Strategic Plan

[Name of the Writer]

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**Article 1**

**Citation:**

Lee, J., & Suh, S. (2018). The Mediating Effect of Anxiety in the Relationship between Nightmares and Night Eating Syndrome in Female Undergraduate Students. *Sleep Medicine Research*, 104-109.

**Introduction:**

The authors in the current study examined the mediating effect of anxiety and depression on the relationship between night eating syndrome and nightmare. In addition, it examines the link between nightmare severity, night eating syndrome, insomnia, depression, and anxiety. Anxiety plays a vital role in the relationship between nightmares and night eating syndrome. If anxiety is controlled the relationship can easily be influenced (Lee & Suh, 2018).

**Construct:**

The Korean validated the version of the Hospital Anxiety, and Depression Scale (HADS) was used to determine the symptoms of depression and anxiety on the Likert scale of 0-3. There was a total of 14 items, with seven even numbered and seven odd numbered. Higher scores show a higher level of anxiety and depression and vice versa. The insomnia severity index was used to determine the severity of insomnia and is composed of seven times each measured on a 0-4 Likert scale.

**Design:**

The study was correlational as it aimed at determining the correlation between the nightmare severities and eating syndrome, anxiety, insomnia, and depression and it sued a cross-sectional design. To fulfill the purpose, Pearson correlation analysis was used to determine the bivariate associations among the variables of the study (Lee & Suh, 2018). The researchers first informed the participants, and they were asked to fill the online questionnaires. All the measures were analyzed statistically. Bootstrapping resampling was employed using the 95% confidence interval, and results were elaborated based on the analysis.

**Participants:**

The participants of the study comprised 172 female undergraduate students in Seoul, Korea. The consent was obtained, and participants were informed before initiating the research. These participants were elected through classroom announcements. One of the 172 participants was disqualified after outliner analysis, and the final analysis was based on 171 students.

Findings: The study hypothesized that nightmares would be linked with Night eating syndrome through negative emotions such as depressions and anxiety in female students. The study indicated that there is a significant correlation between nightmare severity, NES and depression, anxiety and insomnia. Anxiety is the main factor, which mediates the relationship between NES and nightmares severity. The study concluded that to control the NES and nightmares, anxiety treatment must be targeted at female undergraduate students.

**Implications:**

The study examined the mediating effects of anxiety on nightmares and NES which has implications for treatment of NES and nightmares among the female students. The results can be used to treat these issues among the stunts so that their sleeping patterns can be improved. The future directions of this study are to examine the right coping strategy as this study indicates that night eating is not an effective strategy.

**Limitations:**

This study has three limitations. First, it used cross-sectional design; however future studies can use the longitudinal designs. Second, emotion regulation was not measured directly, and it must be speculated that night eating and nightmares are associated using the mechanism of emotion regulation. In addition, the right coping strategy was not measured in this study, and it indicated night easting as an inappropriate strategy.

**Relevance:**

As the research project is based on the impact of the amount of sleep on depression and anxiety. This study contributes to the project because it indicates the significant association between anxiety and depression and nightmares and one additional factor that is Night eating. It disclosed that anxiety is the crucial factor which impacts the nightmare distress and night eating. A person who suffers from nightmares, anxiety is a mediating factor which is associated with impulsive behaviors. Hence, by controlling anxiety, such behaviors can be controlled among the people suffering from nightmares.

**Article 2**

**Citation:**

Choueiry, N., Salamoun, T., Jabbour, H., El Osta, N., Hajj, A., & Khabbaz, L. R. (2016). Insomnia and relationship with anxiety in university students: a cross-sectional designed study. PloS one, 11(2), e0149643.

**Introduction:**

This research study was aimed at assessing sleep disorders in a group of students from the university. As sleep disorders are now considered as a public health issue and it has certain psychiatric and societal consequences, especially it hurts the academic life of students. The authors of the study hypothesized that SD's could be a significant health issue among the students and anxiety examination is primordial in the examination of students sleep patterns. The further aim of the study was to determine the relationship between the SDs and anxiety among the students of universities in Lebanon.

**Construct:**

For the purpose of this research, questionnaires were used after obtaining the permission from students, and it determined the Insomnia Severity Index (ISI), Generalized Anxiety Disorder 7-item scale (GAD-7), Epworth Sleepiness Scale (ESS), Pittsburgh Sleep Quality Index (PSQI). These scores were used to determine to check the number of participants suffering from sleep disorders, and they revealed that Excessive daytime sleepiness (EDS) was frequent among most of the students. These scores also exposed the health issues among Lebanese university students.

**Design:**

The study was cross-sectional and is aimed at determining the association between the variables involved in the study. The cross-sectional questionnaires were used to evaluate the students. After getting the questionnaires fulfilled, the scores obtained on the Insomnia Severity Index (ISI), Generalized Anxiety Disorder 7-item scale (GAD-7), Epworth Sleepiness Scale (ESS) were analyzed statistically using the Spearman correlation coefficient test to find out the correlation. In the results, a significant association was found between the clinically significant anxiety and clinical insomnia.

**Participants:**

The total of 515 students was approached to take part in the study, out of which almost 90 percent were informed, and permission was obtained. The students of the academic year 2013-2014 were included in the study, and they were aged above 18. In addition, they were willing to participate in the study. Those who were under 18 and had chronic diseases were excluded from the study. Students were randomly selected to increase the strength of the sample. Two research assistants were used to approach the students (Lee, J., & Suh, S. (2018)).

**Findings:**

The research findings indicate that a number of students are suffering from the sleep disorders and prevalence of clinical insomnia was about 10%, and it also indicated that almost 27%of the students had no insomnia. Their hypothesis was proven correct, and research study proved that sleep disorders are becoming an important issue globally. Another factor revealed in the study was the association of sleep disorders with emotional functioning, and it showed that sleep disorders increase the anxiety and depression among the person suffering from it. Anxiety was not only linked with sleep disorders but also daytime sleepiness

**Implications:**

The findings of the study , and it shows that sleep disorder is becoming a significant issue, which needs to be resolved. In addition, the study discusses the fact that sleep disorders results in poor academic performance and it also affects the physical and, mental health of the students and their metabolism. This shows that anxiety and depression must be treated to solve not only insomnia but also daytime sleepiness.

**Limitations:**

One major limitation of the study is that it is based on self-reported behavior. In addition, another limitation is that in this study sleep schedules and sleep hygiene was not considered; however it needs to be explored in further studies.

**Relevance:**

The study is relevant to the project because it proves the apparent association between the sleep disorder and anxiety, which is the primary topic understudy.

# **References**

Choueiry, N., Salamoun, T., Jabbour, H., El Osta, N., Hajj, A., & Khabbaz, L. R. (2016). Insomnia and relationship with anxiety in university students: a cross-sectional designed study. PloS one, 11(2), e0149643.

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