

# Suicide Ideation & Sleep Quality

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# Suicide Problem among Adolescents

- Sleep disturbances were found to be associated with suicidal idealization (Benert & Joiner, 2007). Serotonin is a neurotransmitter that plays a significant role in sleep regulation and has been identified to be relevant in studies of suicide as well. Serotonin is released when individuals wake up, reduced during sleep, and lowest during REM (rapid eye movement) sleep (Beneditti, Seretti et al, 1999)



# Hypothesis...

- less time on screens before falling asleep will have better sleep quality and higher self esteem.
- lower chances of committing suicide.





# Participants

30 adolescents ranging from ages 14-18.

15 Individuals in control group

15 individuals in experimental groups

Excluded individuals who were under medical care for disease/disorder including a sleep disorder and/or if they are taking psychiatric medications.

Used a random number generator to randomly assign participants with numbers.

Odd numbers= Experimental group

Even numbers= Control group



# Methods

All participants took a pretest during the informational session and a post test during the debriefing session.

The pretest and posttest were contrived of demographic and sleep pattern questions. Both assessments were exactly the same.

All participants filled out wake up diaries that contained scales in which they had to rate the quality of their sleep from 1 (poor sleep) to 10 (good sleep). These were filled out for seven days immediately after waking up.

Control group= No manipulations

Experimental group= 30 minutes without smart screen technology + filling out sleep diaries

Sleeping diaries did not include any questions or structure. Participants were encouraged to record whatever was on their minds/how they felt about their days.



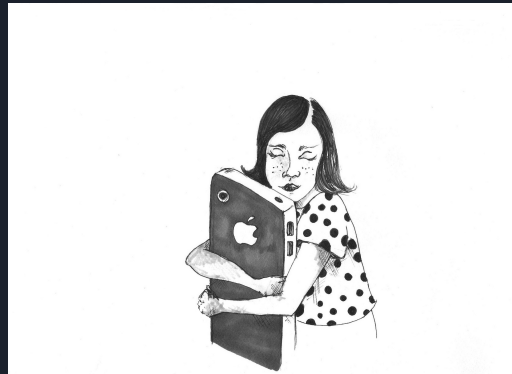
# Procedure

Measured two main variables...

1. Compared pretest with post-test (pre sleep qual/post sleep qual)
  2. Content analysis utilized on sleep diaries.
- Chi Square analysis measuring sleep quality from Day 1 to Day 7 within experimental group.

# Conclusions

- Increase in negative emotions between day 3 and day 6 of the experiment.
- Statistical significance was measured ( $\chi^2=15.276^{**}$ ,  $df=1$ ).
- “I miss my phone” and “I don’t know how I am going to do this” appeared several times.
- “Nomophobia”





# What is Nomophobia?

- According to researchers [Anna Lucia Spear King](#), [Alexandre Martins Valença](#), [Adriana Cardoso Silva](#), [Federica Sancassiani](#), [Sergio Machado](#), and [Antonio Egidio Nardi](#) nomophobia is a fear of being unable to communicate through a cellular device or the internet. This fear induces anxiety by making an individual feel as if they are isolated or detached from the world.
- Since there was actually an increase in negative well being, this term becomes relevant to the study. It goes to show that our dependency towards our phones are quite high. Although negative well being increased, participants have claimed to receive enough sleep after the study was conducted. That being said, even though there was an increase in negative emotions for individuals in the experimental group, all of you still felt like you were sleeping better.



# Further Implications...

There is no concrete definition of what “good sleep” is.

Participants had different definitions as to what they constituted as “good sleep”

For example, good sleep is being able to sleep without any disturbances for eight or more hours. Another definition of good sleep could reiterate the amount of alertness one feels after waking up.

- Further analysis questions can be made in order to establish a definition





# References

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