

## عنوان مقاله:

The Effects of Non-pharmacological Interventions on Sleep Quality in Patients With Type ۲ Diabetes: A Systematic Review and Meta-analysis

## محل انتشار:

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## نویسندگان:

مهدیه ممیزی - *Departments of Biostatistics and Epidemiology, Center for Healthcare Data Modeling, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

حسین فلاح زاده - *Departments of Biostatistics and Epidemiology, Center for Healthcare Data Modeling, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

## خلاصه مقاله:

**Background & Aims of the Study:** Sleep disorders are highly prevalent in individuals with diabetes. Iranian researchers have used various interventions to improve sleep quality in diabetic patients. This meta-analysis study was performed to determine the effects of the interventions performed on improving sleep quality among diabetic patients. **Materials and Methods:** Several databases, including PubMed, Cochrane Library, Scopus, Science Direct, Medline EMBASE, as well as Persian databases (SID & IranMedex) were searched until ۲۳ September ۲۰۲۰. The applied keywords were "sleep, sleep quality, diabetes, and diabetes mellitus". Meta-analysis was performed in Comprehensive Meta-Analysis software. **Results:** A total of ۸ published articles were entered in this meta-analysis. The obtained results suggested a significant heterogeneity between all articles included in this meta-analysis ( $I^2=74.09$ ,  $Q=27.06$ ,  $P=0.0001$ ). The STD Mean for the Pittsburgh Sleep Quality Index (PSQI) score in diabetic patients after the intervention in the case group was ۰.۸۴ higher than that in the control group. Researchers found no publication bias in this study. The STD Mean for the PSQI score in diabetic patients before and after the intervention in the case group was equal to ۰.۶۴. **Conclusion:** All interventions were performed to improve sleep quality in diabetic patients who were eligible for this meta-analysis, and significantly improved sleep quality in them

## کلمات کلیدی:

Diabetes mellitus, Diabetes type ۲, Sleep, Sleep-wake disorders

## لینک ثابت مقاله در پایگاه سیویلیکا:

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