

Survey of Sleep Disturbances and their Association with Anxiety in Patients with Neurological Conditions: A Cross-sectional Study

INZAMAM ALAM¹, SRISHTI², SRISHTI SETH³, ANKITA SHARMA⁴, HIMANDRI KAPIL⁵

ABSTRACT

Introduction: Sleep disturbances and anxiety are commonly found among patients with neurological conditions, often affecting quality of life and complicating treatment outcomes. Even being frequently co-occurring, the relationship between the two has not been much researched in Indian clinical settings.

Aim: This study aims to assess the association between sleep quality and anxiety levels in patients with neurological disorders using a survey-based method. A total of 30 participants diagnosed with conditions like Parkinson's disease, epilepsy, multiple sclerosis, and functional neurological disorder were recruited from a neurology outpatient department. Data was collected using two valid tools: the Pittsburgh Sleep Quality Index (PSQI) and the Generalised Anxiety Disorder-7 (GAD-7) scale.

Results: The results showed that a significant proportion of participants reported poor sleep quality along with mild to severe anxiety symptoms. Statistical analysis showed a moderate positive correlation between the scores measured by PSQI and GAD-7 tools, suggesting that higher sleep disturbance levels were generally associated with higher anxiety.

Conclusion: This study highlights the need for routine psychological and sleep-related screening in neurological care settings. Though this study had a small sample size, the findings encourage the need for larger studies and the need to approach the issue for better patient care.

Keywords: Neuropsychiatric symptoms, Neurological disorders, Sleep quality.

PARTICULARS OF CONTRIBUTORS:

1. Undergraduate Student, Department of Physiotherapy, Amity Institute of Health and Allied Sciences, Amity University, Noida, Uttar Pradesh, India.
2. Undergraduate Student, Department of Physiotherapy, Amity Institute of Health and Allied Sciences, Amity University, Noida, Uttar Pradesh, India.
3. Undergraduate Student, Department of Physiotherapy, Amity Institute of Health and Allied Sciences, Amity University, Noida, Uttar Pradesh, India.
4. Assistant Professor, Department of Physiotherapy, Amity Institute of Health and Allied Sciences, Amity University, Noida, Uttar Pradesh, India.
5. Director, Reborn Physiotherapy and Neuro Rehab Center, Indrapuram, Ghaziabad, Uttar Pradesh, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Inzamam Alam,
Undergraduate Student, Department of Physiotherapy, Amity Institute of Health and Allied Sciences, Amity University, Noida-201301, Uttar Pradesh, India.
Email: inze.alam2512@gmail.com