

The effect of sleep disturbances and cannabis use on psychotic symptoms

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Background

- Sleep disturbances (SD) and use of cannabis (CU) have a bidirectional relationship.
- SD and CU are both associated with psychotic symptoms.
- Aims: **1)** estimate SD prevalence at FEP; **2)** examine whether SD and CU are associated with a more severe presentation at FEP.

Methods

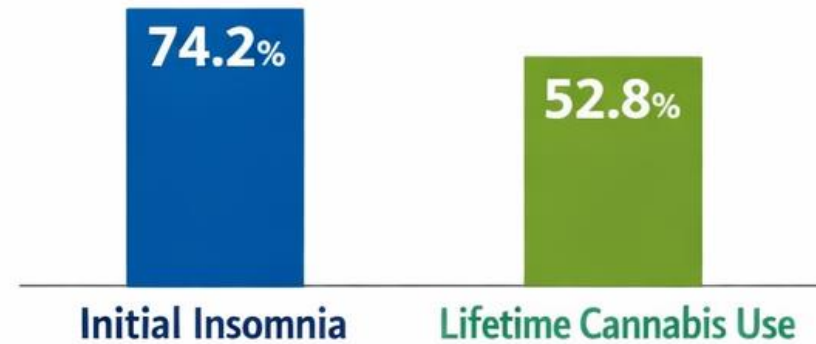
- 1) Retrospective study;
- 2) Operational CRITeria psychopathology rating;
- 3) Symptom dimensions obtained through Factor Analysis;
- 4) Linear regression: Positive symptoms \leftarrow Insomnia, controlled for main confounders.

Sample

- ❖ N=475 patients
- ❖ 45.7% Female, 54.3% Male
- ❖ Mean Age: 32 years
- ❖ 26.8% Black African
- ❖ 18.7% White British
- ❖ 13.3% Black Caribbean

Results

Prevalence at First-Episode Psychosis



Association with Positive Symptoms

$B = 0.15$

95% CI: 0.07 to 0.23



Discussion



Initial insomnia is the most common sleep disturbance at FEP, and it is associated with more positive symptoms.



This study did not explore the direction of the association, as insomnia and psychotic ideas likely reinforce each other.



Sleep assessment requires particular attention at FEP. Intervening on sleep hygiene may contribute to alleviating psychosis symptoms.