

EXAMPLE ABSTRACT

INFLUENCES OF CHRONIC USE OF TOBACCO AND KHAT (*CATHA EDULIS*) ON SUBJECTIVE SLEEP QUALITY

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Abstract:

Background: Identifying determinants associated with habitual substance abuse is useful in reducing its harm and minimizing its economic and health care burdens. Khat (*Catha edulis*) is a substance widely used in East African and Middle Eastern countries as well as in immigrant communities in Europe. Khat is often accompanied by smoking.

Objectives: While sleep disturbance has been shown to be linked with khat and tobacco use, respectively, no systematic attempt has been made to test this hypothesis. The purpose of this study was to examine whether concurrent use of khat and tobacco was associated with subjective sleep quality.

Methods: We used the Arabic version of the Pittsburgh Sleep Quality Index (PSQI), and conducted a cross-sectional study examining subjective sleep quality in 151 (74 female) concurrent users of tobacco and khat, 141 (76 female) khat-only users, and 92 (52 female) nonusers in Yemen. Measures on subjective mood were also collected. A series of ANOVAs and chi-square tests were conducted to test whether tobacco and khat use were linked with sleep disturbances.

Results: The results indicated that concurrent users and khat-only users showed greater sleep disturbances than nonusers as assessed by the PSQI global scores ($p < .001$). Similar group differences were found in PSQI component scores such as sleep quality, sleep disturbances, daytime dysfunction. The PSQI global scores as well as component scores were correlated with negative and positive mood ($p < .004$). In addition, there were trends of positive associations of the global PSQI scores with reported days of khat use per week and number of cigarettes smoked per day ($p = .05$).

Conclusions: These results suggest that tobacco and khat use are associated with deterioration in subjective sleep quality. Our findings also provide initial support for the use of the Arabic version of PSQI.

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