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Profile and Correlates of Sleep Quality and Obstructive Sleep Apnoea among Young Persons in Ibadan, Southwestern Nigeria

Profil et Corrélats de la Qualité du Sommeil et de l'Apnée Obstructive du Sommeil chez les Sujets Jeunes à Ibadan, Sud-Ouest du Nigeria

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ABSTRACT

BACKGROUND: Sleep breathing disorders (SDB), especially obstructive sleep apnoea (OSA), are poorly studied in the young population. This study aimed to determine the prevalence of OSA and its associated risk factors among young persons.

METHODS: A cross-sectional study design was used, and participants aged 16-35 years were recruited from five tertiary institutions in Ibadan, South Western, Nigeria. The study used a structured questionnaire, stadiometer, weighing scale, tape measure, and digital blood pressure machine to collect data. Patient Health Questionnaire (PHQ-9), Generalized Anxiety Disorder-7(GAD-7), and Pittsburgh sleep quality index (PSQI) were used to assess depression, anxiety, and sleep quality respectively. To assess the risk of OSA, we used both the STOP-Bang questionnaire and the NOSAS score. The Statistical Package for the Social Sciences version 23 was used to analyse the data, and statistical significance was set at <0.05.

RESULTS: A total of 354 participants were included in this report with a mean age of 21.2±3.5 years. The female: male ratio was 1.9:1. The mean ±standard deviation of PSQI, GAD-7 score and PHQ-9 were 2.2±1.1, 12.4±5.1 and 15.0±5.4 respectively. The following percentages of participants were found to be at low, intermediate, and high risk for OSA: 94.1%, 5.6%, and 0.3%, respectively. This study showed that age and GAD-7 score were independently associated with the PSQI score while age, body mass index, neck cuff size and PHQ-9 score for OSA score.

CONCLUSION: There is a burden of OSA among this population of young people; and modifying anthropometric and psychosocial factors can help mitigate the risk of OSA outcomes.

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KEYWORDS: Obstructive Sleep Apnea; Sleep-disordered Breathing; Epidemiology; Sleep Disorder

RÉSUMÉ

CONTEXTE: Les troubles respiratoires du sommeil (TRS), en particulier l'apnée obstructive du sommeil (AOS), sont peu étudiés chez la population jeune. Cette étude visait à déterminer la prévalence de l'ASO et ses facteurs de risque associés chez les jeunes.

MÉTHODES: Un schéma d'étude transversale a été utilisé, et les participants âgés de 16 à 35 ans ont été recrutés dans cinq institutions tertiaires à Ibadan, au sud-ouest du Nigeria. L'étude a utilisé un questionnaire structuré, une toise, une balance, un ruban à mesurer et un tensiomètre numérique pour collecter les données. Le questionnaire Patient Health Questionnaire (PHQ-9), le Generalized Anxiety Disorder-7 (GAD-7) et l'index de qualité du sommeil de Pittsburgh (PSQI) ont été utilisés pour évaluer la dépression, l'anxiété et la qualité du sommeil respectivement. Pour évaluer le risque d'AOS, nous avons utilisé à la fois le questionnaire STOP-Bang et le score NOSAS. Le logiciel Statistical Package for the Social Sciences version 23 a été utilisé pour analyser les données, et la signification statistique a été fixée à <0,05.

RÉSULTATS: Un total de 354 participants ont été inclus dans cette étude avec un âge moyen de 21,2±3,5 ans. Le ratio femmes : hommes était de 1,9:1. Les moyennes ± écart-type du PSQI, du score GAD-7 et du PHQ-9 étaient respectivement de 2,2±1,1, 12,4±5,1 et 15,0±5,4. Les pourcentages suivants de participants étaient classés à faible, intermédiaire et haut risque d'AOS: 94,1 %, 5,6 % et 0,3 %, respectivement. Cette étude a montré que l'âge et le score GAD-7 étaient associés de manière indépendante au score PSQI, tandis que l'âge, l'indice de masse corporelle, la circonférence du cou et le score PHQ-9 étaient associés au score ASO.

CONCLUSION: Il existe un fardeau de l'ASO parmi cette population de jeunes; et la modification des facteurs anthropométriques et psychosociaux peut aider à atténuer le risque de résultats d'ASO.

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MOTS-CLÉS: Apnée obstructive du sommeil; Troubles Respiratoires du Sommeil ; Épidémiologie ; Trouble du sommeil

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Abbreviations: **CNM:** College of Nursing and Midwifery; **CSA:** Central sleep apnoea; **FSS:** Federal School of Statistics; **GAD-7:** Generalized Anxiety Disorder-7; **KU:** Kola Daisi University; **NoSAS:** Neck circumference; Obesity, Snoring, Age, Sex; **OSA:** Obstructive sleep apnoea; **OYSCHST:** Oyo State College of Health Science and Technology; **PHQ-9:** Patient Health Questionnaire; **PSQI:** Pittsburgh Sleep Quality Index, **SDB:** Sleep-disordered breathing; **TERRACE:** The Effects of anthropometRy and psyChosocial issuEs on campus; **TP:** The Polytechnic