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Sleep quality components and mental health: Study with a non-clinical population

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**Highlights**

- It is aimed to test the specificity of the PSQI components impact on mental health.
- It is explained 14.0%, 21.0% and 19.3% of Depression, Anxiety and Stress variability.
- Six out of seven PSQI components relate to mental health in non-clinical populations.
- Country of origin has a moderating effect on this relationship.
- The data specification aids the implementation of targeted sleep health programs.

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