

THE UNIVERSITY OF ARIZONA
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As members of the Master’s Committee, we certify that we have read the thesis prepared by: Breanna Featherston

titled: Clinical Implications of Community Attitudes and Beliefs about Sleep: An Examination of Excessive Daytime Sleepiness and Fatigue

and recommend that it be accepted as fulfilling the thesis requirement for the Master’s Degree.



Michael Grandner

Date: Dec 16, 2022



Fabian Fernandez

Date: Dec 16, 2022



Rina S Fox

Date: Dec 16, 2022

Final approval and acceptance of this thesis is contingent upon the candidate’s submission of the final copies of the thesis to the Graduate College.

I hereby certify that I have read this thesis prepared under my direction and recommend that it be accepted as fulfilling the Master’s requirement.



Michael Grandner
Thesis Committee Chair
Department of Psychiatry

Date: Dec 16, 2022



LAND ACKNOWLEDGEMENT

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham and the Yaqui. Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.

TABLE OF CONTENTS

List of Tables and Figures	□
Abstract	□
Introduction	9
Health Impacts of Excessive Daytime Sleepiness and Fatigue.....	8
Public Attitudes and Beliefs.....	11
Methods	13
Participants.....	13
Measures.....	13
Statistical Analyses.....	17
Results	18
Characteristics of the Sample.....	18
Beliefs and Attitudes about Seeking Treatment.....	18
Beliefs and Attitudes about Strategies for Ameliorating Daytime Sleepiness.....	19
Discussion	21
Gaps in Symptom Recognition and Utilization of Healthcare.....	21
Patient Preference for Lifestyle Changes.....	23
A Need for Public Health Education.....	25
Implications for Future Treatment.....	26
Conclusions	29

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Table 1*Characteristics of the Sample*

Variable	Category/Units	Complete Sample (N = 28)
Age	Years	32.8 (SD = 10.0)
Biological Sex	Male	31.8%
	Female	68.2%
Race/Ethnicity	Non-Hispanic White	59.1%
	Hispanic/Latino	22.7%
	Black/African American	9.1%
	Asian	9.1%
	American Indian/Native American	0.0%
Sleepiness	ESS Score	15.05
Fatigue	FSS Score	48.32

Figure 1
Distribution of Rate of Agreement with Statements Regarding Seeking Treatment

