Request #: 619 - PSY - Dissertation

Online ACT Guide for sub-clinical & clinical insomnia for college students

Guadalupe San Miguel [A02307990] - Doc Student (w/Mike Twohig)

October 13, 2022

Background

We are planning to create an online two session Acceptance and Commitment Therapy for insomnia among college students. CBT-I is known as the standard for insomnia, but accessibility and availability for it is not great and because of the context in which college students exist in (i.e., college) the students experience many difficulties with sleep and insomnia.

Sample

We plan to recruit 55 college students with insomnia. This is limited due to financial resources, thus this study is aiming to be a pilot.

Hypothesis

Primary: ACT online guide for insomnia will improve insomnia and sleep parameters (e.g., sleep onset latency). Secondary: ACT online guide for insomnia will improve insomnia rumination/worry and attitudes about sleep

Is an online ACT intervention feasible and acceptable? Recruitment rate, adherence, reports of usability, and treatment evaluations

Progress

The methods section has been completed and proposal is a work in process.

Request

With 3 timepoints (pre, post, and follow up) and limited sample size would it make sense to multilevel modeling for the analysis?

Timeline

I aiming to propose my diss by the end of the semester. The largest section missing is the analysis that will be conducted for the project. I've gotten the green light from both advisors on the methods.