Jan Simson — Universiteit van Amsterdam
✉ jan.simson@student.uva.nl

Introduction

- Worry and insomnia are often linked (McGowan et al., 2016)
- People of different ages are likely differently affected by global crises
  - Younger: higher risk of experiencing effects of global warming
  - Older: higher risk of serious consequences from Covid-19
- **Expectations**
  - 3 clusters: insomnia 🟠, worry about global warming 🔵 and worry about Covid-19 🟣
  - Insomnia 🟠 and worry 🔵🟣 clusters strongly connected
  - Age 🟢 related to higher worry about Covid-19 🟣 and lower worry about global warming 🔵
  - Emotional stability 🟢 negatively related to three clusters 🟠🔵🟣

Methods

- Unregularized gaussian graphical model with partial Spearman correlations (due to non-normality)
- Stepwise estimation via ggmModSelect (Epskamp et al., 2012) and bootnet (Epskamp et al., 2018)
- No comparison of networks due to low N

age	How old are you
s_diff	I have difficulty falling asleep
s_wakeup	I often wake up in the middle of the night and cannot fall asleep again
s_unsat	I am not satisfied with my current sleeping pattern
s_worry	I am worried about my current sleeping behavior
s_funct	My sleep interferes with my daily functioning […]
gw_hlth	Global warming will have a negative impact on my health
gw_econ	Global warming will have a negative impact on my economic situation
cov_catch	I am worried about catching Covid 19
cov_econ	I am worried that Covid 19 will negatively impact my financial situation
e_stability	I see myself as someone who is relaxed and handles stress well

Sleepless in Amsterdam: A network of worry & insomnia with less connections than expected

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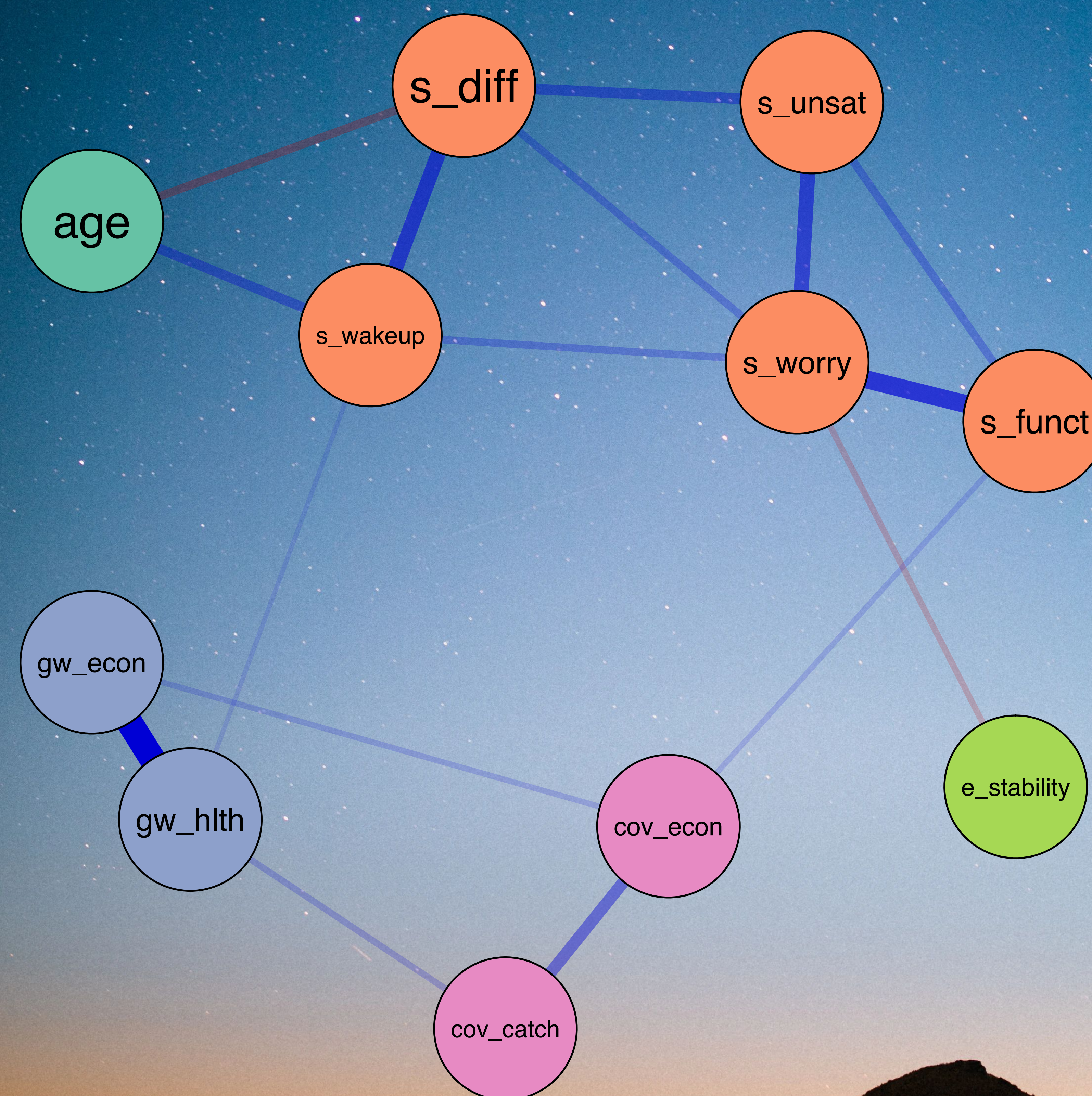
Results