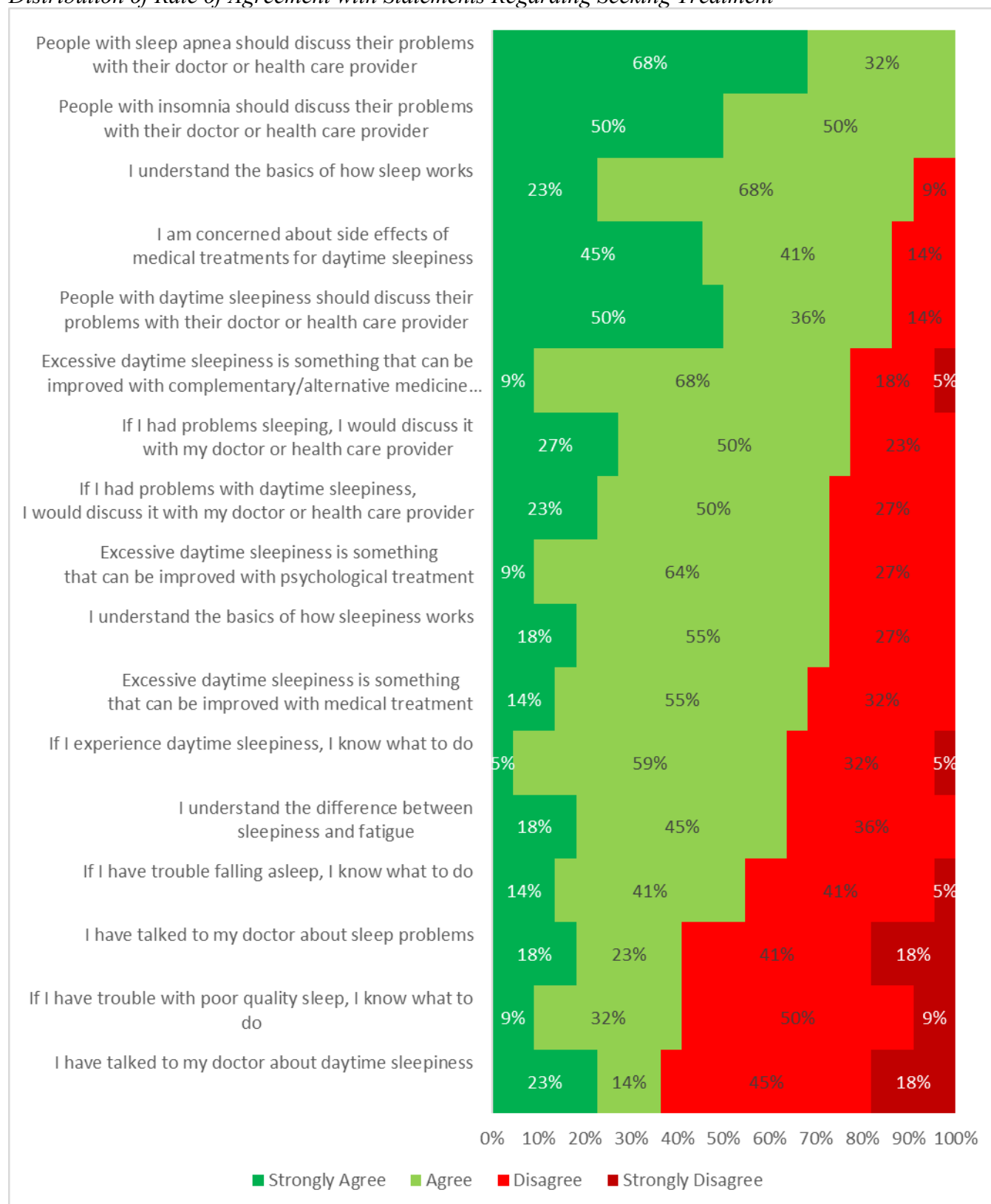


Figure 2
Distribution of Rate of Agreement with Statements Regarding Strategies for Ameliorating Daytime Sleepiness

