

Sleep disorders

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This study tried to assess sleep quality in Egyptian psychiatric patients (major depressive, schizophrenics and anxiety disorder) using the Pittsburgh Sleep Quality Index (PSQI). The ABCD classification of sleep disorders revealed that parasomnia was high among major depressive and anxiety disorders groups. Difficulties in initiating and maintaining sleep (DIMS) were high in anxiety disorders than in major depressive or schizophrenics. The control group had the lowest PSQI global score, while the anxiety disorders had the highest. There was no significant difference between major depressive and anxiety disorders. A significant difference was noticed between schizophrenics and anxiety disorders group.