Title:
A Meta-Analysis of Associations Between Insomnia Symptoms and Suicidal Behaviors in Adolescents

Keywords:
Adolescents, Insomnia symptoms and Suicide
References:


Abstract Summary:
Insomnia symptoms is substantially and independently associated with suicidal behaviors in adolescents, particularly difficulty in initiating sleep. Depression did not moderate the relationship. Healthcare providers should be informed by our study findings and scheme effective interventions to reduce insomnia symptoms.

Content Outline:
Content outline

Introduction
Youth suicidal behaviors are major public health concern, and insomnia symptoms have been proposed to be associated with youth suicidal; however, previous studies produced conflicting findings.

Body

1. Difficulty in initiating sleep significantly correlated to suicidal ideation, plan, and attempt.
2. Difficulty in maintain sleep was significantly associated with suicidal ideation and plan.
3. Early morning awakening significantly correlated to suicidal plan.

Conclusion
Insomnia symptoms substantially and independently correlated to suicidal behaviors in adolescents.

First Primary Presenting Author

Primary Presenting Author
Hsiao-Yean Chiu, PhD, RN
Taipei Medical University
School of Nursing, College of Nursing
Assistant Professor
Taipei
Taiwan

**Professional Experience**: 2014-present Associated Professor, School of Nursing, College of Nursing, Taipei Medical University 2013-2014 post-doctoral fellow, Taipei Medical University 2008-2009 Research Assistant, Taipei Medical University 2007-2008 Clinical Nursing Instructor, Chang Gung Institute of Technology 2006-2007 Research Assistant, Yang-Ming University 1998-2002 RN, Chang Gung Memorial Hospital

**Author Summary**: My research focus is in sleep assessment and management. Previous research experiences focused on the trajectory of sleep in patients with traumatic brain injury in acute and chronic stages.