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Relationship between sleep quality and mental health according to demographics of 850 patients with COPD

Mitra Safa, Alireza Eslami Nejad¹, Fatemeh Ghassem Boroujerdi¹, Farzaneh Hajizadeh² and Maryam Pashm Foroush³

¹Shahid Beheshti University of Medical Sciences, Iran

²Masih Daneshvari Hospital, Iran

³Payame Noor University, Iran

Objective: Insomnia is a common disorder among people with Chronic Obstructive Pulmonary Disease (COPD). In this study, we aimed to study sleep problems in COPD patients hospitalized in hospital and evaluate the relationship between sleep quality and mental health, regarding demographic status.

Methods: The sample consisted of 850 patients suffering from pulmonary disease who were hospitalized in Dr. Masih Daneshvari hospital in 2015-2016. Demographic data, Pittsburgh sleep quality and mental health questionnaires, were applied in this study. Data were analyzed using descriptive statistics and independent T test, one way and two-way variance and Pearson correlation by SPSS-22 software.

Results: 53.6% of the participants were women and 46.4% were men. The mean age was 16.5 ± 53.88 years. 35.5% of patients were suffering from mild sleep disorders, 26.2% were suffering from moderate sleep disorders and 5.9% were suffering from severe sleep disorders. In terms of mental health, 33.2% of the participants were suffering from mild mental disorders, 25.7% were suffering from moderate mental disorders and 4.7% had severe mental disorders. There was a significant difference between various age groups in feeling anxious ($P.V=0.01$) and inability to stop worrying ($P.V=0.05$).

Conclusion: Sleep quality and mental health scores are different between men and women. Women suffer from sleep and mental health problems more than men. In fact, clinical care and Holistic therapy of body and mind are necessary.

anahita86@yahoo.com

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