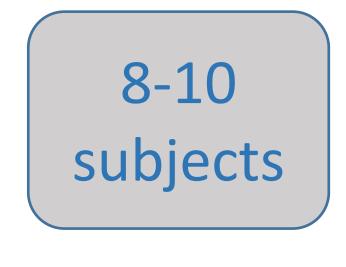


The Epidemiology of Insomnia in Adolescents In Asian countries, over 30% of adolescents have sleep complaints; Around 18% of them meet the diagnostic criteria of insomnia according to DSM-IV. Asian Adolescents' Sleep Characteristics As Compared to Caucasian Counterparts from the US Later bedtime leads to less sleep time and higher rate of daytime sleepiness; Shorter sleep duration How to better support adolescents with sleep disturbances? - Cognitive Behavioral Therapy for Insomnia 1/ Targets behavioral and cognitive factors that perpetuate insomnia; 2/ Typically includes sleep restriction, stimulus control, cognitive restructuring, relaxation training, and sleep hygiene education; 3/ Usually 6-8 sessions which can be delivered individually or in groups **Treatment adherence of Adolescents** 1/Low attendance rate; 2/Low commitment rate; 3/Low compliance to therapist's assigned tasks. \*58% drop-out was found from the Adolescent group intervention (Bootzin & Stevens, 2005)

**OBJECTIVES:** 

In this qualitative study, we aim to explore the experiences of Asian Adolescents after participating in the CBT-I group, including the barriers and facilitators for them to join, actively participate, and complete the tasks from each session.

- Youth participants (aged 12-24 years) while complete 8-session group-based CBT-I w invited to join this focus group study.
- Focus group format:





Audiotape

# **Barriers and Facilitators When Delivering Cognitive Behavior Therapy for Insomnia (CBT-I) in Asian** Youths – A Focus Group Study

Ran Rachel Wang Supervisor: Dr. Shirley Xin Li The University of Hong Kong

## **INTRODUCTION:**

### **STUDY DESIGN:**

vho will be	<ul> <li>Focus Group Interview Outlines</li> </ul>
	<ul> <li>Introduction (0-5min)</li> </ul>
	<ul> <li>Motivations to attend</li> </ul>
	<ul> <li>Experiences of current</li> </ul>
	and treatment method
ed	<ul> <li>Ways therapy should b</li> </ul>

Э.

the group (5-20min) tly accepted assessment ds for insomnia (20-75min) be delivered (75-90min)

child codes (sub-themes):

- Motivations to join
- Challenges for attending/complying
- Strengths of current treatment design
- Observed changes after participating in the group
- Suggestions toward future sessions

Dedoose, for coding.

The preliminary results from this study will lay the foundation for developing culturally adapted CBT-I for Asian populations and will facilitate future development of randomized controlled trials of sleep intervention in adolescents in Asia.

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Research Clinic and Laboratory

# **DATA ANALYSIS:**

- Qualitative analysis will be conducted.
- A codebook will be developed with 5-parental codes (major themes) and with more detailed

The codebook and the transcriptions will be imported to a qualitative analysis software,

# **IMPLICATIONS:**

### **REFERENCES:**