

Salma Mawfek Khaled, Catalina Gabriela Petcu, Maryam Ali Al-Thani, Aisha Mohammed Al-Hamadi, and Peter Woodruff.

Background

Insomnia Disorder is a predominant complaint of dissatisfaction with sleep quantity or quality, associated with early morning awakenings, difficulty initiating sleep, and difficulty maintaining sleep. Insomnia can lead to disturbed physical and mental exhaustion, disturbed memory and mood, depression and anxiety (Akram et al., 2019).

Prevalence of Insomnia

In a Western general population samples, the reported prevalence ranges between 4.4% and 11.7% (Ohayon, 2011). In the Middle East, higher prevalence estimates come from primary care, where it is estimated at 60.1% (Awadalla & Al-Musa, 2019), and 77.7% in other clinical populations (Ahmed et al., 2017). In Qatar, the only available prevalence of insomnia is among soccer players at 27% (Khalladi et al., 2019).

Aims

This study aimed to:

1. Estimate the 30-day prevalence of insomnia disorder in the household population of Qatar
2. Explore its link to depressive and anxiety symptoms
3. Identify socio-demographic correlates of Insomnia in Qatar

Methods

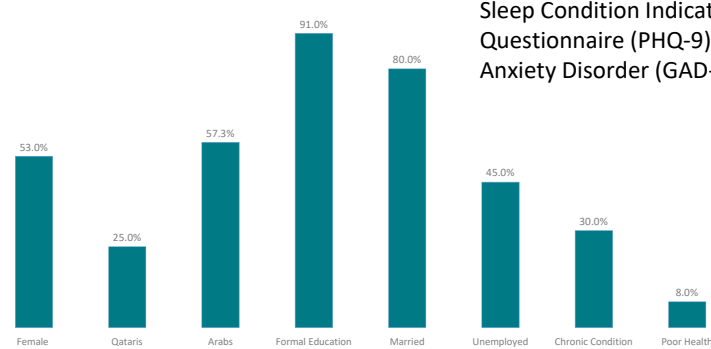
Data Collection & Sample

The data have been collected by SESRI, as a part of the Annual Omnibus Survey in 2019. Face-to-face interviews were conducted using computer-assisted personal interviewing (CAPI). A total of $N=1611$ completed the interviews including Arab and non-Arab speaking adults

Measures

Sleep Condition Indicator, Patient Health Questionnaire (PHQ-9), and Generalized Anxiety Disorder (GAD-2)

Figure 1: Sample Characteristics



Results

Figure 2: Correlates of Insomnia

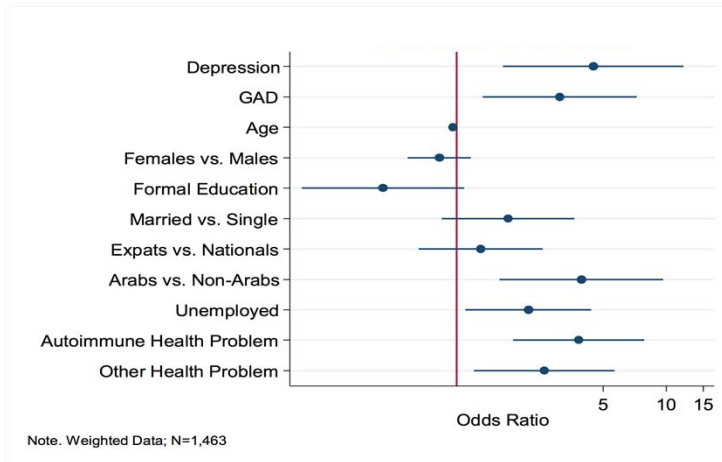
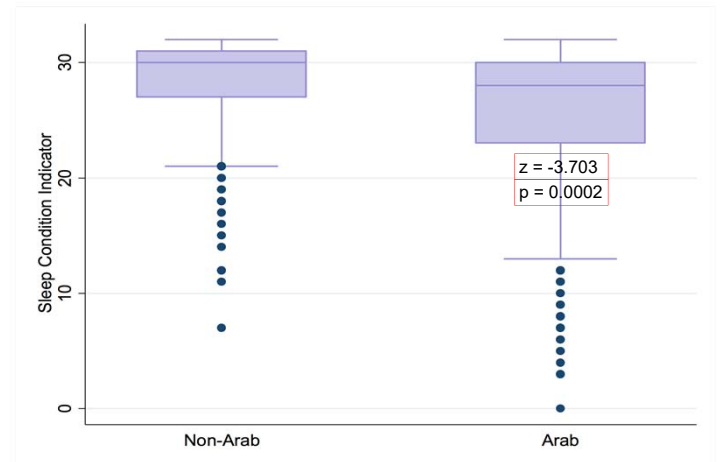


Figure 3: Insomnia by Ethnicity



- The prevalence of insomnia was 5.5% (95%CI: 4.3-6.7) and was higher in females (6.3%) than males (4.6%), ($P = 0.216$).
- Insomnia was strongly associated with depressive (OR=5.4, $P<0.01$) and anxiety symptoms (OR=3.0, $P<0.05$).
- Having one or more autoimmune diseases were strongly associated with insomnia (OR=3.9, $P<0.001$).
- Insomnia was positively associated with younger age ($P<0.01$)
- Insomnia was negatively associate with higher (post-secondary) education (OR=0.4, $P<0.05$).

Conclusion

- There is a significant association between mental illness and insomnia with interesting findings for role of age, education, and ethnicity in context of Qatar.
- These findings need to be taken into account in provision of mental health services.
- Future studies should delineate the role of cultural attitudes towards sleep as potential mechanism linking insomnia to mental illness.

References

- Akram, U., Akram, A., Gardani, M., Ypsilanti, A., Mccarty, K., Allen, S. & Lazuras, L. (2019). The Relationship between depression and insomnia symptoms amongst a sample of UK university students. *Sleep Medicine Research*, 10(1), 49-53. ISSN 2093-9175
- Ahmed A.E., Al-Jahdali F., AlALwan A., Abuabat F., Salih S.B., Al-Harbi A., Baharoon S., Khan M., Ali Y.Z., Al-Jahdali H. (2017). Prevalence of sleep duration among Saudi adults. *Saudi Medicine Journal*, 38(3), 276-283. doi: 10.15537/smj.2017.3.17101
- Awadalla, N., & Al-Musa, H. (2019). Insomnia among primary care adult population in Aseer region of Saudi Arabia: gastroesophageal reflux disease and body mass index correlates. *Biological Rhythm Research*, 1-11. doi: 10.1080/09291016.2019.1656933
- Khalladi K, Farooq A, Souissi S, et al. (2019). Interrelationship between sleep quality, insomnia and sleep disorders in professional soccer players. *BMJ Open Sport & Exercise Medicine*, 5(1), 5:e00049. doi:10.1136/bmjsem-2018-000498
- Ohayon, M. M. (2011). Epidemiological overview of sleep disorders in the general population. *Sleep Medicine Research*, 2(1), 1-9.