

Investigating the Association Between Insufficient Sleep Duration and Mental Health in Disaggregated Asian-American (AA)

Subgroups using the National Health Interview Survey (2006 - 2018)

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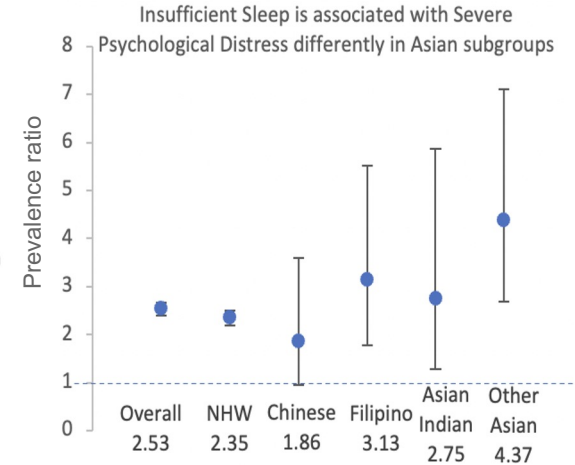
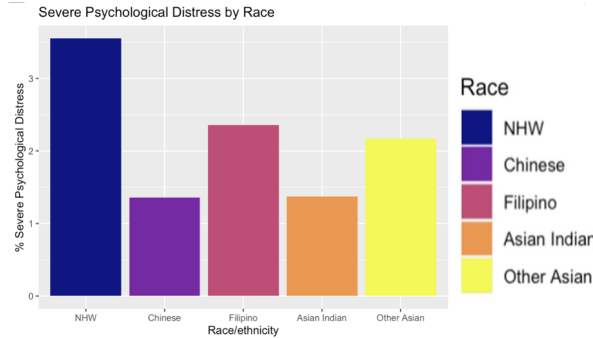
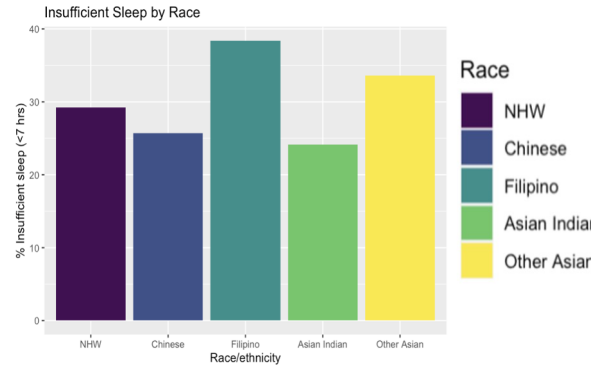
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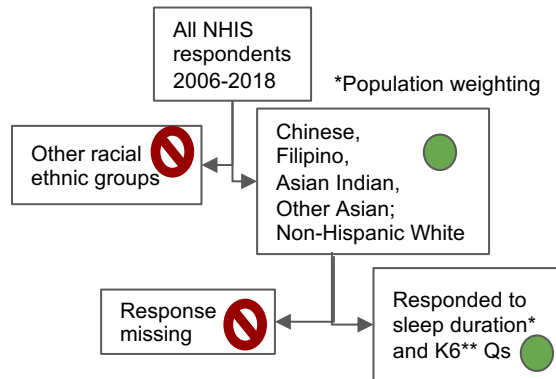
Introduction

- One-third of Americans suffer from insufficient sleep (<7 hours)
- Asian Americans (AA) report higher prevalence of insufficient sleep than Non-Hispanic Whites (NHW)
- Insufficient sleep is linked with high risk for psychological distress
- We explore the association between sleep insufficiency (<7 hours) and psychological distress quantified by the Kessler Psychological Distress Scale (K6)

Results



Methods



*Sleep duration < 7 hours = insufficient sleep;

**K6 value 0~12 = no SPD; K6 value 13~24 = has SPD

Overall sleep insufficiency prevalence of 33%

- Highest: 38.4% for Filipinos
- Lowest: 24.5% for Asian Indians

Overall psychological distress prevalence of 4%

- Highest: 3.47% for NHW
- Lowest: 1.18% for Asian Indian

- Insufficient sleep is correlated with increased K6 score (increased psychological stress) with an prevalence ratio of 2.53 (2.40-2.67) in fully adjusted mode
- In stratified analysis, insufficient sleep is correlated with K6 with variable prevalence ratios in different Asian subgroups.

Conclusions

- Insufficient sleep is associated with psychological distress and varies among AA subgroups.
- Considering heterogeneity of AA in sleep and psychological distress is important.

Reference

