

Parasomnias: high prevalence, low coping skills in post-secondary students

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INTRODUCTION

Parasomnias:

Sleep disorders with

- Abnormal behaviors (e.g. sleep-walking) & Mental activities (e.g. nightmares)
- Can be pathological (e.g. REM Behaviour Disorder related to Parkinsons Disease)
- Prevalence of parasomnias in adult population is approximately 4%

Research questions:

- What is the one-year prevalence of 21 types of parasomnia in post-secondary students?
- How do students cope with parasomnias?
- What are some effective strategies suggested by health professionals?

METHODS

Participants:

- 77 Canadian post-secondary students:
- 47 females, 29 males, and 1 non-binary
 - 18-31 years old, (mean age: 22)

Open-ended questions:

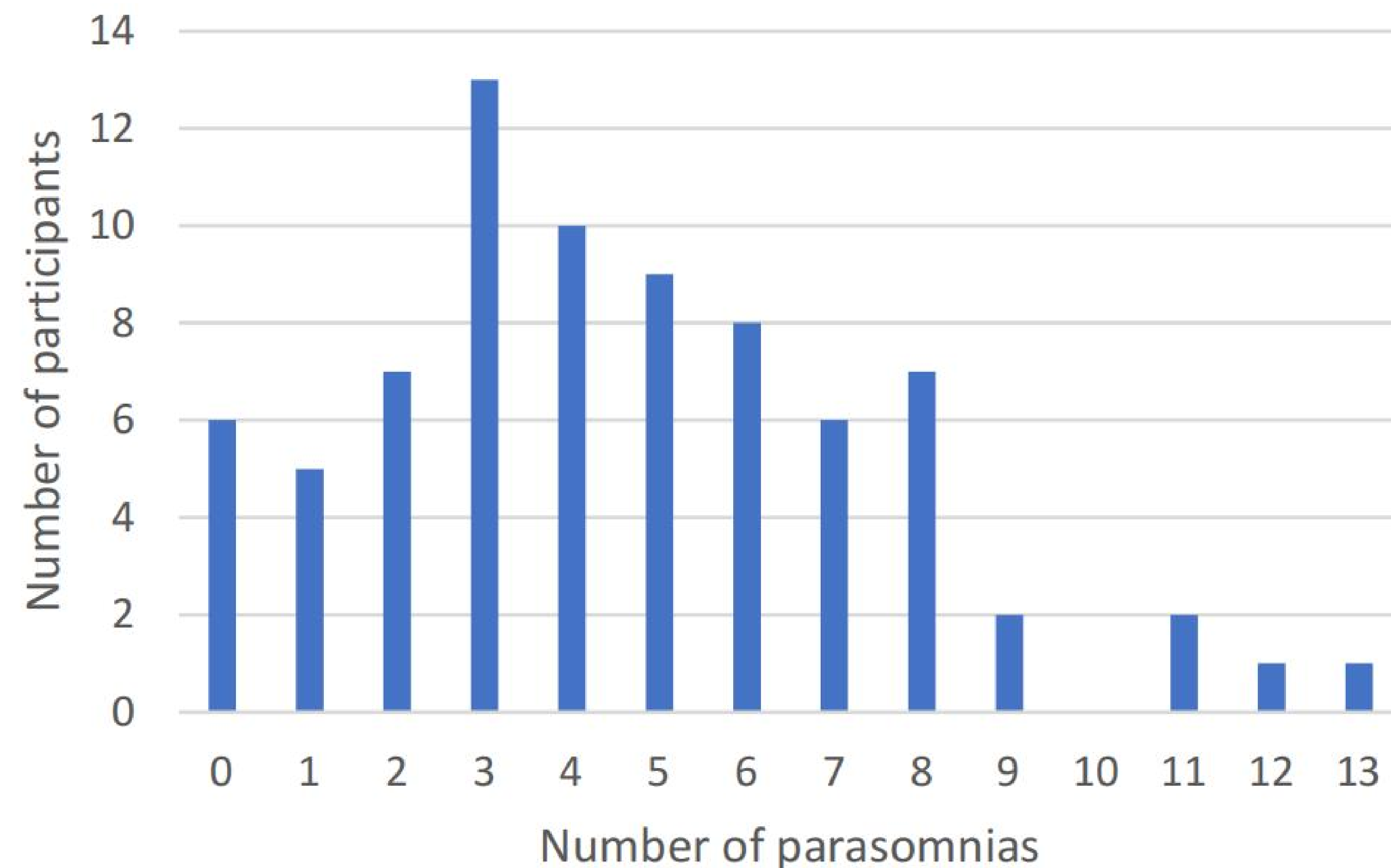
- Participants were asked what coping strategies they used to address their parasomnias
- Responses were coded into 6 categories

