Department of Psychology
The University of Hong Kong
香港大學心理學系

Treatment Development for Bedtime Procrastination: The BED-PRO Study

11:30 a.m. – 12:30 p.m. │November 22, 2018 (Thursday)
Rm 813, 8/F, The Jockey Club Tower │ Centennial Campus │The University of Hong Kong

Dr. Sooyeon Suh

Assistant Professor
Department of Psychology
Sungshin Women's University
Seoul, Korea

Abstract

Bedtime procrastination is defined as the delaying of bedtime than originally intended. Usually, there is no specific reason for delaying the bedtime, and most people will still engage in bedtime procrastination despite knowing the negative impact it will have on their next day functioning. In this presentation, I will present data from two studies aimed for treatment development. The first study investigates the clinical impact of bedtime procrastination, with its association with insomnia, depression, and anxiety. Additionally, utilizing time use surveys, individuals with bedtime procrastination tend to also engage in more screen time prior to bed. In the second study, the BED-PRO study is a treatment development study aimed at reducing bedtime procrastination. The treatment protocol was based on integrating evidence-based treatment, such as motivational interviewing and behavior modification principles from multiple disciplines and applying them specifically to bedtime procrastination. The study I will discuss is a three-session treatment intervention that was used for individuals who had main complaints of prolonged bedtime procrastination, but mainly free from other serious psychopathology. Over the course of three sessions, several clinical techniques such as identifying one's values, functional analysis, differential reinforcement, behavioral contracts, and imagery are used to decrease bedtime procrastination. The clinical impact and limitations will be discussed in reducing bedtime procrastination, as well as implications for use in clinical populations.

About the speaker

Sooyeon (Aly) Suh is a clinical psychology professor at Sungshin Women's University in Seoul, Korea and scientific advisory at Stanford University in the Department of Psychiatry. Professor Suh's research focuses on behavioral sleep medicine, including the epidemiology and underlying neurocognitive mechanisms of insomnia disorder, and also applying non-pharmacological interventions of insomnia to specific populations, such as PTSD patients, shift workers, and patients in primary care. Her secondary research interest includes suicide prevention, and physiological indices (e.g., heart rate variability) and biomarkers (e.g., inflammatory markers) that can explain mechanisms associated with psychopathology comorbid with chronic illness. She has authored or co-authored several papers and chapters on these topics.

~All are Welcome~

Enquiry: shirleyx@hku.hk | Dr. Shirley Li