



# Sleep disturbance, social functioning, and suicidal ideation among preadolescent children admitted to intensive hospital-based psychiatric care.

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## Introduction

- Sleep health is interlinked with childhood psychosocial functioning.
- There is a need to test models on the associations between sleep disturbance and childhood suicidal ideation, specifically among children with early-onset psychopathology.
- One possible explanatory factor in the association between sleep disturbance and suicidal ideation: social functioning (developmentally appropriate peer interactions and connectedness).

This study tested a cross-sectional indirect effects model in which child sleep disturbance is associated with suicidal ideation via social functioning.

## Methods

### Participants

- 296 children (ages 7–12) with severe psychopathology who presented for intensive hospital-based treatment and their caregivers completed an assessment battery at admission

### Measures:

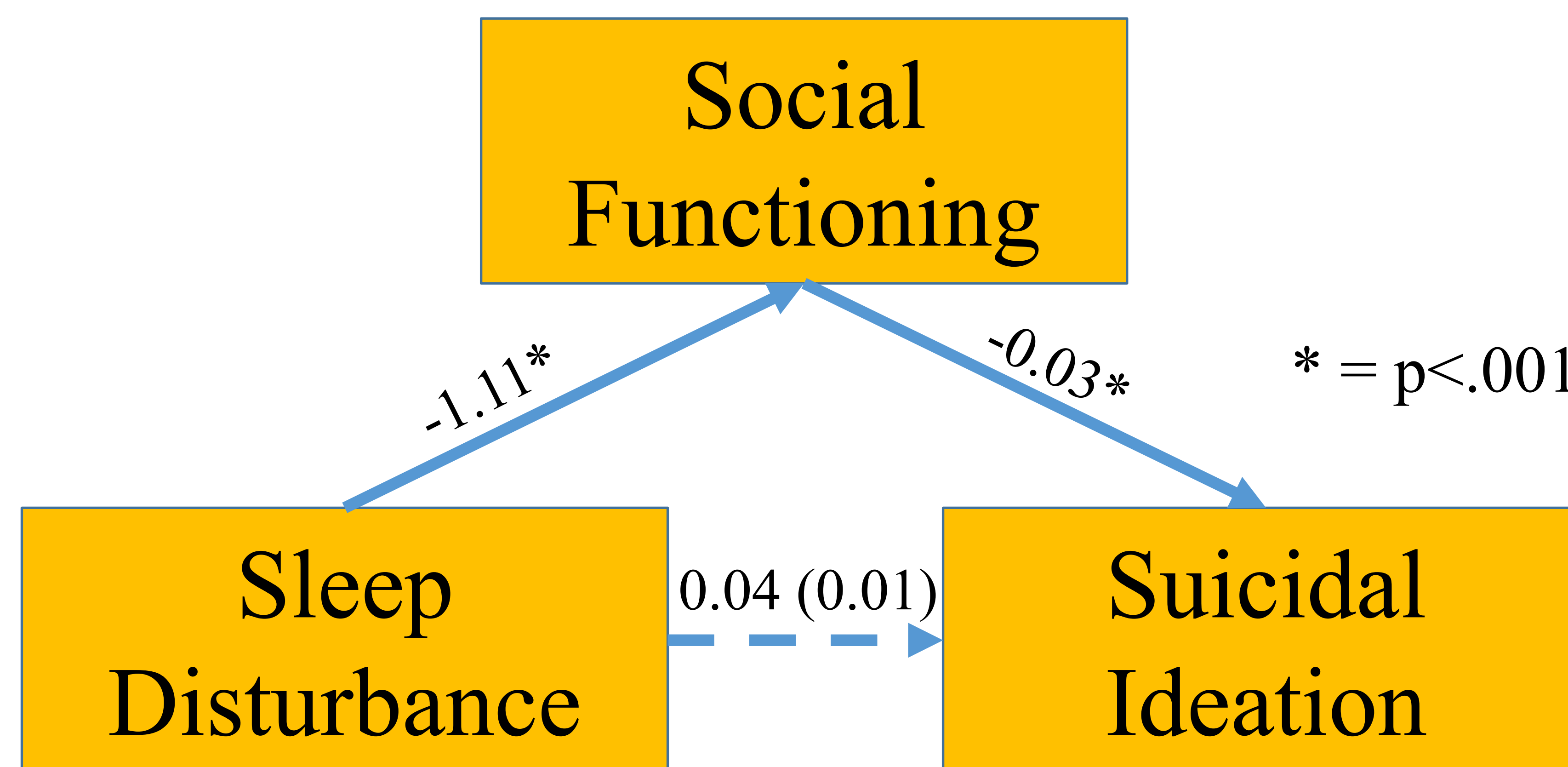
- Sleep disturbance: CSHQ (Parent report)
- Dysregulated negative affect: CEMS (Child report)
- Social functioning: PedsQL (Child report)
- Suicidal ideation. CDI item 9 (Child report)

## Methods (continued)

### Data Analysis

- Indirect effects were examined via the R causal mediation package. Unstandardized indirect effects were computed for 1,000 bootstrapped samples, and the 95% confidence interval was computed. Missing data handled via MICE in R.

## Results



Models controlled for child age and dysregulated negative affect. The indirect effect was statistically significant, *est.* = .006., 95% CI = .001, .01, *p* < .0001.

- Worse child sleep disturbance was related to lower levels of social functioning.
- Lower levels of child social functioning was associated with higher odds of suicidal ideation.
- Worse sleep disturbance was associated with increased odds of reporting suicidal ideation via the detrimental impact of sleep disturbances on social functioning.

## Conclusions

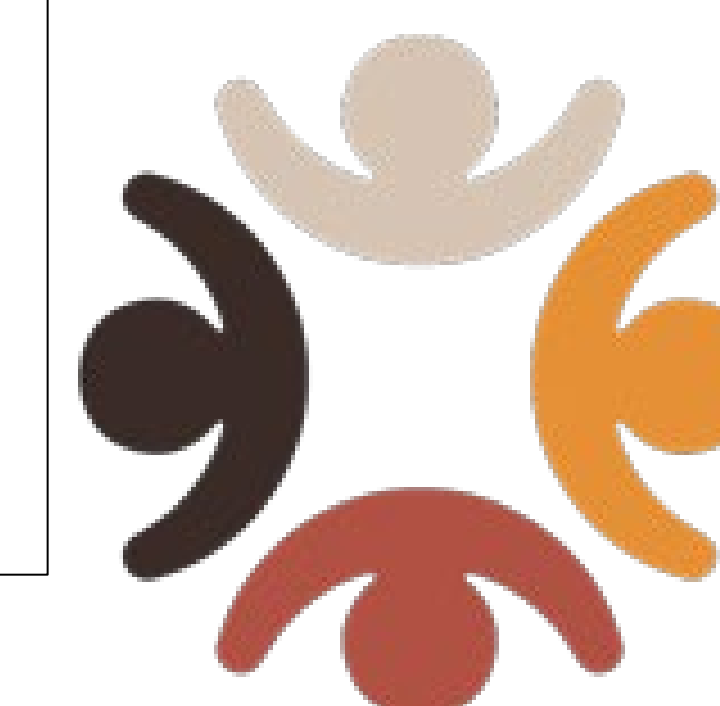
- Findings support the novel extension of explanatory models of suicide to children and highlight the possible role of sleep disturbance in the etiology of early suicidality.
- Documenting these associations provides the impetus for fine-grained examination of sleep health and social functioning among children who experience suicidal ideation and severe psychopathology.

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