JOURNAL OF TURKISH SLEEP MEDICINE | JTSM

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Do Chronotype and Insomnia in Medical Students Give Information About Attention Deficit Hyperactivity Disorder?

ABSTRACT

Objective: Many people with attention deficit hyperactivity disorder (ADHD) still receive inadequate identification and treatment today. In this context, given the challenging, competitive nature of medical education based on social and experiential learning, being diagnosed with ADHD may cause difficulties. This study aims to evaluate the associations among sleep problems, individual chronotypes, and symptoms of ADHD in medical students.

Materials and Methods: In this cross-sectional study, 453 university students were included. Sociodemographic data form, Adult Attention Deficit Hyperactivity Disorder Self-Report Scale (ASRS), munich chronotype questionnaire, Insomnia Severity Index, and Depression-Anxiety-Stress Scale were administered to the participants.

Results: Of the 388 participants who met the inclusion criteria, 222 were female (57.3%), and the mean age of the participants was 20.80±1.89 years. The participants' mean total ASRS score was 29.11±10.08, and 39 (11%) were at high risk for ADHD. We found that 30 (76%) of the 39 participants at high risk for ADHD were intermediate type (IT), eight (20.5%) were evening types, and one (2.5%) was morning type (MT). The findings showed that 34 (87.2%) of the people at high risk for ADHD reported having insomnia. The independent predictors of the ASRS score were insomnia severity, self-injury, depression and anxiety score (p=0.004, p=0.020, p=0.001, p=0.021).

Conclusion: Our study found that individuals with a high risk for ADHD revealed specific differences in their circadian rhythm as well as higher levels of insomnia, depression, anxiety, and stress. It was observed that the severity of insomnia, self-induced harm, depression and anxiety scores affected the ASRS score.

Keywords: Attention deficit hyperactivity disorder, insomnia, chronotype, depression, anxiety

