



Family-based treatment for sleep problems in early adolescence: The promise of nighttime parenting as a transdiagnostic treatment target

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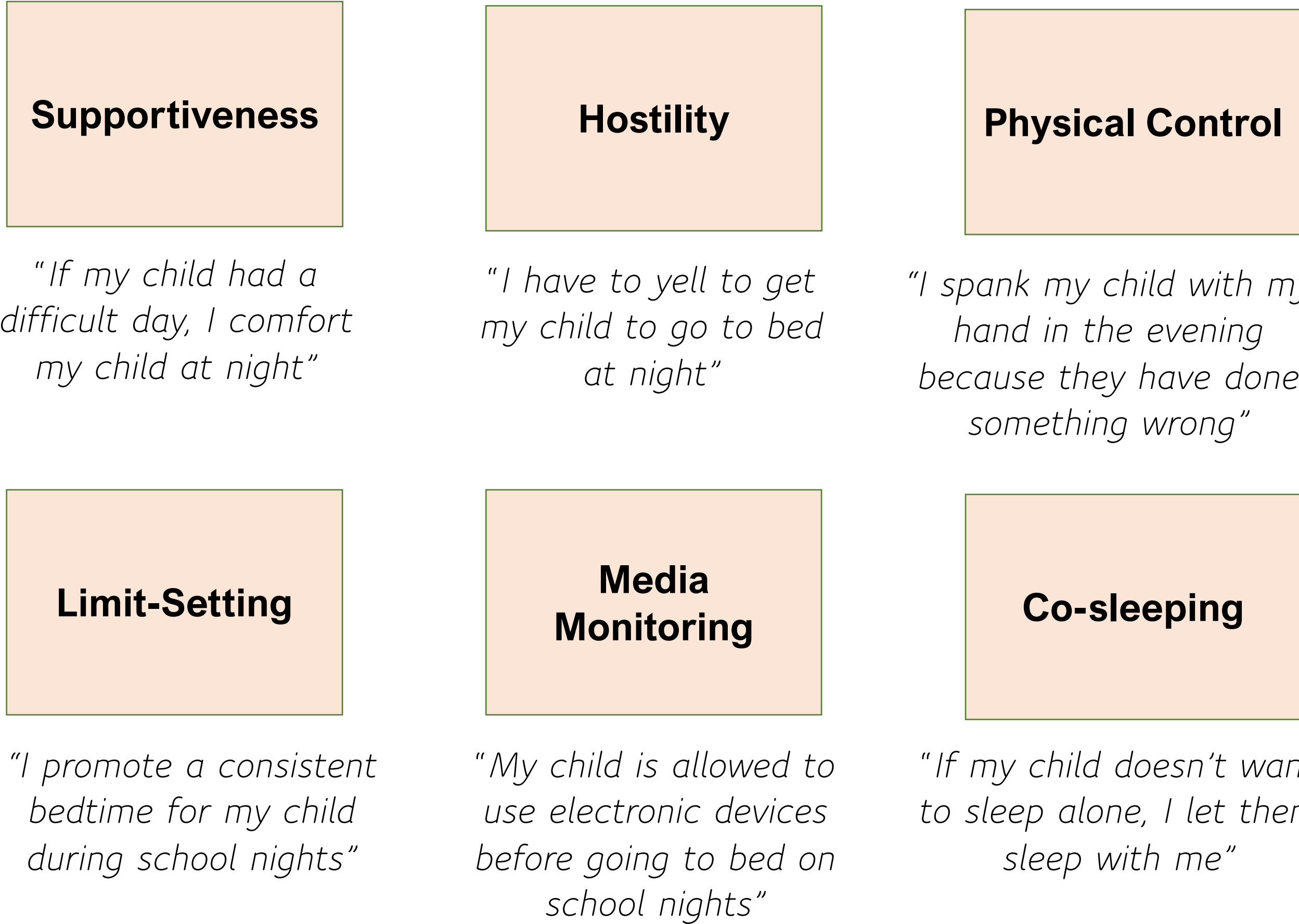
Construct & Scale Development

Objectives

- Developed a *Nighttime Parenting Scale*
- Establish structure and psychometric properties
- Examine associations with youth sleep and mental health over and above general parenting practices

