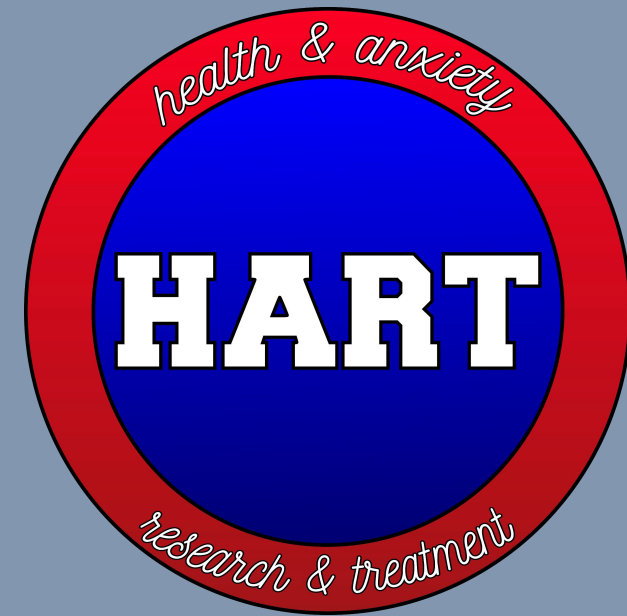


Analyzing the Relationship Between Perseverative Thinking and Insomnia in College Students with GAD Symptoms

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There is a positive relationship between perseverative thinking & insomnia in students with GAD symptoms.

