

Component	1-week		1-month		Paired	
	Post-hospitalization		Post-hospitalization			
	M	SD	M	SD		
Subjective sleep quality	2.05	0.95	1.38	0.96	5.52	< .001
Sleep latency	1.90	1.16	1.43	1.19	3.93	< .001
Sleep duration	1.74	1.27	1.14	1.14	5.55	< .001
Sleep efficiency	2.07	1.15	1.67	1.13	3.54	< .001
Sleep disturbance	1.44	0.56	1.18	0.42	4.25	< .001
Daytime dysfunction	2.36	0.90	1.64	0.90	6.23	< .001
Sleep medication use	0.92	1.36	0.66	1.11	2.37	.02
Global PSQI score	12.39	5.26	9.09	5.12	6.39	< .001

PSQI: Pittsburgh Sleep Quality Index; M: mean; SD: standard deviation.

New Psqi Scoring Table

**Malgorzata Pac, László Maródi, Jean-
Laurent Casanova, Irina A. Tuzankina**

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New advances in dietary fibers and their role in metabolic, digestive, and immune health Junrui Cheng,Aylin Sahin,Changling Hu,Renee Korczak,2024-04-16 *New evidence on the Psychological Impacts and Consequences of Covid-19 on Mental Workload Healthcare Workers in Diverse Regions in the World* Davod Afshari,Edith Kamaru Kwobah,Krystyna Kowalczyk,Stephen X. Zhang,2023-10-16 The Covid 19 pandemic has had a significant global impact on our daily lives At the center of the pandemic are healthcare workers who have faced a great psychological burden in attempting to counter the virus in both short and long terms contexts The goal of this Research Topic is to offer new evidence on the mental health experiences of healthcare workers under the Covid 19 pandemic by taking on a broad global perspective We are particularly interested in new evidence that extends the existing meta analyses on the topic to build further knowledge

Psychological Sleep Studies: New Insights to Support and Integrate Clinical Practice Within the Healthcare System Christian Franceschini,Luigi De Gennaro,Chiara Baglioni,Dagmara Dimitriou,Dieter Riemann,2022-03-11 New insights in non-motor symptoms in Parkinson's disease Cristian Falup-Pecurariu,Alessandra Fanciulli,Rupam Borgohain,K. Ray Chaudhuri,Vinod Metta,2024-04-01 **Coping with pandemic and infodemic stress: A multidisciplinary perspective** Alexander V. Libin,Elena V. Libin,Hubert Annen,Nawar Shara,2023-07-20 **Sarcopenia, Frailty and Nutrition in Liver Diseases** Speranta Iacob,Susanne Beckebaum,Dan Lucian Dumitrascu,Liana Gheorghe,2022-07-01 Internet and Smartphone Use-Related Addiction Health Problems Olatz Lopez-Fernandez,2021-08-31 This Special Issue presents some of the main emerging research on technological topics of health and education approaches to Internet use related problems before and during the beginning of coronavirus disease 2019 COVID 19 The objective is to provide an overview to facilitate a comprehensive and practical approach to these new trends to promote research interventions education and prevention It contains 40 papers four reviews and thirty five empirical papers and an editorial introducing everything in a rapid review format Overall the empirical ones are of a relational type associating specific behavioral addictive problems with individual factors and a few with contextual factors generally in adult populations Many have adapted scales to measure these problems and a few cover experiments and mixed methods studies The reviews tend to be about the concepts and measures of these problems intervention options and prevention In summary it seems that these are a global culture trend impacting health and educational domains Internet use related addiction problems have emerged in almost all societies and strategies to cope with them are under development to offer solutions to these contemporary challenges especially during the pandemic situation that has highlighted the global health problems that we have and how to holistically tackle them The Application of Artificial Intelligence in Brain-Computer Interface and Neural System Rehabilitation Fangzhou Xu,Dong Ming,Tzyy-Ping Jung,Peng Xu,Minpeng Xu,2023-11-15 **Advances in primary immunodeficiencies (inborn errors of immunity) in central-eastern europe: Volume II** Malgorzata Pac,László Maródi,Jean-Laurent Casanova,Irina A. Tuzankina,2023-05-04

Sex-specific effects of environment on behavioral outcomes across the lifespan Brittany L. Smith,Justin L. Bollinger,Simone Nicole De Luca,Jonathan VanRyzin,Ashley Kopec,Anne Z. Murphy,Deena Marie Walker,2023-08-24

Sleep and Psychological Trauma or Stress Seog Ju Kim,Tobias Hecker,Heon-Jeong Lee,2022-07-06 Cognitive and Mental Health Improvement Under- and Post-COVID-19, volume III Yuka Kotozaki,Gabriele Nibbio ,Chong Chen,2025-04-01
This Research Topic is a part of a collection on the topic of Cognitive and Mental Health Improvement Under and Post COVID 19 An increasing body of research suggests that the COVID 19 pandemic has worsened global mental health and caused more cognitive impairments Whereas the COVID 19 pandemic is still ongoing in some regions it is expected to be ending for most regions in the very near future From a psychological psychiatric and public mental health perspective it is of vital importance to conduct effective and efficient interventions to promote cognitive and mental health for they not only are essential for us to cope with the ongoing pandemic but also necessary for us to rebuild a better world post the pandemic Not to say that a healthy cognitive and mental health state is at the core of human wellbeing and deserves its own place From previous studies and everyday practices we already know that regular exercise appropriate sleep nutritious diet close social ties connection with nature mindfulness among others help improve cognition and boost mental health However the optimal regimen for each specific cognitive and mental health outcome for a specific population including both those of healthy and clinical is unclear and remain to be identified Furthermore the underlying psychological physiological and neurobiological mechanisms through which each activity or intervention improves cognition and promotes mental health are to be clarified

