

ABSTRACT

THESIS: The Relations Between Sleep, Depression, and Anxiety in a College

Population

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The present study was designed to simultaneously examine the prevalence of insomnia, hypersomnia, and delayed sleep phase syndrome (DSPS) among college students, while also examining the relations of depression (atypical and melancholic) and anxiety.

Analyses revealed that insomnia, anxiety, poorer sleep efficiency, longer sleep latency, and shorter sleep duration were all correlated with melancholic features of depression and that anxiety, insomnia, and sleep latency were the strongest predictors of melancholic depression. Anxiety, excessive daytime sleepiness, insomnia, shorter sleep duration, poorer sleep efficiency, and longer sleep latency were all correlated with atypical depressive features, whereas anxiety and sleep latency were the strongest predictors for atypical depressive symptoms. The Composite Scale of Morningness correlated with sleep latency, later night times both during the week and on the weekends, later morning times both during the week and on weekends, and the difference between morning times on weekends versus the weekdays. Further research is needed to explore the relations among the depression subtypes and sleep problems and for development of more adequate measures to assess various sleeping problems and depression subtypes.