

The data

The data we are working with is from a 2022 cross-sectional survey of 410 mother-infant pairs, which aimed to examine the association between maternal symptoms of mental health (depression, anxiety, and child-birth related PTSD [CB-PTSD]) with infant sleep.

Mother-infant pairs were eligible for inclusion if: (1) the infant was 3-12 months old, (2) the mother was at least 18 years of age, and (3) spoke French.

The data are formed of 58 variables/columns for 410 observations/rows (410 mother-infant pairs). NB the original dataset consists of >60 variables, but some have been removed as they are not relevant for this workshop.

The relevant variables have been summarised below (taken from the Zenodo codebook):

Variable	Description	Additional info
Participant_number	Participant ID	
Age	Participant's age in years	
Marital_status	Participant's marital status	1 = single; 2 = in a relationship; 3 = separated, divorced or widow; 6 = other
Education	Participant's education level	1 = no education; 2 = compulsory school; 3 = post-compulsory education (e.g., apprenticeship); 4 = university of Applied Science or University Technology Degree; 5 = university
Gestational_age	Participant's weeks of gestation	
Type_pregnancy	Type of pregnancy	1 = single pregnancy; 2 = twins
sex_baby1	Sex of the baby captured in survey	1 = girl; 2 = boy
CBTS_M_X CBTS_X	Items 3-22 of the City Birth Trauma Scale, e.g. CBTS_M_3 = item 3. Greater severity of CB-PTSD symptoms is suggested by a higher total score, which includes DSM-5 criteria B-E items (range: 0–60).	
EPDS_X	Items 1-10 of the Edinburgh Postnatal Depression Scale, e.g. EPDS_1 = item 1.	

	A higher total score (range: 0–40) indicates higher symptom severity.	
HADS_X	<p>Items 1, 3, 5, 7, 9, 11, 13 of the Anxiety Subscale of the Hospital Anxiety and Depression Scale, e.g. HADS_1 = item 1</p> <p>The total score of this 7-item self-report questionnaire ranges from 0 to 21, with higher scores suggesting higher symptom severity.</p>	
Age_bb	Infant age	<p>1 = ≥3 months to <6 months;</p> <p>2 = ≥6 months to <9 months;</p> <p>3 = ≥9 months to <12 months</p>
IBQ_R_VSF_X_bb1	<p>Items 3, 4, 9, 10, 16, 17, 28, 29, 32 and 33 of the infant behaviour questionnaire.</p> <p>The total score ranges from 1 to 7, with a higher score indicating higher negative emotionality.</p>	
Sleep_night_duration_bb1	Nocturnal sleep duration (between 7pm and 7 am)	Missing data coded as 99:99
night_awakening_number_bb1	How many times the infant usually wakes during the night	
how_falling_asleep_bb1	How the infant normally falls asleep	<p>1 = while being fed;</p> <p>2 = while being rocked;</p> <p>3 = while being held;</p> <p>4 = alone in the crib;</p> <p>5 = in the crib with parental presence</p>