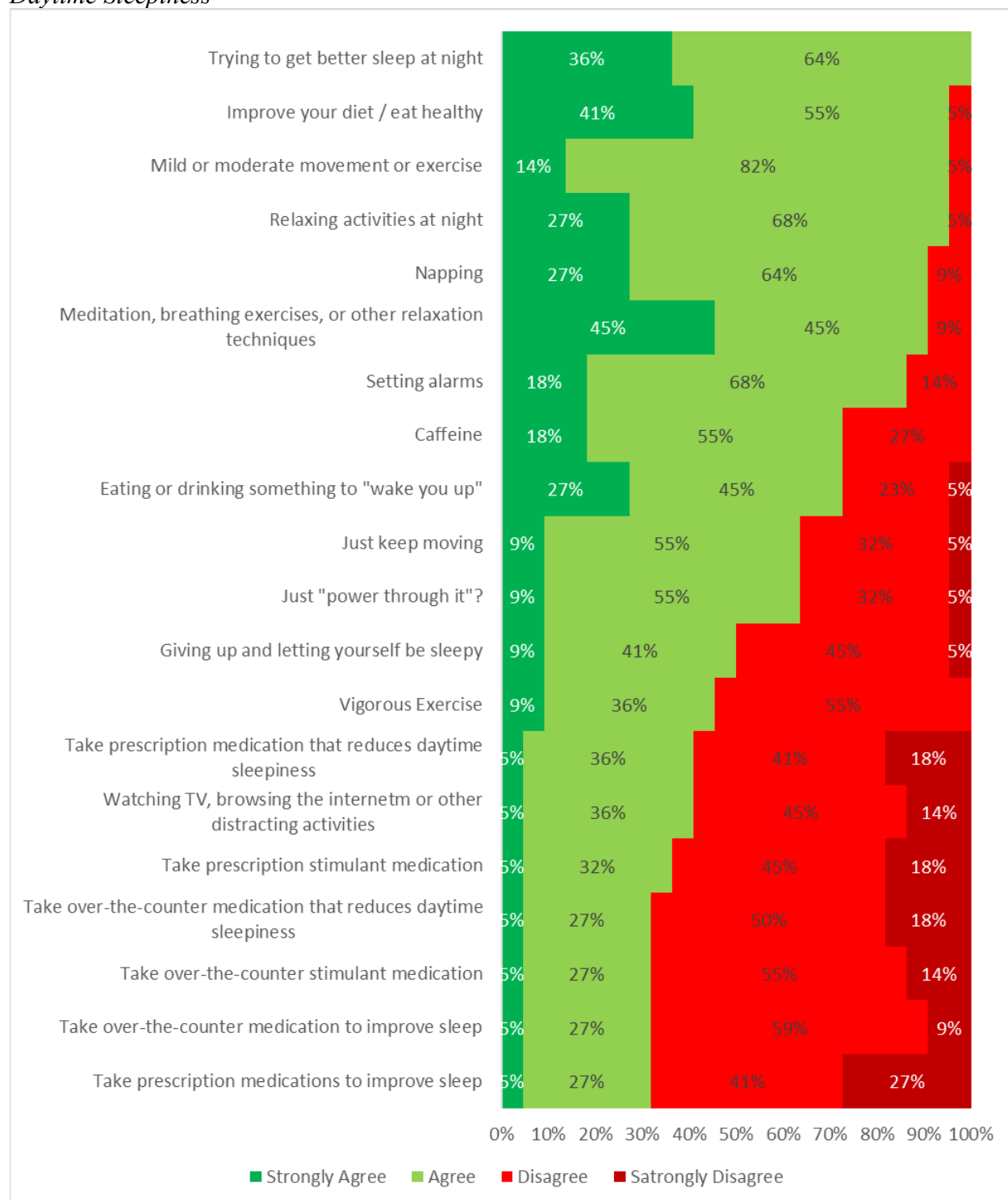


Table 2*Associations between Baseline Daytime Sleepiness and Fatigue and Beliefs and Attitudes about Seeking Treatment*

Belief	FSS			ESS		
	oOR	95% CI	p	oOR	95% CI	p
People with insomnia should discuss their problems with their doctor or health care provider	0.96	(0.77, 1.20)	0.720	0.94	(0.84, 1.06)	0.340
People with sleep apnea should discuss their problems with their doctor or health care provider	1.01	(0.79, 1.30)	0.921	0.93	(0.80, 1.08)	0.321
People with daytime sleepiness should discuss their problems with their doctor or health care provider	0.98	(0.80, 1.21)	0.882	0.95	(0.85, 1.07)	0.392
I understand the basics of how sleep works	0.89	(0.70, 1.13)	0.324	1.00	(0.89, 1.12)	0.987
I understand the basics of how sleepiness works	0.79	(0.62, 1.01)	0.062	0.99	(0.89, 1.10)	0.826
I have talked to my doctor about sleep problems	1.21	(0.93, 1.59)	0.163	1.54	(1.08, 2.19)	0.016
I have talked to my doctor about daytime sleepiness	1.17	(0.91, 1.51)	0.220	1.33	(1.04, 1.70)	0.022
If I had problems sleeping, I would discuss it with my doctor or health care provider	1.04	(0.86, 1.27)	0.673	1.07	(0.97, 1.19)	0.180
If I had problems with daytime sleepiness, I would discuss it with my doctor or health care provider	1.05	(0.87, 1.28)	0.609	1.05	(0.95, 1.17)	0.300
I understand the difference between sleepiness and fatigue	0.87	(0.70, 1.09)	0.215	1.05	(0.94, 1.17)	0.403
If I have trouble falling asleep, I know what to do	1.03	(0.84, 1.26)	0.771	0.94	(0.85, 1.04)	0.205
If I have trouble with poor quality sleep, I know what to do	0.94	(0.75, 1.16)	0.551	0.93	(0.84, 1.04)	0.208
If I experience daytime sleepiness, I know what to do	1.11	(0.87, 1.41)	0.395	0.99	(0.89, 1.10)	0.843
Excessive daytime sleepiness is something that can be improved with medical treatment	1.08	(0.88, 1.33)	0.466	0.97	(0.88, 1.07)	0.586
Excessive daytime sleepiness is something that can be improved with psychological treatment	0.94	(0.72, 1.22)	0.631	0.90	(0.79, 1.04)	0.158
Excessive daytime sleepiness is something that can be improved with complementary/alternative medicine treatment	0.94	(0.75, 1.20)	0.640	0.95	(0.84, 1.08)	0.432
I am concerned about side effects of medical treatments for daytime sleepiness	0.93	(0.75, 1.16)	0.524	0.99	(0.89, 1.10)	0.868

