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Une analyse de la qualité du sommeil chez les adolescents roumains dans un contexte de migration de travail

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- 1 This study aims to gain insight into adolescents' perception of sleep quality and its dependence on different demographic factors. Data were collected from 283 secondary-school adolescents from three locations in South Romania with different urbanization and family patterns. We used a psychological questionnaire from which we retained anxiety and depressive tendencies. We also used an anthropological questionnaire that comprises demographic, anthropometric and lifestyle information. In analysing the data we deployed qualitative and quantitative methods. For the quantitative analysis we used latent class analysis (LCA) in different approaches: a direct overall estimation, a comparative analysis on different groups defined through the demographic factors, and an estimation with the factors as regression covariates. We also evaluated comparatively the inclusion of the anxiety and depression in the estimation of sleep quality. We used the LCA procedure as implemented in R language, *poLCA* package. Sleep quality is captured through components as: time to fall asleep, sleep disturbances, difficulty waking up in the morning, tiredness after waking up. We selected the three-class model offering the best interpretation. We looked at anxiety, depression and sleep quality patterns grouping the subjects according to gender, place of origin and parents', and migration status. To differentiate these patterns, we used LCA analysis, whose main outputs are the class prevalence and the item response conditional probability. The classes identified were following: a good sleep class, another showing daytime dysfunctions with sleep disturbances, and one with sleep disturbances and raised depression/anxiety. The main result revealed that anxiety, depression patterns and sleep quality are different according to the migrant status. Sleep difficulties are more common for subjects from migrant and nuclear families.

Sleep quality in adolescents, an important developmental indicator of mental health, is influenced by some of the factors considered especially the migration status and gender.

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