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Title: A survey on the associated factors affecting sleep quality and the relationship between sleep quality and health-related quality of life among Chinese community-dwelling older adults in Hong Kong

ABSTRACT

Poor sleep quality among older adults is a global health problem which decreases health-related quality of life (HRQoL). Several associated factors such as demographics (age, gender, marital status, education level, living status), health (coexisting chronic illness, medication consumption), and lifestyle (alcohol consumption habit, the duration of napping time) were reported affecting sleep quality in both Western and Eastern countries. However, some of these significant relationships have not been proved in Hong Kong. Several local studies did not investigate the topics on the community-dwelling older adults. The relationship between sleep quality and the environmental domain of HRQoL has not yet investigated in Hong Kong. The aim of this study was to assess the associated factors affecting sleep quality and the relationship between sleep quality and HRQoL among Hong Kong Chinese community-dwelling older adults.

This was a cross-sectional and descriptive survey. Convenience sampling was used. Data was collected by conducting a structured face-to-face interview with a questionnaire consisted of three parts. The first part was used to collect subjects' personal data including their demographic information, health factors and lifestyle factors. The second part was the Cantonese-version Pittsburgh Sleep Quality Index (Cantonese – PSQI). It was used to measure sleep quality of the subjects. The last part was the World health Organization Quality of Life BREF (Hong Kong Chinese version) [WHOQoL – BREF (HK)]. It was used to evaluate HRQoL of the subjects. Independent t-test and one-way ANOVA were adopted to investigate the differences in sleep quality among the community-dwelling older adults with different health and lifestyle characteristics. Pearson's correlation test was used to test the relationship between age and sleep quality, as well as the relationship between sleep quality and HRQoL.

A total of 152 community-dwelling older adults participated in this study. The response rate was 83.5%. Subjects aged 65 to 93. Overall, subjects had poor sleep quality. In general, subjects had the lowest score in the psychological domain of HRQoL. Among the eight associated factors, education level, coexisting chronic illness and medication consumptions demonstrated significant group difference in sleep quality ($p < 0.05$). For the relationships, a significant positive correlation was found between age and sleep quality ($p < 0.001$). Moreover, significant positive relationship was found between sleep quality and the various domains of HRQoL ($p < 0.05$). The results found in this study were similar with that of the previous studies.

This study indicated that sleep quality among Chinese community-dwelling older adults in Hong Kong was poor. A positive relationship between sleep quality and HRQoL and a positive relationship between age and sleep quality was found. It facilitates health professions to identify and arrange specific health promotion activities to the older adults who are prone to have poor sleep quality such as those with lower education level, coexisting chronic illness and medication consumption. By improving the sleep quality, health status and HRQoL among the older adults, the burden of health care system can be decreased.