Table 3

Associations between Baseline Daytime Sleepiness and Fatigue and Beliefs and Attitudes About Strategies for Ameliorating Daytime Sleepiness

Strategy:	FSS			ESS		
	oOR	95% CI	p	oOR	95% CI	p
Just "power through it"	0.88	(0.69, 1.12)	0.291	0.81	(0.68, 0.96)	0.015
Caffeine	0.93	(0.75, 1.16)	0.530	0.95	(0.85, 1.06)	0.342
Vigorous Exercise	1.19	(0.93, 1.53)	0.166	1.06	(0.95, 1.19)	0.316
Mild or moderate movement or exercise	1.22	(0.80, 1.86)	0.352	1.00	(0.86, 1.16)	0.992
Trying to get better sleep at night	1.34	(0.92, 1.96)	0.124	0.96	(0.83, 1.10)	0.541
Eating or drinking something to "wake you up"	1.15	(0.92, 1.45)	0.224	1.09	(0.96, 1.23)	0.188
Napping	2.55	(1.11, 5.84)	0.027	1.10	(0.95, 1.27)	0.205
Giving up and letting yourself be sleepy	1.25	(0.98, 1.59)	0.070	1.03	(0.93, 1.14)	0.540
Improve your diet / eat healthy	0.87	(0.67, 1.14)	0.318	0.93	(0.81, 1.07)	0.319
Relaxing activities at night	0.87	(0.66, 1.14)	0.309	0.74	(0.54, 1.02)	0.063
Meditation, breathing exercises, or other relaxation techniques	0.75	(0.55, 1.02)	0.068	0.92	(0.80, 1.06)	0.253
Watching TV, browsing the internet or other distracting activities	0.94	(0.76, 1.17)	0.604	0.89	(0.77, 1.02)	0.087
Just keep moving	1.07	(0.87, 1.32)	0.525	1.00	(0.90, 1.12)	0.935
Setting alarms	0.77	(0.58, 1.03)	0.082	1.00	(0.89, 1.12)	0.989
Take prescription medications to improve sleep	1.49	(1.09, 2.02)	0.012	1.06	(0.96, 1.18)	0.252
Take over-the-counter medication to improve sleep	1.55	(1.02, 2.36)	0.039	1.13	(0.97, 1.32)	0.117
Take prescription stimulant medication	1.22	(0.95, 1.56)	0.114	1.09	(0.96, 1.24)	0.193
Take over-the-counter stimulant medication	1.13	(0.89, 1.44)	0.302	0.97	(0.86, 1.08)	0.557
Take prescription medication that reduces daytime sleepiness	1.21	(0.96, 1.54)	0.114	1.06	(0.94, 1.18)	0.335
Take over-the-counter medication that reduces daytime sleepiness	1.11	(0.88, 1.39)	0.383	0.98	(0.88, 1.09)	0.734