

# Predisposing Factors Associated with Insomnia in Nursing and Social Sciences College Students

Zahava Moked<sup>1</sup>, Orna Tzischinsky<sup>2</sup>, Tamar Shochat<sup>3</sup>

<sup>1</sup> Yaffe Medical Center, Pat Matthews Academic School of-Hillel Nursing, Israel

<sup>2</sup> Yezreel College, Behavioral Sciences, Israel

<sup>3</sup> Max Stern Yezreel Valley College, Behavioral Sciences, Israel  
<sup>3</sup> University of Haifa, Cheryl Spenser Department of Nursing, Faculty of Social Welfare and Health Sciences, Israel

**Objectives:** Although insomnia is highly prevalent in college students, few studies have investigated predisposing factors in this population. Insomnia may be a particular concern in nursing students, who undergo intensive professional training in the clinical field, in addition to their academic studies. Our objectives were: (1) To assess predisposing factors associated with insomnia in young college students; (2) To assess how study discipline (nursing vs. social sciences) and predisposing factors contribute to insomnia in college students.

**Methods:** This cross-sectional study included 902 students from nursing and social sciences departments (mean age 25±5; 21% male). Students completed validated questionnaires to assess predisposing factors (pre-activation, eveningness, perfectionism, perceived stress), and insomnia severity (based on the Insomnia Severity Index (ISI)). Multiple linear regression was performed, additively entering study discipline and predisposing variables that significantly correlated with insomnia severity.

**Results:** The prevalence of clinically significant insomnia (ISI ≥ 14) was higher for social sciences students (10.25±6.19) compared to nursing students (7.74±5.72, p=0.001). In the multiple regression model, study discipline explained 3% (B=0.06, p=0.04), and predisposing factors explained 39% (pre-activation: B=0.50, p<0.001; eveningness: B=0.07, p=0.02; perfectionism: B=0.08, p=0.02; and perceived stress: B=0.14, p<0.001) of the variance for insomnia.

**Conclusions:** Insomnia is prevalent among college students, and is significantly associated with known predisposing factors. Surprisingly, nursing students showed lower insomnia severity than students of the social sciences. Identifying specific characteristics of students in distinct study disciplines that contribute to insomnia severity deserves further investigation.