Methods

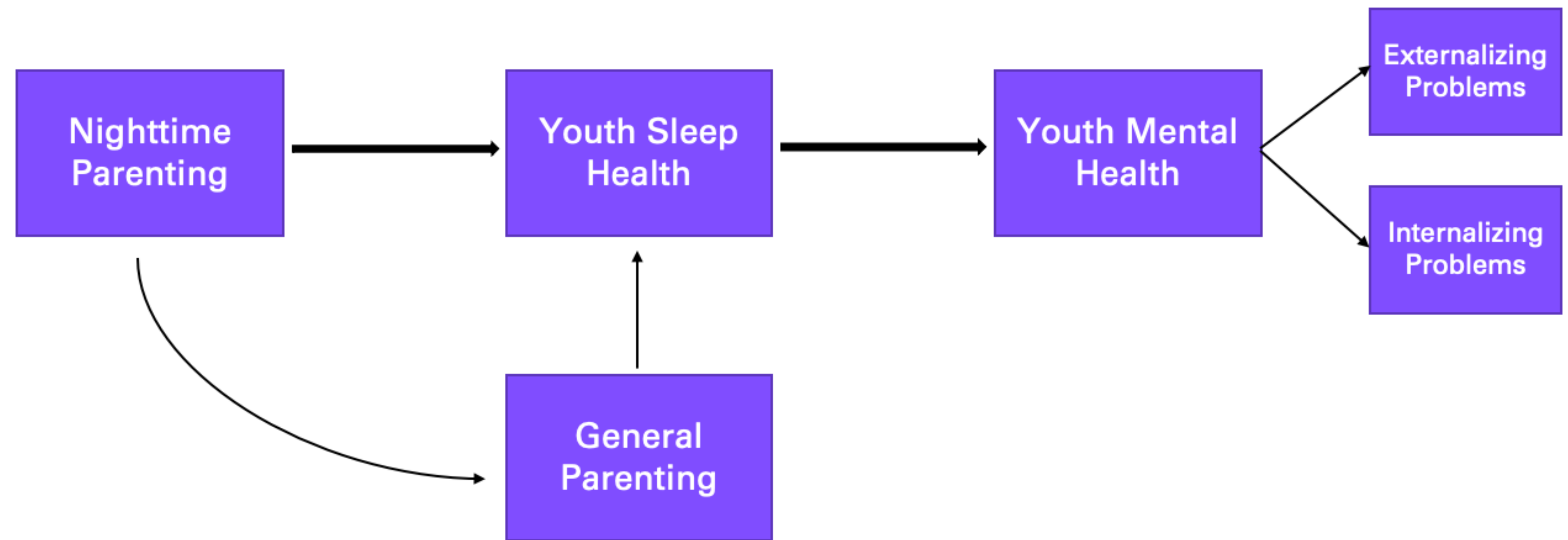
- A total of 625 parents (67.9% mothers) of peri-pubertal youth (age M = 11.6, SD = 1.31)
- The sample was primarily White (67.4%), followed by 16.5% Black, 13.1% Latinx, and 9.6% Asian
- ½ sample for exploratory factor analysis and ½ for confirmatory, combined for additional analyses



Key Findings

- Six nighttime parenting factors
- Established measurement invariance across youth sex, age, parental race, ethnicity, and education
- Ω reliability .78 to .83, test-retest r .53 to .84
- Nighttime parenting associated with longer sleep duration, shorter sleep onset latency, higher sleep efficiency and satisfaction, lower disturbances
- Unique predictive validity over and above general parenting practices for youth sleep health, internalizing and externalizing symptoms

Family-based Treatment Conceptual Model



Treatment Design

Objective

- Develop and test a family-based treatment for early adolescents with sleep problems

Method

- Eligibility criteria = sleep problems, early adolescence
- N = 6 parent & youth dyads, 66.7% Latinx
- Open trial pre-post design

Youth Sessions

- CBT and models of vigilance to treat
- Motivational interviewing framework
- Sleep-promoting cognitions and behaviors

Parent Sessions

- Transdiagnostic Behavioral Parent Training
- Reduce negative *nighttime parenting* and pre-sleep emotionally vigilant states
- Promote positive *nighttime parenting*
- Spillover effect on general/daytime parenting practices

Preliminary Results

Parenting Outcomes

- Medium effect size on nighttime supportiveness, general positive practices, general negative practices
- Small effect sizes on nighttime limit-setting and hostility

Youth Sleep Health Outcomes

- Large within-subject effect sizes on sleep efficiency, onset latency, disturbances, duration
- Large effect sizes on electronics use at bedtime, worries at bedtime

Youth Mental Health Outcomes

- Large within-subject effect sizes on youth anxiety and depressive symptoms
- Large within-subject effect size on attention problems and a medium effect size on externalizing problems



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