

Poor subjective sleep quality is associated with increased impulsivity among adults with bipolar disorder

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Objective: Both sleep disruption and impulsivity are important symptoms and predictors of the course of bipolar disorder (BD). While poor sleep and impulsive behavior have been shown to be bidirectionally linked among healthy individuals, few studies have assessed the association between these two symptoms among patients with BD.

Methods: 47 patients with bipolar I disorder or bipolar II disorder and 58 age- and sex-matched healthy controls were recruited in this cross-sectional study. All patients were in the remission phase. Trait impulsivity was measured using the Barratt impulsiveness scale (BIS). Subjective sleep quality was assessed using the Pittsburgh sleep quality index (PSQI).

Results: Patients with BD had higher rates of receiving antipsychotics, mood stabilizers, and hypnotics treatment compared with healthy controls. Patients with BD reported higher scores on BIS and PSQI than healthy controls. After adjusting for age, sex, education, psychotropic medication use, substance use disorder, and disease group, participants of higher scores in PSQI (>10) had higher trait impulsivity compared with those with lower PSQI scores (≤ 5 ; $p < 0.05$). PSQI total scores were positively correlated with BIS total scores, second-order factor attention scores, and second-order non-planning scores after controlling for covariates (all $p < 0.05$).

Conclusion: These findings support the hypothesis that poor sleep quality might lead to impulsivity and add to the growing evidence that improving sleep quality may be a therapeutic target for patients with BD.

中文題目：躁鬱症患者的主觀睡眠品質不佳與衝動特質有關

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