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Somatization and Sleep Pathology from a Transdiagnostic Dimensional Perspective: Insights into Detachment Spectrum from a Large Community

ABSTRACT

Somatization and sleep problems are psychiatric conditions with high comorbidity that appear to be more influenced by emotional dysfunctions than by other transdiagnostic constructs. The present study aimed to predict dimensional measures of somatization, poor sleep quality, insomnia severity, nightmare severity, and nightmare frequency based on the transdiagnostic construct of detachment manifestations. An online survey was conducted to collect cross-sectional data from 1,106 Iranian adults using several self-report questionnaires. Analyses involving Pearson correlations and multiple linear regression models indicated that the self-focused pattern of detachment manifestations significantly predicted somatization, poor sleep quality, insomnia severity, nightmare frequency, and nightmare severity. We conclude that the self-focused pattern of detachment manifestations is a key construct in predicting somatization and sleep disturbances. Gaining a more comprehensive understanding of the phenomenology and underlying mechanisms of somatization and sleep issues within transdiagnostic frameworks requires shifting focus from emotional dysfunction to the detachment spectrum.