- Found 3 expected clusters: insomnia 🟠, worry about global warming 🔵 and worry about Covid-19 🟣
- Insomnia and worry clusters are *not* strongly connected
- Age 🟢 and emotional stability 🟢 *unrelated* to higher worry about Covid-19 🟣 or global warming 🔵

A

B
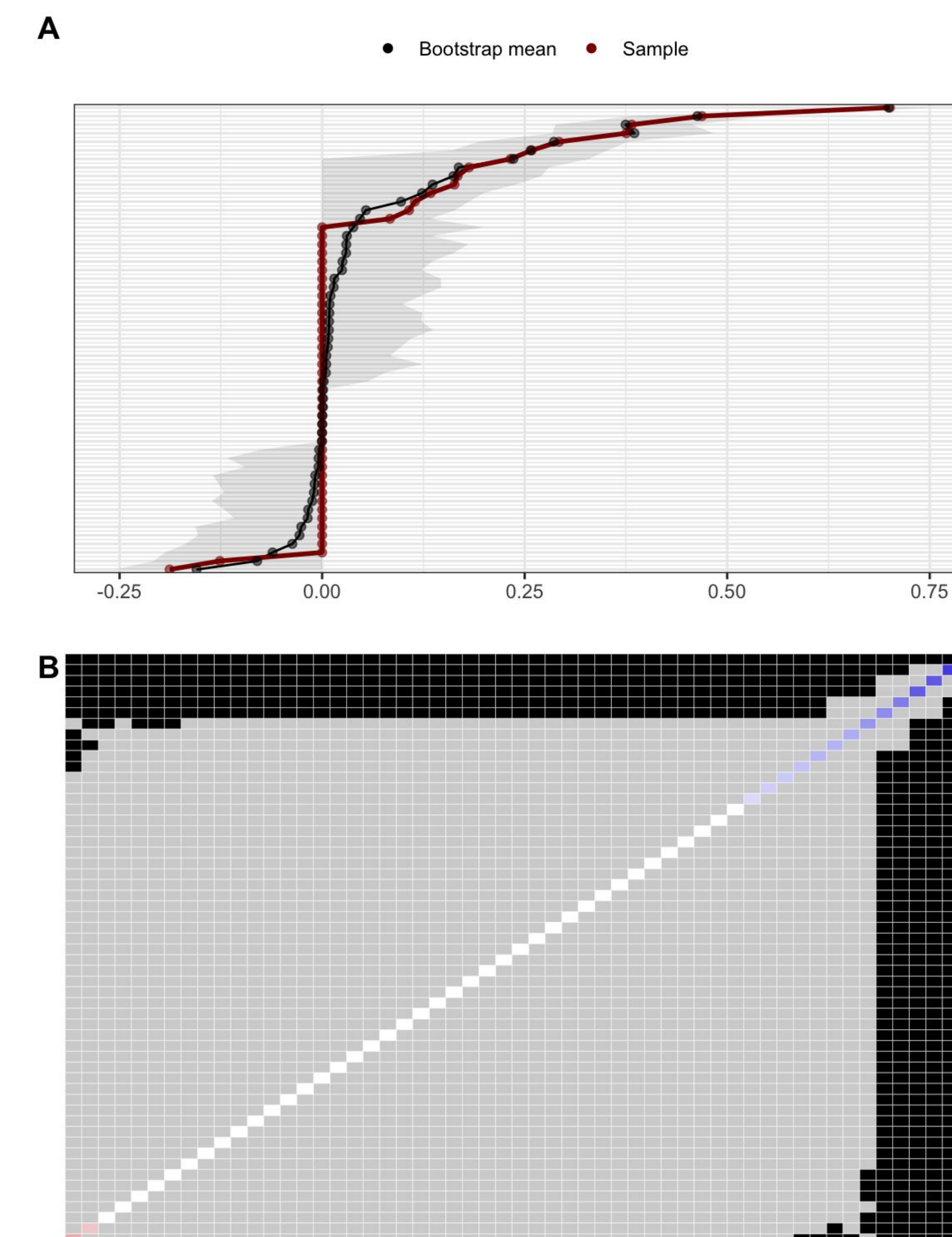
- Mediocre / weak stability
  - Only strongest edges are not intersecting 0 in bootsrapped confidence intervals of area plot (**A**)
  - Large area of grey squares (i.e. edges not differing significantly) in difference plot (**B**)

Discussion

- The observed links between insomnia 🟠 and worry 🟣🔵 were surprisingly few and weak
- Unlike expected, worry about global crises 🟣🔵 seems to be unrelated to age 🟢
- Results should be taken with a *grain of salt*: the estimated network was rather unstable and more data is needed