Measures:

Munich Parasomnia Screening Questionnaire (MUPS):
 Measure evaluating the frequency of 21 types of parasomnia

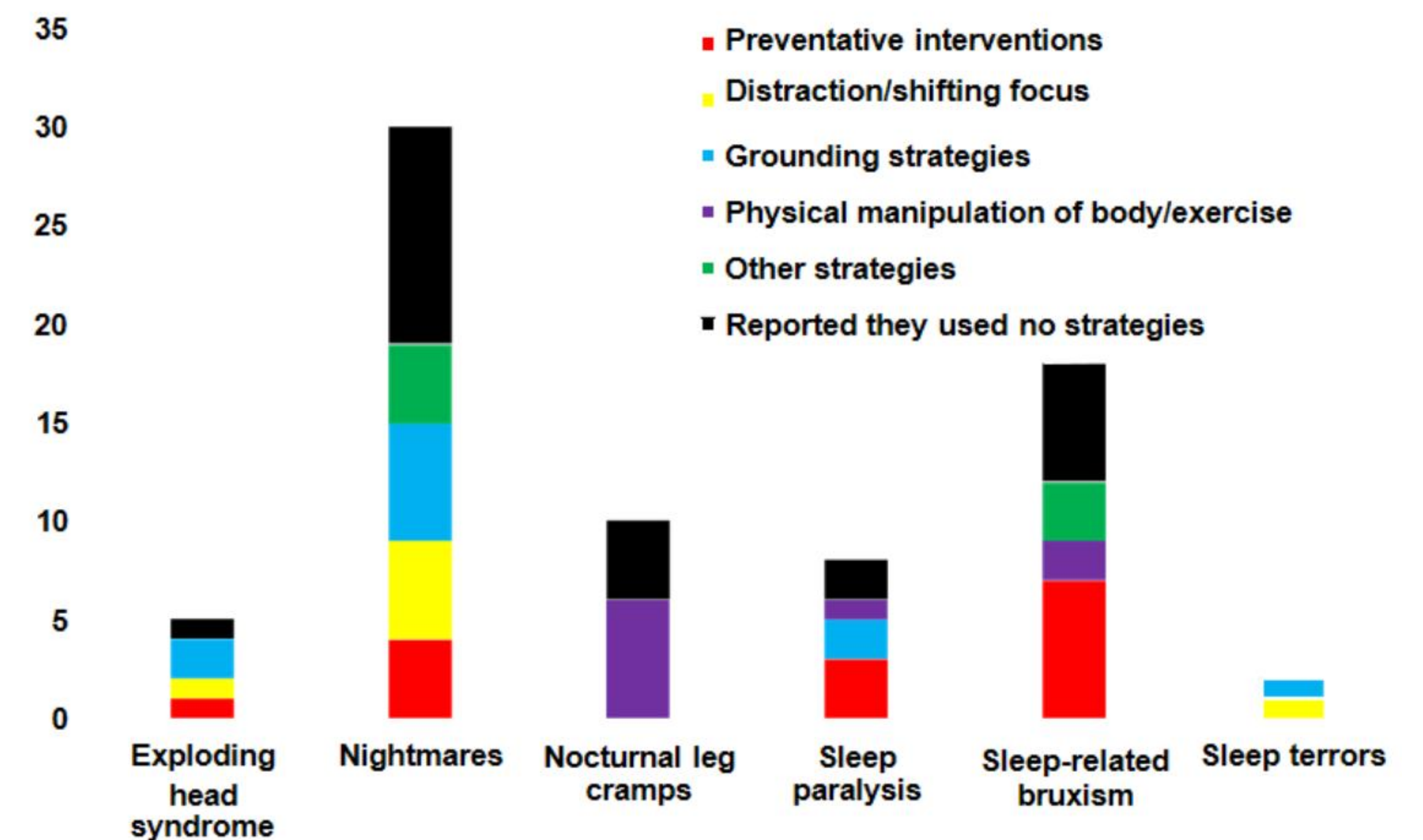
RESULTS

Number of types of parasomnias experienced per participant (past year)



- 92% of participants experienced at least one type of parasomnia in the past year
- Many students experienced multiple types of parasomnias (mean = 5)

Coping Strategies Used by Students to Address Their Parasomnias



- Most participants did not use any coping strategies
- Most frequently used were grounding strategies (e.g. relaxing or calming down)

CONCLUSIONS

- Parasomnias were highly prevalent in post-secondary students in the past year
- Few students reported using coping strategies

- Students tended not to consult professionals for help
- They relied on friends or social media (e.g., Reddit and Instagram) for help
- Students need knowledge about parasomnias and how they can be managed