

Effectiveness of Mindfulness therapy in sleep quality and mental health of women with insomnia disorder

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Abstract

Background & Aim: One of the most common sleep disorders is insomnia, which if untreated, can lead to functional damage in various aspects of life. The aim of the present study was to investigate the efficacy of mindfulness therapy on sleep quality and mental health of women with chronic insomnia.

Method: This was a quasi-experimental study with pretest-posttest design and a control group. Using convenience sampling method, 20 persons were selected among women admitted to psychiatric clinic of Taft city. The study tools included GHQ questionnaire and Petersburg sleep quality questionnaire. Subjects were randomly assigned to two groups of experimental and control. The experimental group underwent eight sessions of mindfulness-based training for two months. The data were analyzed using analysis of covariance in SPSS 20.

Results: The obtained results indicated the effectiveness of mindfulness therapy in the quality of sleep ($p=0.042$) and mental health ($p=0.007$) in patients with insomnia disorder.

Conclusion: According to the findings, it seems that mindfulness therapy can be used alongside drug therapy for people with chronic insomnia disorders although it needs to be further studied.

Keywords: insomnia disorder, mental health, sleep quality, mindfulness therapy