



Use of the PSQI in Studies of Depression

The original research on the Pittsburgh Sleep Quality Index (PSQI) involved people with a diagnosis of depression.¹ In a recent study of 201 veterans in which the PSQI was used, researchers found that “greater depression predicted both more severe pain and more sleep impairment.”² Some researchers have considered the possibility that depression and sleep impairment are bidirectionally predictive. Motivala and colleagues studied community-dwelling older adults: 200 had never had a mental illness, 143 had a history of depression but were in remission, and 67 were currently depressed.³ Sleep quality was assessed using the PSQI, depression assessment was performed with the Beck Depression Inventory, and health function was measured with the Medical Outcomes Study 36-Item Short Form Health Survey (SF-36). The researchers found that compared with controls, older adults with a history of depression had impaired sleep quality and lower health function; those with current depression scored lower still in both areas. The researchers also found that “poor sleep quality was independently associated with declines in health perception” in all three groups.—*Carole A. Smyth, MSN, ANP-GNP, APRN, BC*

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