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Prevalence and Determinants of Insomnia Following a Myocardial Infarction

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Abstract

Background

This study analyzed cross-sectional data to examine the prevalence of insomnia and to identify factors associated with insomnia following a myocardial infarction (MI).

Methods

The participants were 209 individuals with a recent MI. At approximately 5 weeks post-MI, participants completed standardized self-report measures assessing insomnia (Insomnia Severity Index- ISI) and various sociodemographic, clinical, behavioral and psychosocial variables, including stressful life events, depressive symptoms and dysfunctional beliefs about sleep.

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