Literature Review

Name

Affiliation

Date

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Li, Y. I., Starr, L. R., & Wray‐Lake, L. (2018). Insomnia mediates the longitudinal relationship between anxiety and depressive symptoms in a nationally representative sample of adolescents. *Depression and anxiety*, *35*(6), 583-591.

Y. Irina Li, Lisa Starr and Laura Wray‐Lake authored an article in the year 2018, which was entitled as “Insomnia mediates the longitudinal relationship between anxiety and depressive symptoms in a nationally representative sample of adolescents.” The article was published in the journal “*Depression and anxiety*.” The researchers are of the view that anxiety and depression are often linked with sleep problems, and most of the times depression is preceded by anxiety there has not been enough research to explore the link or relationship between insomnia and anxiety, which precedes depression. The research study specifically focused on the adolescent population and was conducted in four waves. The authors have studied the relationship between insomnia and longitude depression, as well as anxiety in this particular research study (Li, Starr, & Wray‐Lake, 2018).

The constructs being measured in terms of instruments or observable behavior in this particular research study include depressive symptoms and were measured by utilizing "Center for Epidemiologic Studies Depression Scale (CES-D).”

The study design utilized in this particular research study was Pearson's Product Moment Correlation, standard deviation, and relevant stud variables. The steps taken by researchers to execute the study include the confirmatory factor analysis.

 The participants of the research study were selected fifty-two paired middle schools and eighty high schools. The research study was longitudinal and was conducted in four waves. The participants in the first wave of the research study were twenty thousand, seven hundred and forty-five. The data for Wave 1 was collected in the years 1994–1995. The data for wave 2 was collected in the years 1995–1996 and the data for wave 4 was collected in the years 2007–2008. Six thousand and nine respondents from the data of the first wave were not able to record their responses in the next wave. Five thousand and forty-five respondents were not able to record their responses in wave 4 of the research study. The adolescent population was randomly selected for this particular research study and data was collected through the "National Longitudinal Study of Adolescent to Adult Health" (Li, Starr, & Wray‐Lake, 2018).

The main findings and conclusion of the researchers are that insomnia, as well as un-restful sleep significantly contributes to the onset of anxiety and depression among the adolescent pupation. On the other hand, the researchers were unable to find some significant link between total sleep hours and anxiety or depression. Their hypothesis was to find the link of insomnia with anxiety and depression and that was quite significant according to the findings. The researchers also highlighted the fact that anxiety among the adolescent population can reach the stages of depression if it is accompanied by insomnia, which signifies serious mental health issues.

 The implications of the research study and future direction are that it would help explore the link between insomnia and mental health issues in future, not only in adolescent population but other sections of the general population as well.

The limitations of the research study include the point that it was conducted over the course of years and a number of respondents were unable to take part in the next waves of data collection, due to which the results cannot be applied to the rest of the society. If the participants, who were not able to record the responses in the next waves, had followed the research study, it can be expected that the results would have been different (Li, Starr, & Wray‐Lake, 2018).

 The relevance of the study with the research project is that it highlights that not only lack of sleep or sleep deprivation is linked with anxiety and depression, but insomnia is also linked with causing anxiety and depression and equally affects the adolescent population.

Sullivan, K., & Ordiah, C. (2018). Association of mildly insufficient sleep with symptoms of anxiety and depression. *Neurology, Psychiatry and Brain Research*, *30*, 1-4.

Kelly Sullivan and Collins Ordiah jointly authored an article in the year 2018, which was entitled as “Association of mildly insufficient sleep with symptoms of anxiety and depression.” The article was published in the journal “*Neurology, Psychiatry and Brain Research*.” In this research article, the authors have tried to explore the relationship between mildly insufficient sleep with depression and anxiety. The researchers are of the view that people suffering from anxiety and depression often have to face sleep disorders as well. However, there has not been enough research about the association of mildly insufficient sleep with depression and anxiety and the research question of this particular study is to explore that association (Sullivan, & Ordiah, 2018).

The behavior measured in this particular research study included the feelings of hopelessness, sadness, depression, stress and emotional problems. No specific instrument or construct like Beck Anxiety Inventory was utilized to measure this and Likert scale was utilized to help the respondents describe their experience.

The researchers utilized the cross-sectional study design to conduct the research study. The data was collected from the ‘Behavioral Risk Factor Surveillance System (BRFSS),’ which is a reliable source and conducts the researches on the yearly basis, in order to provide the latest data and trends about mental health issues. The data had been collected from more than four hundred thousand participants through the telephonic surveys. After getting the data of almost three thousand respondents from it, the researchers utilized the cross-sectional study design to analyze and interpret the data, in order to explore the results of the research study (Sullivan, & Ordiah, 2018).

Twenty thousand, eight hundred and fifty-one participants were randomly selected through ‘Behavioral Risk Factor Surveillance System (BRFSS)’ for this particular research study. Other specific details about the participants include the fact that all of the research participants were the citizens of the United States of America and were not less than eighteen years old. In addition to it, the research participants comprised of men and women and were not institutionalized or incarcerated. Marital status of the participants was also noted in the research, although the research study was not specified for only unmarried or married participants. Education, employment status, as well as the income of the participants were also accounted for in the research study.

 The main findings of the research study supported the point that sleep deprivation had a greater impact on anxiety and depression. The findings of the research study also highlighted the fact that every increased hour of sleep resulted in decreased odds of the feelings of nervousness, hopelessness, sadness and emotional stress, which highlights the less severity in depression and anxiety. On the other hand, the decrease of even one hour of sleep raised the level of depression, anxiety and the feelings of restlessness, up to sixty to eight percent among the research participants. The hypothesis of the researchers was just to find the relationship between mildly insufficient sleep with depression and anxiety (Sullivan, & Ordiah, 2018).

 The implication of the research study is that it would provide a new direction to the research on the relation of sleep deprivation with anxiety and depression. It will help the researchers to conduct primary researches by interacting with the respondents.

 The limitation of the research study according to the researchers is that the cross-sectional study design is the hindrance towards the inference of the findings. The researchers did not directly interact with participants so it cannot be said for sure that the lack of sleep contributed to the onset of depression and anxiety and the case was not inverse (Sullivan, & Ordiah, 2018).

The study is relevant to the research project as it highlights that even mild changes in sleep can also impact depression and anxiety, which highlights the influence of sleep patterns on the mental health of any individual.

References

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