

Departmental Seminar

Insomnia in Youth: Impact, Intervention and Prevention

11:00 a.m. – 12:00 noon | November 13, 2019 (Wednesday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Adolescence is a critical and vulnerable period predisposing to the emergence of sleep and mental health problems. Particularly, insomnia is a prevalent sleep problem affecting up to 36% of the youths. Youth insomnia is tied with an array of negative consequences, including adverse mental and physical health, cognitive impairments and behavioural problems. Therefore, timely intervention and prevention of the development of insomnia in youths are important approaches to generate substantial health gain and reduce the healthcare burden associated with insomnia. Treatment options for insomnia include cognitive behavioural therapy for insomnia (CBT-I), which is currently considered as the first-line treatment for insomnia in adults. Nonetheless, the evidence on the efficacy of CBT-I in the youth population remains limited. To address the existing research gaps, three studies were conducted to further evaluate the impact and management of insomnia in youth. Study 1 was conducted in a local community sample of adolescents, which showed that insomnia is a very common sleep problem associated with significant daytime impairment, and a higher risk of mental problems, and most importantly, a greater risk of suicidality. Study 2 and 3 involved two interventional studies, which demonstrated that youth insomnia could be treated and prevented using a cognitive behavioural approach. In light of these findings, future directions on the assessment and management of youth insomnia will be discussed.

~All are Welcome~