

عنوان مقاله:

The Relationship between Spiritual Health and Sleep Quality in Adults with Diabetes Mehri Bozorg Nejad

محل انتشار:

چهاردهمین کنگره بین المللی سرطان پستان (سال: 1397)

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خلاصه مقاله:

Introduction & Aim: Diabetes is one of the most common chronic diseases. Sleep quality of these patients is undesirable. In this way, impaired quality of Sleep affects quality of life. In many societies, religious commitment and spirituality are linked to better mental and physical well-being. Considering the fact that nurses are responsible for physical and routine care of patients, this study aimed to investigate the relationship between spiritual well-being and quality of sleep in adults with diabetes. **Methods:** In this descriptive-correlational study, 207 diabetic patients were enrolled in the study, demographic questionnaires, Pittsburgh Sleep Quality, and Allison and Palatozian Spiritual Health. Data were analyzed by SPSS software version 24 using descriptive statistics (frequency-mean and standard deviation) and inferential statistics (independent t, analysis of variance, Pearson correlation coefficient, Spearman correlation coefficient, linear regression) at a significantly lower level from 0.05. **Results:** The average total score for sleep was 90.8. Sleep quality was poor. The average total score of spiritual well-being was 36.93. The level of spiritual health of people was moderately upward. There was a significant relationship between sleep quality and spiritual well-being. (026/0 = P) (r = - 0/175). **Conclusion:** According to the results, people with diabetes who had a higher spiritual health score also had better sleep quality.

کلمات کلیدی:

Spiritual health, sleep quality, diabetes, diabetic patients

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