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Investigation of the Intricate Association Between Psychological Well-Being and Sleep Health _____ With Consideration for Potential Mediators

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Abstract

Objectives Sleep is a complex state involving interactions between neurophysiological, psychological, and neurochemical processes. To study the associations and relative mechanisms, the study group began from the epidemiological exploration towards the topics. The intricate association between psychological well-being and sleep health, along with consideration for potential mediators, was discussed. Methods The current cross-sectional analysis was derived from a follow-up middle school students' cohort which began from 2021. Totally 302 participants were included. Key variables included general personal information, psychological scales, and family-related and society-related factors. SPSS 16.0 and R 4.2.3 were used for data analysis. Results The distribution for family social support and childhood trauma was found to be different between better/worse sleep states participants, higher proportion who received family social support and lower proportion of childhood trauma were found in better sleep states group. And media use analysis showed us a lower level among better sleep states ones ($P < 0.05$), the media use duration was also shorter among better sleep states ones ($P < 0.05$). Regression analysis suggested that family social support ($OR = 0.473$), and MMS index ($OR = 4.407$), media use duration ($OR = 1.085$), were associated with the states of sleep ($P < 0.05$). Also, mediation effects analysis indicated that the mediation effects from family-related factors and self identity to the association of sleep-depression/anxiety were minor. The factor of "being the single child in the family, which showed a significant negative mediated effect to the sleep-depression association.



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Conclusions A common pattern towards sleep health state was detected among the current participants. Complicated association for the psychological states, sleep states and family-related factors, together with relative determinants, was implied.

Keywords: Youth, Anxiety, Depression, Sleep, Family Support, Self Identity, Mediation