

Association between sleep-related cognitions and insomnia symptoms. Evidence from a multi-centric Brazilian sample.

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Introduction (2 paragraphs)

Insomnia sufferers are a group characterized for frequent complaints about quality and quantity of their sleep, difficulties in initiating and maintaining sleep as well as early-morning awakenings with inability to return to sleep (American Psychiatric Association 2013). Psychological disorders like anxiety and depression are known to co-occur with symptoms of insomnia and are possible aggravating factors for sleep problems (Bélanger et al. 2016).

Evidence suggests that the relationship between anxiety and depression with insomnia are bidirectional, meaning that both poses as risk factors for insomnia and sleep alterations increases risk for emotional disturbances (Riemann et al. 2020).

Depression and insomnia are comorbid and have a bidirectional relationship. Anxiety increases ruminative thoughts. Both contribute to reinforcement of dysfunctional beliefs and low acceptance. Or may have also a bidirectional relationship, with negative thoughts enhancing depression and anxiety symptoms. Dysfunctional beliefs affect insomnia in this and this way, according to some models. Recently acceptance has been investigated.

Link para ansiedade e depressão e depois mecanismos psicológicos

Objectives (1 paragraph)

Method (1 paragraph)

Results (2 paragraphs)

Conclusion (1 paragraph)

References

- American Psychiatric Association, ed. 2013. *Diagnostic and Statistical Manual of Mental Disorders: DSM-5*. 5th ed. Washington, D.C: American Psychiatric Association.
- Bélanger, Lynda, Allison G. Harvey, Émilie Fortier-Brochu, Simon Beaulieu-Bonneau, Polina Eidelman, Lisa Talbot, Hans Ivers, et al. 2016. “Impact of Comorbid Anxiety and Depressive Disorders on Treatment Response to Cognitive Behavior Therapy for Insomnia.” *Journal of Consulting and Clinical Psychology* 84 (8): 659–67. <https://doi.org/f8zqtf>.
- Riemann, Dieter, Lukas B. Krone, Katharina Wulff, and Christoph Nissen. 2020. “Sleep, Insomnia, and Depression.” *Neuropsychopharmacology* 45 (1, 1): 74–89. <https://doi.org/10.1038/s41386-019-0411-y>.