

Author's Accepted Manuscript

Effects of state and trait anxiety on sleep structure:
A polysomnographic study in 1083 subjects

András Horváth, Xavier Montana, Jean-Pol Lanquart, Philippe Hubain, Anna Szűcs, Paul Linkowski, Gwenolé Loas



PII: S0165-1781(16)30379-1
DOI: <http://dx.doi.org/10.1016/j.psychres.2016.03.001>
Reference: PSY9509

To appear in: *Psychiatry Research*

Received date: 10 March 2015
Revised date: 30 December 2015
Accepted date: 1 March 2016

Cite this article as: András Horváth, Xavier Montana, Jean-Pol Lanquart, Philipp Hubain, Anna Szűcs, Paul Linkowski and Gwenolé Loas, Effects of state and trait anxiety on sleep structure: A polysomnographic study in 1083 subjects, *Psychiatry Research*, <http://dx.doi.org/10.1016/j.psychres.2016.03.001>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Effects of state and trait anxiety on sleep structure: A polysomnographic study in 1083 subjects

András Horváth^{a,b,c,*}, Xavier Montana^a, Jean-Pol Lanquart^a, Philippe Hubain^a, Anna Szűcs^b, Paul Linkowski^a, Gwenolé Loas^a

^aSleep Laboratory, Department of Psychiatry, Erasme Academic Hospital & Laboratory of Psychiatric Research (ULB 266) Université Libre de Bruxelles, 808 Route de Lennik, B-1070 Brussels, Belgium

^bDepartment of Neurology, National Institute of Clinical Neurosciences, 57 Amerikai út, 1145 Budapest, Hungary

^cSemmelweis University School of PhD Studies, János Szentágothai Doctoral School of Neurosciences, 26 Üllői út, 1085 Budapest, Hungary

*Address for correspondence: András Horváth MD Department of Neurology, National Institute of Clinical Neurosciences, 57 Amerikai út, 1145 Budapest, Hungary. Phone : 0036305421019. andras.horvath.semmelweis@gmail.com

Abstract

Anxiety affects millions of people and has been shown to co-occur in combination with sleep disturbances, generating heavy medical costs and a huge socio-medico-economic burden. Sleep-studies in anxiety disorders are inconsistent and the effects of state and trait anxiety are unexplored. We selected 1083 patients from the database of a hospital sleep laboratory. The patients had polysomnography for different sleep disorders; their sleep initiation (sleep onset latency), sleep maintenance (total sleep time), non-rapid eye movement sleep-, and rapid eye movement sleep parameters; as well as their State-Trait Anxiety Inventory and Beck depression scale were measured. In order to be included in our study, individuals needed to score in the low or high range on the State and/or Trait Subscales of the State-Trait Anxiety Inventory.

Download English Version:

<https://daneshyari.com/en/article/6812591>

Download Persian Version:

<https://daneshyari.com/article/6812591>

[Daneshyari.com](https://daneshyari.com)