

REFERENCES

- Alapin, I., Fichten, C. S., Libman, E., Creti, L., Bailes, S., & Wright, J. (2000). How is good and poor sleep in older adults and college students related to daytime sleepiness, fatigue, and ability to concentrate?. *Journal of Psychosomatic Research, 49*, 381-390.
- American Psychiatric Association. (1987). *Diagnostic and statistical manual of mental disorders: DSM-III-R* (3rd ed. Revised). Washington, DC: Author.
- American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders: DSM-IV* (4th ed.). Washington, DC: Author.
- American Sleep Disorders Association (1997). *The international classification of sleep disorders, revised*. Rochester: Author.
- Ancoli-Israel, S. (1997). Sleep problems in older adults: Putting myths to bed. *Geriatrics, 52*(1), 22-28.
- Ancoli-Israel, S., & Roth, T. (1999). Characteristics of insomnia in the United States: Results of the 1991 National Sleep Foundation survey I. *Sleep, 22*(Suppl. 2), s347-s353.
- Anderson, W. M., & Falestiny, M. (2000). Women and sleep. *Primary Care Update in Obstetrical and Gynecology, 7*(4), 131-137.
- Angst, J., Vollrath, M., Koch, R., & Dobler-Mikola, A. (1989). The Zurich study VII. Insomnia: Symptoms, classification and prevalence. *European Archives of Psychiatry and Neurological Sciences, 238* (5-6), 285-293.

- Aseltine, R.H., & Kessler, R. C. (1993). Marital disruption and depression in a community sample. *Journal of Health and Social Behavior, 34*(3), 237-251.
- Bader, G. G., & Engdal, S. (2000). The influence of bed firmness on sleep quality. *Applied Ergonomics, 31*, 487-497.
- Balter, M. B., & Uhlenhuth, E. H. (1992). New epidemiologic findings about insomnia and its treatment. *Journal of Clinical Psychiatry, 53*(Suppl.), 34-42.
- Barsevick, A. M., Whitmer, K., & Walker, L. (2001). In their own words: Using the common sense model to analyze patient descriptions of cancer-related fatigue. *Oncology Nursing Forum, 28*(9), 1363-1369.
- Bazargan, M. (1996). Self-reported sleep disturbance among African-American elderly: The effects of depression, health status, exercise, and social support. *International Journal of Aging and Human Development, 42*(2), 143-160.
- Bearpark, H. M. (1994). Insomnia: Cause, effects and treatment. In R. Cooper (Ed.), *Sleep* (pp. 587-613). London: Chapman & Hall Medical.
- Billiard, M., Partinen, M., Roth, T., & Shapiro, C. (1994). Sleep and psychiatric disorders. *Journal of Psychosomatic Research, 30*(Suppl. 1), 1-2.
- Bixler, E., Kales, A., Soldatos, C. R., Kales, J. D., & Healey, S. (1979). Prevalence of sleep disorders in the Los Angeles Metropolitan area. *American Journal of Psychiatry, 136*(10), 1257-1262.
- Bixler, E. O., Vgontzas, A. N., Lin, H. M., Vela-Bueno, A., & Kales, A. (2002). Insomnia in central Pennsylvania. *Journal of Psychosomatic Research, 53*, 589-592.

