

## Pittsburgh Sleep Quality Index Impact in COVID-19

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### EDITORIAL

Despite the prevalence of sleep complaints among psychiatric patients, few questionnaires are specifically designed to live sleep quality in clinical populations. The Pittsburgh Sleep Quality Index (PSQI) may be a self-rated questionnaire which assesses sleep quality and disturbances over a 1-month interval. Nineteen individual items generate seven "component" scores: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction. The sum of scores for these seven components yields one global score. Clinical and clinimetric properties of the PSQI were assessed over an 18-month period with "good" sleepers (healthy subjects, n=52) and "poor" sleepers (depressed patients, n=54; sleep-disorder patients, n=62). Acceptable measures of internal homogeneity, consistency (test-retest reliability), and validity were obtained. A global PSQI score greater than 5 yielded a diagnostic sensitivity of 89.6% and specificity of 86.5% ( $\kappa=0.75$ ,  $p < 0.001$ ) in distinguishing good and poor sleepers. The clinimetric and clinical

properties of the PSQI suggest its utility both in psychiatric clinical practice and research activities.

In this randomized controlled clinical trial study, all nurses in the two COVID-19 patient care units were randomly assigned to the control and intervention groups. The MBSR program was implemented online for 7 weeks for the intervention group by a trainer. The Pittsburgh Sleep Quality Index (PSQI) was completed online by the participants in both groups before and after the intervention. The results of the data analysis indicated that the intervention improved the scores of subjective sleep quality, sleep latency, and sleep efficiency in the intervention group. In the control group, there was a big increase within the many subjective sleep quality, daily performance, and therefore the total index score within the post-test. Besides, there was a big difference between the 2 groups in just two components of sleep latency and subjective sleep quality. MBSR program are often an efficient intervention to enhance the sleep quality of nurses working in COVID-19 medical care units who are in danger of sleep quality disorders in stressful situations.

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