



VICTORIA UNIVERSITY
MELBOURNE AUSTRALIA

Population Study on the Predictors of Sleeping Difficulties in Young Australian Women

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Table 1: Odds Ratios (OR) (with 95% confidence intervals, CI) of dichotomous independent variables in relation to the dependent variable of ‘often’ having difficulty sleeping (versus ‘no’ or ‘rarely’ having sleeping difficulty)

	<i>N</i> [#]	<i>OR</i>	<i>OR CI</i>
Unemployed and seeking work	511	2.11	1.67-2.64
No university qualification	3760	1.62	1.39-1.89
Household income < \$1000/wk	1878	1.91	1.48-2.46
Major illness*	3610	2.54	2.17-2.99
Ever combined drugs with alcohol	2640	1.38	1.19-1.59
Binge drink once/week or more	121	1.78	1.12-2.82
Daily smoker	1136	1.65	1.38-1.96
Bodyweight dissatisfaction	4222	2.05	1.72-2.44
No hours brisk walking / week	1887	1.20	1.03-1.40
Any kind of abuse*	1937	2.72	2.35-3.15
Depression symptoms, often vs all others - last 12 months	426	11.51	9.35-14.17
Episodes severe anxiety, often vs all others - last 12 months	161	17.21	12.28-24.13
Diagnosed depression (not postnatal) *	786	5.18	4.36-6.14
Diagnosed anxiety disorder*	381	4.50	3.59-5.59
Diagnosed postnatal depression*	181	2.21	1.55-3.15

#Number of participants in the variable category listed (e.g. 511= number unemployed and seeking work)

*These variables relate to the last 3 years. Note also that the ‘major illness’ variable includes both diagnosed physical and mental illnesses and hence is not independent of the final three variables listed.

Table 2: Results of the logistic regression for model 1 (without depression or anxiety), where the dependent variable is symptoms of difficulty sleeping.

Model 1	Likelihood Ratio Test		
	Chi Sq	df	Sig
Unemployed and seeking work	3.54	3	.316
Highest qualification	42.83	18	.001
Household income	10.37	3	.016
No major illness	21.90	3	.000
Ever combined drugs with alcohol	16.82	3	.001
Binge drink	21.84	15	.112
Daily smoker	4.18	3	.242
Bodyweight dissatisfaction	15.02	3	.002
Briskwalking	1.57	3	.665
Any kind of abuse	72.95	3	.000

Bold text if $p < .05$

Valid N= 5456

Final -2 Log Likelihood = 7.16E3

Nagelkerke R Square = 0.069

Table 3. Results of the logistic regression for model 2 (depression and anxiety variables included), where the dependent variable is symptoms of difficulty sleeping.

Model 2	Likelihood Ratio Test		
	Chi Sq	df	Sig
Unemployed and seeking work	0.305	3	.959
Highest qualification	42.68	18	.001
Household income	6.37	3	.095
No major illness	6.31	3	.098
Ever combined drugs with alcohol	2.64	3	.450
Binge drink	25.27	15	.046
Daily smoker	4.19	3	.242
Bodyweight dissatisfaction	11.69	3	.009
Briskwalking	0.267	3	.966
Any kind of abuse	21.89	3	.000
Symptoms depression	415.74	9	.000
Symptoms intense anxiety	71.00	9	.000

Bold text if $p < .05$

Valid N= 5456

Final -2 Log Likelihood = 7.88E3

Nagelkerke R Square = 0.216