INTRO

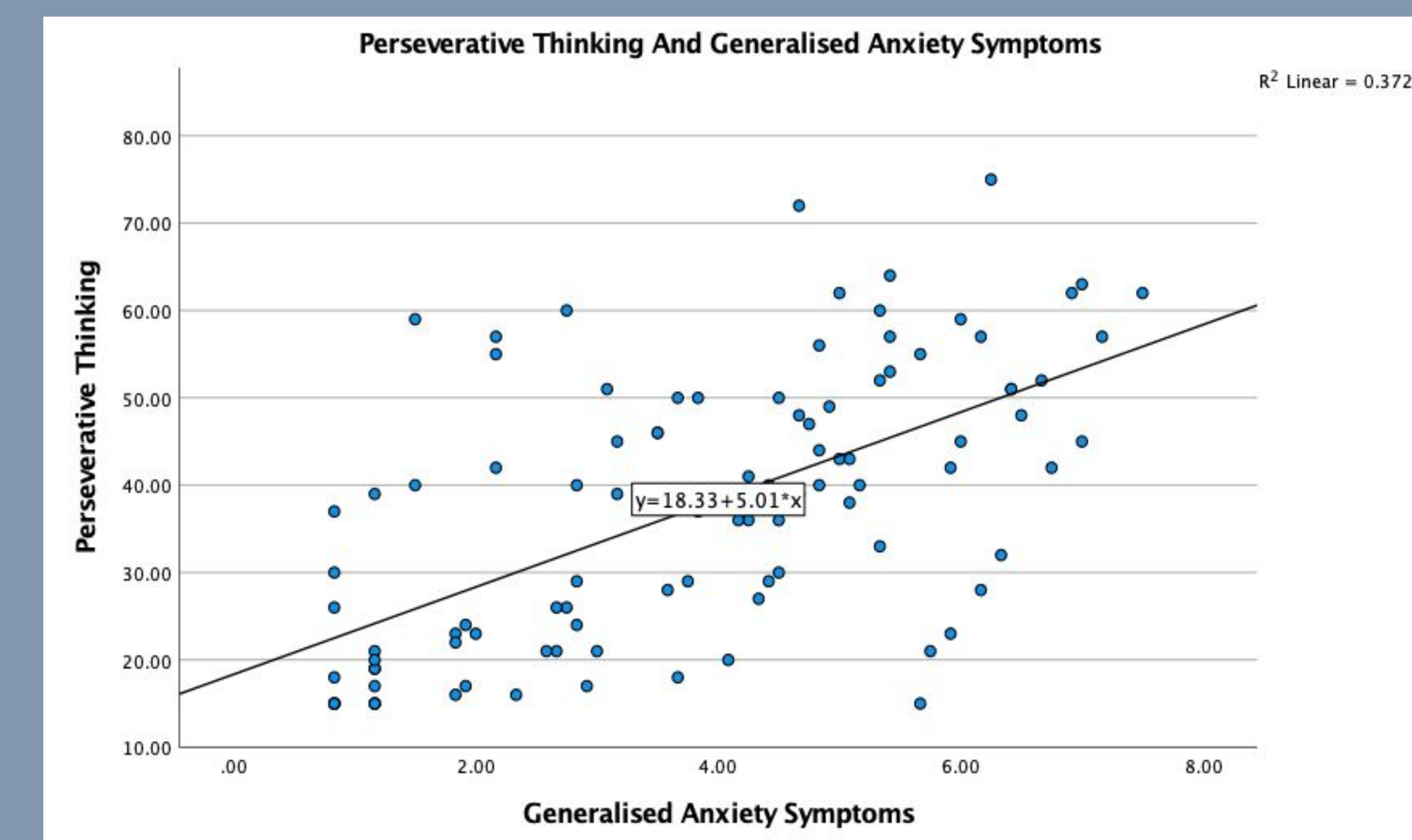
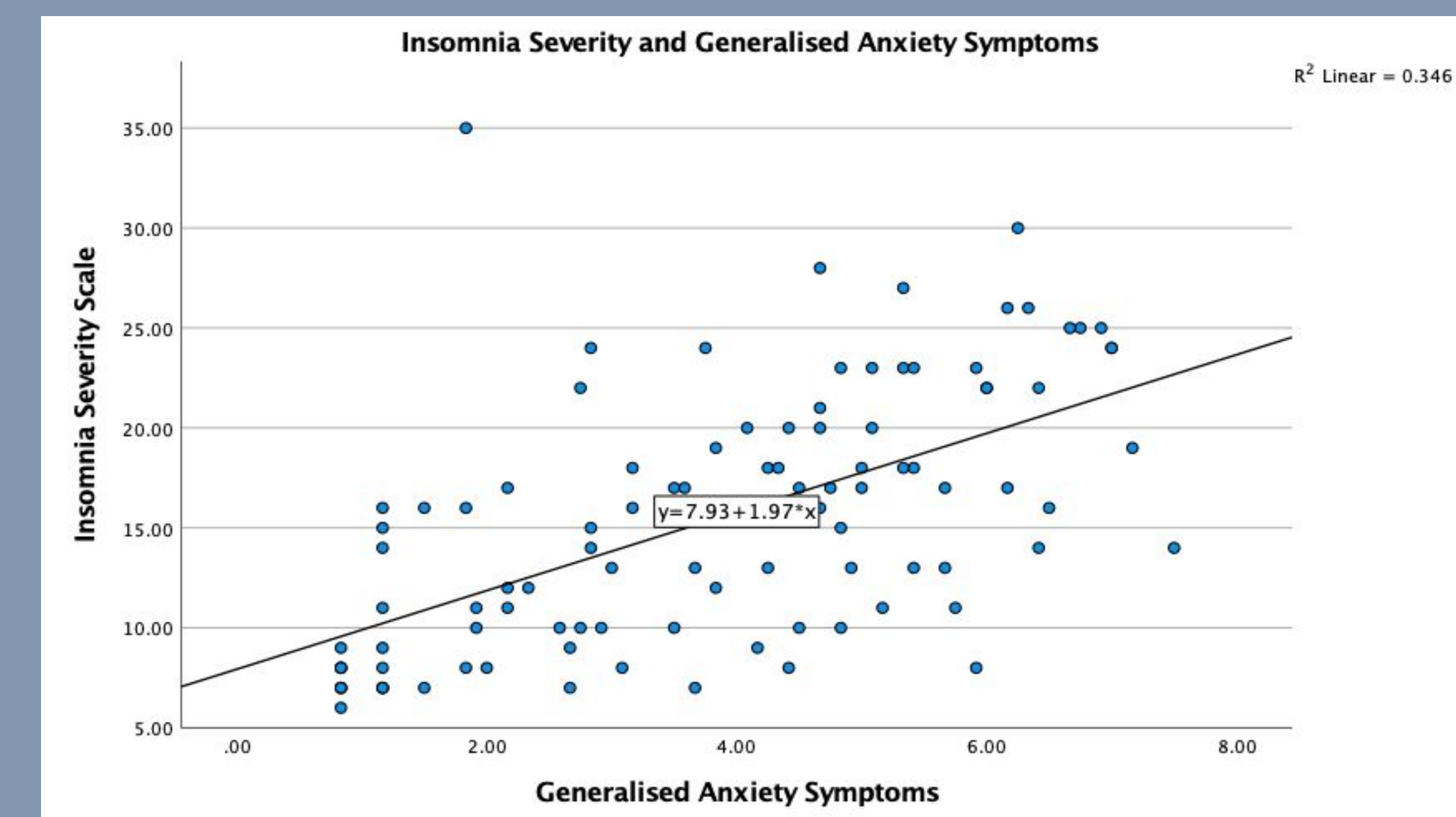
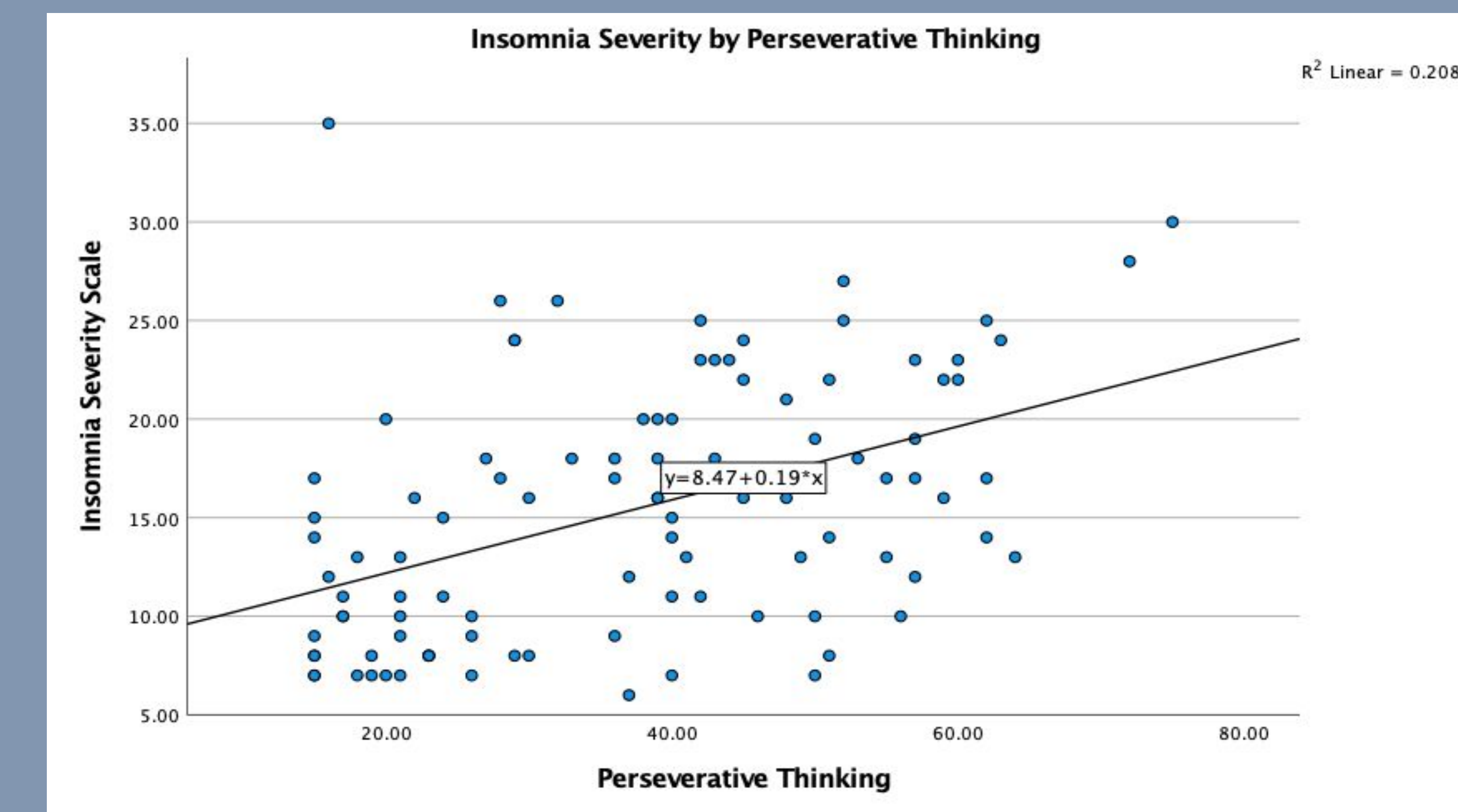
- Research demonstrates that generalized anxiety disorder (GAD) is related to moderate to severe insomnia, characterized by difficulty falling or staying asleep, restless sleep, and early waking (Navarette et al., 2017).
- The persistence of insomnia is directly influenced by night time sleep related worry (Lancee et al., 2017).
- More severe anxiety symptoms are exhibited in those with insomnia (Mason et al., 2014).
- Few studies analyze the connection between GAD, perseverative thinking, and insomnia; therefore, this study aims to understand the connection between the three variables. It is hypothesized that there is a positive correlation between insomnia and perseverative thinking in individuals with GAD symptoms.

METHODS

101 College Students completed the General Anxiety Disorder Questionnaire-IV (GAD-Q-IV), perseverative thinking questionnaire (PTQ), and the Insomnia Severity Index (ISI). The sample identified as 79% female and 82% White with a mean age of 19.75 ($SD = 4.19$).

DISCUSSION

- Previous research on GAD, insomnia, and perseverative thinking has found that insomnia is prevalent in those with GAD symptoms (Navarette et al., 2017; Mason et al., 2014) and that night time worry influences insomnia (Lancee et al., 2017).
- Further research could expand this study by exploring the causal relationship between insomnia, perseverative thinking, and GAD symptoms through prospective studies and in larger and more diverse samples.
- In addition to this, building on Lancee et al (2017), further research could explore the difference between perseverative thinking during the day and night in individuals with GAD symptoms and insomnia.



RESULTS

- 57.4% reported finding it difficult to control their worry
- 51.5% reported difficulties staying and falling asleep in the past six months
- Bivariate correlations indicated a moderate positive correlation between the GAD-Q-IV and the ISI ($r = .588, p < .001$) and a strong positive correlation to the PTQ ($r = .610, p < .001$), while the ISI indicated a moderate positive correlation to the PTQ ($r = .456, p < .001$).

