Methamphetamine-dependent Individuals Brian Joshua Jackson,2008      A 10-year Study of Sleep Quality and Health in Older Women Cynthia Holden Phelan,2008      **Medical Uses of Statistics** John C. Bailar,John Christian Bailar (III),David C. Hoaglin,2009-07-14 Co published with the New England Journal of Medicine this book provides both the fundamental techniques and the state of the art information for a clear and current understanding of the use of statistics in the fields of medicine biostatistics and clinical research The first and second editions of this book published over a span of a quarter of a century has been widely praised as a unique contribution to the field by a gratifying number of readers Arising from the idea that readers of medicine need a clearer idea of how statistical techniques can be applied in current clinical studies the editors have reorganized revamped and added to an already cogent presentation of recent developments applicable methods and best practices in this valuable third edition This book provides both the fundamental techniques and the state of the art information for a clear and current understanding of the use of

statistics in the fields of medicine biostatistics and clinical research      *Psychosomatic medicine in general hospitals: Cross-disorder and interdisciplinary collaboration* Wenhao Jiang,Yonggui Yuan,Jessica A. Turner,Yuqun Zhang,2023-01-17

**Journal of Behavioral Medicine** ,2002      *Statistics* Michael Sullivan,2007 For algebra based Introductory Statistics Courses This very popular text is written to promote student success while maintaining the statistical integrity of the course The author draws on his teaching experience and background in statistics and mathematics to achieve this balance Three fundamental objectives motivate this text 1 to generate and maintain student interest thereby promoting student success and confidence 2 to provide extensive and effective opportunity for student practice 3 Allowing for flexibility of teaching styles Datasets and other resources where applicable for this book are available here      **Sleep Disturbance, Addiction Severity, Mood States and Stages of Change in Opiate-addicted Adults in a Therapeutic Community Residential Treatment Program** Harvey "Skip" Davis,2002      **Circadian Impact of Psychosocial Factors in Depression** Patricia Lynn Haynes,2003 Severe life events increase the risk for major depression and depression is associated with disrupted sleep However the impact of life stress on sleep has not been explored in individuals with unipolar depression This project examined the proposed association between stressful life events and sleep using the social rhythm hypothesis of depression Specifically I tested whether participants with depression when compared to normal controls have a less stable social rhythms i e less consistent daily routines that are more reactive to life stress b a greater disruption of daily sleep and activity following life stress c greater reactivity of sleep and daytime activity to disrupted social rhythms d less light exposure disrupted sleep and increased daytime motor activity Thirty nine normal controls and 39 depressed individuals participated in the study Over the course of two weeks project staff gathered actigraphic estimates of motor activity and light exposure prospective daily measures of social interactions and interview information about life events occurring in the previous 4 months Data were analyzed by logistic and linear regression techniques Results demonstrated that the presence of an event hypothesized to disrupt social rhythms in the last four months correlated with disrupted sleep continuity in depressed individuals but not in normal controls In depressed individuals only decreased sleep continuity was associated with fewer daily structured activities especially those activities with others actively involved Individuals experiencing decreased sleep continuity low daytime light exposure high in bed nighttime light exposure and a later activity acrophase had an increased likelihood of being depressed In addition individuals with more variable routines characterized by less active involvement with others were likely to be depressed These findings are consistent with the proposed model in that individuals with depression experience more sleep disruption in response to life stress than non depressed individuals At the same time daily routine does not appear to mediate the relationship between life stress and sleep Future studies are needed to determine whether this sensitivity to life stress precedes the development of depression thereby indicating a potential risk factor or etiological mechanism in the development of this disorder      *The Effects of Mood Disturbances on Sleep Quality in Oncology*

*Outpatients Scheduled to Begin Radiation Therapy* Christina N. Van Onselen,2008      *The Journal of Neuroscience* ,2009  
Linking Treatment Target Identification to Biological Mechanisms Underlying Mood Disorders Shaohua Hu,J. John  
Mann,Xiancang Ma,Chee Ng,2022-01-25      *World Review of Nutrition and Dietetics* Geoffrey Howard Bourne,Artemis P.  
Simopoulos,2003

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