

The Research Proposal

Mohamed Binali *

MSc in Mental Health studies- London University, Kuwait Board in Psychiatry- Kuwait.

***Corresponding Author:** Mohamed Binali, MSc in Mental Health studies- London University, Kuwait Board in Psychiatry- Kuwait.

Received date: June 12, 2023; **Accepted date:** June 22, 2023; **Published date:** June 30, 2023

Citation: Mohamed Binali, (2023), The Research Proposal, *J. Brain and Neurological Disorders*, 6(4); DOI:10.31579/2642-973X/063

Copyright: © 2023 Mohamed Binali, This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Abstract:

I would like to introduce our upcoming research in the field of psychiatry and sleep that will establish a cornerstone for the near future upcoming sleep center as the public service.

Reviewing the sleep studies for patients with chronic insomnia at Sleep Disorder Unit from 2006-2021@ KCMH (Kuwait Centre for Mental Health).

This is the first retrospective study to be done, reviewing the chronic insomnia population attended SDU (Sleep Disorder Unit) @ KCMH (Kuwait Centre for Mental Health).

Keywords: chronic insomnia; mental health; mental disorders; sleep disorder

Introduction

Identifying the number of patients with chronic sleep disorder, types of sleep disorder, and the reason behind chronic insomnia within a known population presented in the last 15 years.

There are Questions behind the development of our research needs to be answered:

1. By using PSG results, what are the total number of patients who have sleep disorders within our samples.
2. From PSG results, what are the main diagnosis for sleep disorder and percentage of each disorder in our populations, try to identifying factors such gender, age (collateral data) that may influence the study results and outcome
3. What are the outcome of each individual PSG: such as further referral to Sleep clinic / other clinic, treatment, role of sleep medications and others.
4. What The reasons behind the chronic insomnia? Future thoughts and explanations.

The Sample: It includes all patients from OPD, referral from outside our Centre and inpatient sector at KCMH in the last 15 years. It includes both males and females include those who have mental disorders according to DSM V with comorbidities of sleep disorders. All referrals will be included, none will be excluded and there is no conflict of interest.

It will take about 9-12 months to finish the research. Our team of research involve psychiatrist, nurses and health workers who has experience in research work.

Methods:

We shall look objectively at the PSG reports available and reviewing medical records to identify sleep disorders such as: obstructive sleep apnea, PLMD, and chronic insomnia as primary or secondary to medical and psychiatric disorders and its comorbidities in our selected sample. Bearing in mind the biases and limitation of our study.

All data will be collected, and it will be documented on our research sheets and analyzing it by using SPSS Ver.26 as descriptive methods.

Results:

It will be collected and discussed aiming to identify the total number of chronic insomnias as primary or secondary to, other sleep disorders and if it's related to psychiatric disorder such as depression, anxiety and or other medical condition. Also, identifying the reason behind chronic insomnia, outcome and management of those disorders.

The outcome and conclusion: we try to explore and discussed the above results aiming to answer and explain the above questions following recording and analyzing the data. We hope to lay down the corner stone for establishing

data system for the future upcoming 1st sleep center in Kuwait and improving public service and awareness about the role of sleep and mental health. There are no conflict of interest nor funding at present time.

References:

1. Schroder C, O Hara R. (2005). Depression and obstructive sleep apnoea. *Ann Gen Psychiatry*, 4:13.
2. Ohayon MM, Roth T. (2002). Prevalence of restless legs syndrome and periodic limb movement disorder in the general population. *J Psychosom Res*, 5: 547-54.
3. Roth T. (2007). Insomnia: definition, prevalence, etiology, and consequences. *J Clin Sleep Med* ,3:7-10.
4. Prevalence of thyroid disease in patients with obstructive sleep apnea Ahmed BaHammam, Munir Sharif, Anwar Jammah, Salman Bahammam, *European Respiratory Journal* 2011 ,38:3463.
5. TSH cut off point based on depression in hypothyroid patientsA Talaei, N Rafee, F Rafei & A Chehrei *BMC Psychiatry* volume 17, Article number: 327 (2017)
6. Johns MW. (1991). A new method for measuring daytime sleepiness: *the Epworth sleepiness scale*. *Sleep*,14:540-555.
7. Glidewell RN, Roby EK, Orr WC. (2012). Is insomnia an independent predictor of obstructive sleep apnoea? *J Am Board Fam Med*, 25:104-110.
8. Mahendran R, Subramaniam M, Chan YH. (2004). Medical students' behaviour, attitudes and knowledge of sleep medicine. *Singapore Med J* ,45:587-589.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

[Submit Manuscript](#)

DOI:10.31579/2693-4779/140

Ready to submit your research? Choose Auctores and benefit from:

- fast, convenient online submission
- rigorous peer review by experienced research in your field
- rapid publication on acceptance
- authors retain copyrights
- unique DOI for all articles
- immediate, unrestricted online access

At Auctores, research is always in progress.

Learn more <https://auctoresonline.org/journals/clinical-research-and-clinical-trials>