- Bliwise, N. G. (1997). Sleep and aging. In M. R. Pressman, & W. C. Orr (Eds.), *Understanding sleep: The evaluation and treatment of sleep disorders* (pp. 441-464). Washington DC: American Psychological Association.
- Bliwise, N. G. (2000). Normal aging. In M. H. Kyger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (2nd ed., pp. 26-41). Philadelphia: W. B. Saunders.
- Bonnet, M. H., & Arand, D. L. (1992). Caffeine use as a model of acute and chronic insomnia. *Sleep, 15*(6), 526-536.
- Bonnet, M. H., & Arand, D. L. (2003). Insomnia, metabolic rate and sleep restoration. *Journal of Internal Medicine, 254*, 23-31.
- Bootzin, R. R., Esstein, D., & Wood, J. M. (1991). Stimulus control instruction. In P. J. Hauri (Ed.), *Case studies in insomnia* (pp.19-28). New York: Plenum Medical Book Company.
- Bostrom, C. E., & Schwecke, L. H. (1999). Anxiety-related disorders. In N. L. Keltner, L.H., Schwecke, & C. E. Bostrom. *Psychiatric nursing* (3rd ed., pp. 422-450). St. Louis: Mosby.
- Breslau, N., Roth, T., Rosenthal, L., & Anderski, P. (1996). Sleep disturbance and psychiatric disorders: A longitudinal epidemiological study of young adults. *Biological Psychiatry, 39*(6), 411-418.
- Brislin, R. W. (1970). Back translation for cross-cultural research. *Journal of Cross-Cultural Psychology, 1*(3), 185-216.
- Burman, M. E. (1996). Daily symptoms and responses in adults: A review. *Public Health Nursing, 13*(4), 294-301.

- Buysse, D. J., Brownman, K. E., Monk, T. H., Reynolds III, C. F., Fasiczka, A. L., & Kupfer, D. J. (1992). Napping and 24-hours sleep/wake patterns in health elderly and young adults. *Journal of American Geriatric Society*, *40*, 779-789.
- Canter, H. (2003). The therapeutic effects of meditations. *British Medical Journal*, *326*, 1049-1050.
- Chevalier, H., Los, F., Boichut, D., Bianchi, M., Nutt, D. J., Hajak, G., et al. (1999). Evaluation of severe insomnia in the general population: Results of a European multinational survey. *Journal of Psychopharmacology*, *13*(4 Suppl. 1), s21-s24.
- Chiang Mai Provincial Statistical Office. (2000). *Preliminary report 2000 population and housing census*. Retrieved November 28, 2003, from <http://www.nso.go.th/pop2000/report/chmai.pdf>
- Chilcott, L. A., & Shapiro, C. M. (1996). The socioeconomic impact of insomnia: An overview. *Pharmacoeconomics*, *10*(Suppl. 1), 1-14.
- Chokroverty, S. (1999). Approach to the patients with sleep complaints. In S. Chokroverty (Ed.), *Sleep disorders medicine: Basic science, technical, considerations, and clinical aspects* (2nd ed., pp. 385-425). Boston: Butterworth Heinemann.
- Chong, M., Chen, C., Tsang, H., Yeh, T., Chen, C., Lee, Y., et al. (2001). Community study of depression in old age in Taiwan: Prevalence, life events and socio-demographic correlates. *British Journal of Psychiatry*, *178*, 29-35.
- Cirignotta, F., Mondini, S., Zucconi, M., Lenzi, P. L., & Lugaresi, E. (1985). Insomnia: An epidemiological survey. *Clinical Neuropharmacology*, *8* (Suppl.1), s49-s54.

- Clark, A. J., Flowers, J., Boots, L., & Shettar, S. (1995). Sleep disturbance in mid-life women. *Journal of Advanced Nursing*, 22, 562-568.
- Closs, S. J. (1992). Patients' night-time pain, analgesic provision and sleep after surgery. *International Journal of Nursing Study*, 29(4), 381-392.
- Cochran, W. G. (1977). *Sampling techniques* (3rd ed.). New York: John Wiley & Son.
- Cohen, S., Kessler, R. C., & Gordon, L. U. (1995). Strategies for measuring stress in studies of psychiatric and physical disorders. In S. Cohen, R. C. Kessler, & L. U. Gordon (Eds.), *Measuring stress: A guide for health and social scientists*. (pp. 3-28). New York: Oxford University Press.
- Collier, E., Skitt, G., & Cutts, H. (2003). A study on the experience of insomnia in a psychiatric inpatient population. *Journal of Psychiatric and Mental Health Nursing*, 10, 697-704.
- Consensus Conference (1984). Drugs and insomnia: The use of medications to promote sleep. *Journal of American Medicine Association*, 251(18), 2410-2414.
- Costa E Silva, J. A., Chase, M., Sartorius, N., & Roth, T. (1996). Special report from a symposium held by the World Health Organization and the World Federation of sleep research societies: an overview of insomnia and related disorders- recognition, epidemiology, and rational management. *Sleep*, 19(5), 412-416.
- Cricco, M, Simonsick, E. M., & Foley, D. J. (2001). The impact of insomnia on cognitive functioning in older adults. *Journal of American Geriatric Psychiatry*, 49, 1185-1189.
- Davis, L. L. (1992). Instrument review: Getting the most from a panel of experts. *Applied Nursing Research*, 5, 194-196.

