Relatório Barbara - Congresso Brasileiro de Sono 2022

# 1. Análises descritivas

|  | Sem insônia (N = 238) | | Com insônia (N = 371) | | Total (N = 609) | |
| --- | --- | --- | --- | --- | --- | --- |
|  | M | DP | M | DP | M | DP |
| Idade | 36,6 | 9,0 | 40,1 | 11,3 | 38.7 | 10.6 |
| Neuroticismo | 48,6 | 12,3 | 59,0 | 12,1 | 0.6 | 0.5 |
| Extroversão | 44,4 | 11,2 | 42,3 | 11,9 | 54.9 | 13.2 |
| Abertura | 50,9 | 9,5 | 47,3 | 10,9 | 43.1 | 11.6 |
| Amabilidade | 52,7 | 10,2 | 50,0 | 11,1 | 48.7 | 10.5 |
| Conscienciosidade | 51,8 | 10,2 | 47,5 | 11,8 | 51.0 | 10.8 |
|  | N | Pct. | N | Pct. | N | Pct. |
| Sexo |  |  |  |  |  |  |
| Feminino | 204 | 85.7 | 290 | 78.2 | 494 | 81.1 |
| Masculino | 34 | 14.3 | 81 | 21.8 | 115 | 18.9 |
| Superior completo |  |  |  |  |  |  |
| Não | 23 | 9.7 | 92 | 24.8 | 115 | 18.9 |
| Sim | 215 | 90.3 | 279 | 75.2 | 494 | 81.1 |

|  | Sem insônia | | | | | | | | | | Com insônia | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | MB | | B | | M | | A | | MA | | MB | | B | | M | | A | | MA | |
|  | N | % | N | % | N | % | N | % | N | % | N | % | N | % | N | % | N | % | N | % |
| Abertura | 12 | 10,8 | 44 | 16,1 | 97 | 23,6 | 75 | 24,0 | 10 | 12,3 | 47 | 19,1 | 104 | 24,6 | 125 | 21,1 | 84 | 20,3 | 11 | 6,04 |
| Amabilidade | 12 | 10,8 | 43 | 15,7 | 90 | 21,9 | 73 | 23,3 | 20 | 24,7 | 34 | 13,8 | 83 | 19,7 | 142 | 24,0 | 83 | 20,1 | 29 | 15,9 |
| Conscienciosidade | 13 | 11,7 | 44 | 16,1 | 80 | 19,5 | 81 | 25,9 | 20 | 24,7 | 60 | 24,4 | 80 | 19,0 | 118 | 19,9 | 96 | 23,2 | 17 | 9,34 |
| Extroversão | 42 | 37,8 | 78 | 28,5 | 80 | 19,5 | 33 | 10,5 | 5 | 6,17 | 98 | 39,8 | 113 | 26,8 | 114 | 19,3 | 38 | 9,20 | 8 | 4,40 |
| Neuroticismo | 32 | 28,8 | 65 | 23,7 | 64 | 15,6 | 51 | 16,3 | 26 | 32,1 | 7 | 2,9 | 42 | 10,0 | 93 | 15,7 | 112 | 27,1 | 117 | 64,3 |

Nota: MB = Muito baixo; B = Baixo; M = Médio; A = Alto; MA = Muito alto

# 2. Análises estatísticas

A multivariate analysis was conducted using a binary logistic regression model to assess the personality factors associated with insomnia classification. Prior to the analyses all continuous variables were mean centered to ease interpretation of results. Odds ratio (OR) and 95% confidence interval (95% CI) were reported for the model. For each independent variable we estimated an adjusted OR (aOR), resulting from the multivariate logistic regression.  The multivariate model included age, sex, educational level (university/ no university), Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism as predictors of insomnia classification (no insomnia/ insomnia).

|  | aOR [95% CI] | *p* |
| --- | --- | --- |
| University degree | 0.29 [0.16, 0.53] | <0.001 |
| Age | 1.07 [1.04, 1.09] | <0.001 |
| Male | 2.04 [1.24, 3.43] | 0.006 |
| Neuroticism | 1.08 [1.06, 1.10] | <0.001 |
| Extraversion | 1.00 [0.98, 1.02] | 0.882 |
| Agreeableness | 1.00 [0.98, 1.02] | 0.890 |
| Conscientiousness | 1.00 [0.98, 1.02] | 0.835 |
| Openness | 0.97 [0.95, 0.99] | 0.002 |

The model to predict insomnia classification with age, educational level, sex, Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism was statistically significant [𝜒² (8) = 168, *p* < .001] and explained approximately 21% of the variance (McFadden’s R²). The model's intercept, corresponding to an observation of 38.7 years, without a university degree, female, Openness score of 48.7, Conscientiousness score of 49.2, Extraversion score of 43.1, Agreeableness score of 51, and Neuroticism score of 54.9, is at 1.22 (95% CI [0.89, 1.57], *p* < .001). We found that, holding all other predictor variables constant, the odds for insomnia classification increased by: 104% for males; 245% for people without a university degree; 7% for each additional year of age; 8% for each additional point on the Neuroticism scale; and 3% for each reduced point on the Openness scale.