The Relationship of Pain, Sleep, Mood and Function in a Community Sample

Castelli MC, Jungquist CR, Pender JJ, Mund JL
The State University of New York, University at Buffalo, School of Nursing

Introduction
- The impact of pain on sleep processes has been sparsely studied and not fully understood among most individuals in the health field.
- In studying the effects of the high prevalence of sleep disorders and the high incidence of pain reactions, we can begin to understand the suffering of people in a community.
- In this study, we assessed various components of pain and their relationship with sleep through the use of SPSS.

Problem
- The main concern with correlation studies is that there may be missing data which could subsequently cause inconsistent relationships between variables.
- For example, having an incorrect number of subjects could skew data by not accounting for subjects with different ages.
- Previous literature has shown that the more diverse and numerous a sample size is, the more objective a measurement on variables can be accurately shown.

Methods
- **Design**: This study is the analysis of variables involving a large (n=299) study of community based participants.
- **Measures**: Age, sex, PROMIS-57, ISI and ESS questionnaires, actigraphy, and the Apnealink device.
- **Study Procedure**: Data entry, calculation of component scores of PROMIS data then descriptive and correlation analysis.

<table>
<thead>
<tr>
<th>Age</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-35</td>
<td>149</td>
<td>40.9</td>
</tr>
<tr>
<td>35-55</td>
<td>88</td>
<td>24.2</td>
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<tr>
<td>&gt;55</td>
<td>64</td>
<td>17.6</td>
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<table>
<thead>
<tr>
<th>Sex</th>
<th>Frequency</th>
<th>Percent</th>
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</thead>
<tbody>
<tr>
<td>Male</td>
<td>91</td>
<td>32%</td>
</tr>
<tr>
<td>Female</td>
<td>193</td>
<td>68%</td>
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</tbody>
</table>

Results -- Correlation Matrix n=299

<table>
<thead>
<tr>
<th>BMI</th>
<th>Age</th>
<th>ISI Total Score</th>
<th>Physical Functioning</th>
<th>Total Anxiety</th>
<th>Total Depression</th>
<th>Total Fatigue</th>
<th>Total Sleep</th>
<th>Total Social Role</th>
<th>Total Pain Interference</th>
</tr>
</thead>
<tbody>
<tr>
<td>R:.304</td>
<td>--</td>
<td>R:.147</td>
<td>--</td>
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<td>P:.000</td>
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**Legend**

- Negative Significant Relationship
- Positive Significant Relationship

Conclusions
- The results suggest that out of the 54 possible correlations, 40 were statistical significant. Of those, 22 were weak, 12 were moderate and 6 were strong correlations.
- **Strong Relationship**:
  - fatigue and ISI (+)
  - anxiety and ISI (+)
  - total sleep time and ISI (+)
  - total social role and total fatigue (-)
  - total pain interference and physical functioning (-)
- **Moderate Relationships**:
  - total depression and ISI, total anxiety (+)
  - total fatigue and total anxiety, total depression (+)
  - total sleep time and total anxiety, total depression (+)
  - total social role and ISI (-), physical functioning (+), total anxiety(-), total depression(-), total sleep(-)
  - **AHi and age (+)**
- **Weak Relationships**: consistent with findings
- There is a significant relationship between Pain, BMI, Age, Quality of Sleep, Physical Functioning, Anxiety, Depression, fatigue, total Sleep Time, and Satisfaction with Social Role. All these variables should be addressed when caring for a patient with pain that interferes with their function.

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