

Annual Summit on

# Sleep Disorders & Medicine

August 10-12, 2015 San Francisco, USA

## The effect of sleep problems on suicidal risk among young adults in the presence of depressive symptoms and cognitive processes

**Sami Hamdan, Dafna Weis, Lee Rothenberg, Lital Moshe and David A Brent**  
Tel Aviv-Yaffo Academic College, Isarel

We aimed to investigate the effect of sleep problems, depression and cognitive processes on suicidal risk among 460 young adults. They completed self-report questionnaires assessing suicidal behavior, sleep quality, depressive symptoms, emotion regulation, rumination and impulsivity. Suicidal participants exhibited higher rates of depressive symptoms, sleep problems, expressive suppression, rumination and impulsivity. A confirmatory factor analysis model revealed pathways to suicidal risk that showed no direct pathways between sleep problems and suicidal risk. Instead, sleep was related to suicidal risk via depression and rumination which in turn increased suicidal risk. These results suggest that addressing sleep problems will be useful in either the treatment or prevention of depressive and rumination symptoms and reduction in suicidal risk.

[SAMIHAMD@MTA.AC.IL](mailto:SAMIHAMD@MTA.AC.IL)

**Notes:**