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ABSTRACT 171

Title: Is Sleep Quality related to Psychological Distress in the Elderly?

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Background: Sleep quality in the elderly is an important aspect of sleep as sleep complaints are common and often associated with psychological conditions.

Objectives: To determine the association between sleep quality and psychological distress among elderly patients attending a primary care clinic.

Methods: Attendees aged 60 and above, at the Pusat Perubatan Primer Universiti Kebangsaan Malaysia (PPPUKM) were recruited using the universal sampling method. Instruments used were the Elderly Cognitive Assessment Questionnaire (ECAQ), Hospital Anxiety and Depression Scale (HADS) and the Pittsburgh Sleep Quality Index (PSQI). A score of 8 or more in the HADS was suggestive of psychological distress (anxiety or depression) and a global score of 5 or less in the PSQI was defined as poor sleep quality. Subjects who were suspected of having probable dementia (ECAQ score of 5 or more), having severe hearing impairment and unable to read or understand the Malay language were excluded from the study.

Results: A total of 123 subjects who met the selection criteria and given consent were recruited. The prevalence of subjects with significant poor sleep quality and psychological distress was 47.2% and 23.6% respectively. There was a significant statistical association between sleep quality and level of psychological distress ($p=0.02$). Analysis of the PSQI showed that most subjects reported 'fairly good' sleep quality (69%), had 'mild difficulty' with sleep latency (38.2%), sleep for 6-7 hours (43%) but spent 1.5 hours lying in bed before actually sleeping. Most subjects complained of 'mild difficulty' in terms of sleep disturbance (88%).

Conclusions: Almost half (47.2%) of subjects reported poor sleep quality and this was significantly associated with psychological distress ($p=0.02$).

Keywords: sleep quality, psychological distress, elderly, PSQI.