

# Resumo Congresso Brasileiro de Sono 2021

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## North ideas

Main idea: multiple linear regression with cognitive factors as predictors of insomnia severity with depression and anxiety as control variables.

Possible question: Do levels of sleep-related cognition and acceptance predict insomnia severity, when controlling for levels of anxiety and depression?

Pathway:

- Why investigate sleep related cognitions and acceptance?
- Why control for symptoms of anxiety and depression?
  - They are relevant predictors of insomnia (reference)

## Draft

Acceptance and commitment therapy (ACT) is a form of intervention based on helping the patient achieve a new form of experiencing thoughts and feelings. ACT comprehends mindfulness, acceptance and cognitive diffusion (Salari et al. 2020).

ACT is known as one of the third wave treatments and originates from the cognitive behavioral therapy (CBT), which increases psychological flexibility.

On the whole, ACT is performed with the aim of mental training, increasing motivation, psychological flexibility and self-efficacy in an individual.

As a person with insomnia tries to control his or her thoughts and feelings, his or her insomnia is exacerbated.

Dysfunctional beliefs was a significant mediator of change in insomnia severity post CBT-I intervention (Lancee et al. 2019)

um teste (**blom2021?**)

## References

- Lancee, J., M. Efting, T. van der Zweerde, L. van Daal, A. van Straten, and J. H. Kamphuis. 2019. “Cognitive Processes Mediate the Effects of Insomnia Treatment: Evidence from a Randomized Wait-List Controlled Trial.” *Sleep Medicine* 54 (February): 86–93. <https://doi.org/10.1016/j.sleep.2018.09.029>.
- Salari, Nader, Habibolah Khazaie, Amin Hosseinian-Far, Behnam Khaledi-Paveh, Hooman Ghasemi, Masoud Mohammadi, and Shamarina Shohaimi. 2020. “The Effect of Acceptance and Commitment Therapy on Insomnia and Sleep Quality: A Systematic Review.” *BMC Neurology* 20 (1): 300. <https://doi.org/10.1186/s12883-020-01883-1>.