

THE ROLE OF SLEEP IN DEPRESSION AND ANXIETY IN YOUTH

M. Sarchiapone

Department of Medicine and Health Sciences, University of Molise, Campobasso, Italy

Introduction: Adequate sleep is essential for good health. Several research show that sleep problems may increase risk to develop different disorders. In particular, the high prevalence and comorbidity of anxiety and sleep problems suggest an important relationship between these two disorders. Importantly, there is evidence that sleep complaints are more common in suicidal patients. Indeed, poor sleep and sleep disturbances are common in depressive disorders and other psychopathological conditions potentially associated with suicidal risk.

Sleep problems in children and adolescents are common, and sleep disruption is associated with a wide range of behavioral, cognitive, and mood impairments, including hyperactivity, lower school grades, and depression.

Objectives: increasing the knowledge about the relationship between sleep problems, anxiety and depression disorders and mental health disorders in young. Through the new knowledge to develop strategies in order to prevent the risk conditions among young.

Aims: improve mental health among young.

Methods: A cross-sectional analysis of the correlation between number of hours of sleep per night by the Zung Self-rating Anxiety Scale (Z-SAS), the Paykel suicidal Scale (PSS) and the Strengths and difficulties questionnaire (SDQ) was performed on 11,788 students (mean age: 14.9 ± 0.9 M/F: 5181/6552) from 11 different European countries involved in the SEYLE project (Saving and Empowering Young Lives in Europe) .

Conclusions: . Sleep problems are very common among adolescents and often, as other at-risk behaviors, occur with some types of psychological distress. It's important to identify strategies of interventions that pay more attention of unhealthy sleep patterns