

【摘要範例】(英文)

A retrospective study of outpatient insomniacs : in a medical center-based psychiatric clinic

北區某醫學中心精神科門診失眠患者的回溯性研究

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Background

Insomnia is the most common sleep-related complaint reported in primary care setting. It affects roughly more than one-third of the population, and is a risk factor for significant psychiatric morbidity. There are many causes and each naturally requires a different method of evaluation and treatment. Patients with insomnia frequently self-treat with alcohol or over-the-counter medications. We did a chart review study in a medical center-based psychiatric clinic for the outpatient insomniacs.

Method

Total 348 patients (181 female and 167 male, mean age: 38.4 years) were studied. They came to psychiatric clinics of the medical center with the chief problem of insomnia. Their medical history had been carefully taken including duration, frequency, severity, causes and types of insomnia, comorbidity and self-treatment. Descriptive statistics, correlation and t-test had been performed using SPSS 11.5.

Result

Anxiety and depression (more than 70%) are the most prevalent comorbidity with insomnia. 67.5% of insomniacs reported falling asleep difficulty (48.6% with difficult maintaining sleep and 10.3% early morning awakening). A significant proportion (more than 20%) of insomniacs drank alcohol for self-treatment. Meanwhile, secondary insomniacs identified their sleep problems and sought medical help faster than the primary ones (time period prior to their visit our hospital: 34.9 vs. 79.4 months).

Conclusion

Insomnia is a prevalent complaint and can cause significant morbidity if not addressed appropriately. Falling asleep difficulty is the most often reported condition. Alcohol, unfortunately, remains the most commonly preferred method of self-treatment for insomnia.