New Methodological, Intervention and Neuroscientific Perspectives in Sports Psychology, volume II Antonio Hernández-Mendo,Jose María Carames Tejedor,M. Teresa Anguera,Verónica Morales-Sánchez,2025-06-26 This Research Topic is the second volume of the Research Topic New Methodological Intervention and Neuroscientific Perspectives in Sports Psychology Please see the first volume here Within the discipline of sport psychology considerable work involves the development implementation and evaluation of interventions to improve the world of sport The importance of theory as a basis for such intervention efforts has been strongly emphasized In recent years research has shown that there are three factors on which to base future developments methodological innovations e g Mixed Methods new intervention approaches e g Empowering Disempowering Climates and advances in neuroscience e g inhibitory circuits Regarding methodological innovations the importance of mixed methods in this field is highlighted by their profound significance Indeed procedural innovations with direct and indirect observational data has allowed the observational methodology to be considered as a mixed method in itself This approach has been implemented in recent years in many publications relating to various sports Other methodological advances involve the evolution of structural equation analysis For example the increasing use of invariance analysis mediation analysis PLS software which allows non normal samples multilevel analysis generalizability analysis and the graphical evolution of data with programs such as Neo4j *Towards an Understanding of Tinnitus*

Heterogeneity, Volume II Antonello Maruotti, Arnaud Norena, Bård Støve, Berthold Langguth, Birgit Mazurek, Christopher R. Cederroth, Deborah A. Hall, Giriraj Singh Shekhawat, Grant Searchfield, Heidi Olze, Jianxin Bao, Jose Antonio Lopez-Escamez, Manfred Reichert, Myra Spiliopoulou, Nathan Weisz, Patrick K. A. Neff, Peyman Adjamian, Pim Van Dijk, Rilana f. f. Cima, Rüdiger Christoph Pryss, Silvano Gallus, Sven Vanneste, Thomas Probst, Tobias Kleinjung, Winfried Schlee, 2024-02-21 This Research Topic is part of the article collection series Towards an Understanding of Tinnitus Heterogeneity Tinnitus is the perception of a sound when no external sound is present The severity of tinnitus varies but it can be debilitating for many patients With more than 100 million people with chronic tinnitus worldwide tinnitus is a disorder of high prevalence

User-Centered Assessment Design Madhabi Chatterji, 2025-01-02 How can assessment instruments be designed or selected to best serve the needs of intended users taking into account their interests capacities and limitations Informed by a socioecological perspective this timely state of the art reference and text presents an integrated user centered process model for developing assessments guided by user contexts Madhabi Chatterji provides foundational principles and procedures for designing multi item tests behavior based product based and portfolio based assessments and self report instruments She demonstrates how to integrate qualitative and quantitative methods to devise tools that meet the quality criteria of usefulness and usability alongside validity and reliability The book features case study discussions worked through examples with diverse global populations and sample instruments from a variety of disciplines education psychology health care and others Chapter overviews and objectives are tied to within chapter Recaps and Reflection Breaks to further understanding and class discussion

Interaction Between Neuropsychiatry and Sleep Disorders: from Mechanism to Clinical Practice Bin Zhang, Huajun Liang, Xianchen Liu, Shuqin Zhan, Junying Zhou, 2022-12-23 **The Emergence of the Digital World** Elsie Ong, 2024-07-11

This book specifically focuses on young adults who have the highest usage of digital technologies in their daily lives We have assembled contributions of knowledge from scholars and students in Higher Education as they have the most direct experience of going through COVID and were most impacted by it Through the collection of these views and studies we will critically discuss how digital technological advances the unique experiences of young adults going through the pandemic The content will cover a wide range of learning policy making and mental health outcomes to raise pragmatic value to those appraising and restructuring programs for individuals engaging in digital technologies This book will draw conclusions on important clinical impact and scientific value on what might be the new direction for upcoming digital intervention and the trend of newly designed educational program for Higher Education Readers will gain knowledge on the significant impact upon research and improvements for this young generation *Smart Health* Xiaolong Zheng, Daniel Zeng, Hsinchun Chen, Yong Zhang, Chunxiao Xing, Daniel B. Neill, 2014-07-05 This book constitutes the refereed proceedings of the International Conference for Smart Health ICSH 2014 held in Beijing China in July 2014 The 21 papers presented together with 4 extended abstracts were carefully reviewed and selected from numerous

submissions The papers are organized in topical sections on information sharing integrating and extraction health data analysis and management clinical and medical data mining and clinical practice and medical monitoring

Continuous Glucose Monitoring: Beyond Diabetes Manageme Ma Jianhua,Gang Hu ,Jianzhong Xiao,2025-09-29 Continuous glucose monitoring CGM is considered as a new tool for diabetes management Due to the improved accuracy and reliability its applications have grown CGM provides us with an approach for getting insight into blood glucose profiles Time in range TIR time above range TAR and time below range TBR become new targets for diabetes care It helps to optimize the treatment regimen by preventing glucose fluctuation especially hypoglycemia In this context a lot of studies have been done and many research papers have been published As we know blood glucose fluctuates during the day not only in patients with diabetes but also in other situations The fluctuation reflects the balance of disposition of glucose i e the appearance of glucose from gut liver and other glucogenesis tissues and the utilization of glucose These processes are related to diverse mechanisms and physiological and pathophysiological events As a result GCM could be used in nutrition consultation intensive care prediabetes management peri operative care insulinoma and other diseases related to glucose metabolism In the discovery of new drugs CGM could be used in animal studies to present a tool to find dynamic glucose metabolism

Physical Activity: An Optimizer of the Neurophysiological System? Juan Pedro Fuentes,Rodrigo Ramirez-Campillo,Mauricio Garzon,Maria Ant3nio Castro,2022-01-24

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