- Dement, W. C., & Pelayo, R. (1997). Public health impact and treatment of insomnia. *European Psychiatry, 12*(Suppl. 1), s21-s39.
- Department of Health, Ministry of Public Health (1999). *Out-patients by 21 cause groups according from health service unit*. Retrieved October 28, 2002, from <http://203.157.19.191/be6.html>
- Diefenbach, M. A., & Leventhal, H. (1996). The common-sense model of illness representation: Theoretical and practical considerations. *Journal of Social Distress and the Homeless, 5*(1), 11-38.
- Dinges, D. F. (1993). Napping. In Carskadon, M. A. (Ed.), *Encyclopedia of sleep and dreaming* (pp. 392-395). New York: Macmillan Publishing Company.
- Doi, Y., Minowa, M., Okawa, M., & Uchiyama, M. (2000). Prevalence of sleep disturbance and hypnotic medication use in relation to sociodemographic factors in the general Japanese adult population. *Journal of Epidemiology, 10* (2), 79-86.
- Edinger, J. D., & Wohlgemuth, W. K. (2001). Psychometric comparisons of the standard and abbreviated DBAS-10 versions of the dysfunctional beliefs and attitudes about sleep questionnaire. *Sleep Medicine, 2*, 493-500.
- Edwards, M. (2003). Simple remedies for insomnia. *Practice Nurse, 25* (6), 18, 20, 22-23.
- Espie, C. A. (1991). *The psychological treatment of insomnia*. Chichester: John Wiley & Son.
- Espie, C. A., Inglis, S. J., Harvey, L., & Tessier, S. (2000). Insomniacs' attributions: Psychometric properties of the dysfunctional beliefs and attitudes about sleep scale and the sleep disturbance questionnaire. *Journal of Psychosomatic*

Research, 48, 141-148.

Estivill, E. (2002). Behaviour of insomniacs and implication for their management.

Sleep Medicine Review, 6 (Suppl. 1), s3-s6.

Fichten, C. S., Creti, L., Amsel, R., Brender, W., Weinstein, N., & Libman, E. (1995).

Poor sleepers who do not complain of insomnia: Myths and realities about psychological and life style characteristics of older good and poor sleepers.

Journal of Behavioral Medicine, 18(2), 189-223.

Fichten, C. S., Libman, E., Bailes, S., & Alapin, I. (2000). Characteristics of older adults with insomnia. In K. L. Lichstein, & C. M. Morin (Eds.), *Treatment of late-life insomnia* (pp. 37-80). Thousand Oaks: Sage Publications.

Floyd, J. A. (1995). Another look at napping in older adults. *Geriatrics Nursing, 16* (3), 136-138.

Floyd, J. A. (1999). Sleep promotion in adults. *Annual Review of Nursing Research, 17*, 27-56.

Floyd, J. A., Medler, S. M., Ager, J. W., & Janisse, J. J. (2000). Aged-related changes in initiation and maintenance of sleep: A meta-analysis. *Research in Nursing and Health, 23*, 106-117.

Foley, D. J., Monjan, A. A., Brown, S. L., Simonsick, E. M., Wallace, R. B., &

Blazer, D. G. (1995). Sleep complaints among elderly persons: An epidemiologic study of three communities. *Sleep, 18*(6), 425-432.

Ford, D. E., & Kamerow, D. B. (1989). Epidemiologic study of sleep disturbances and psychiatric disorders. An opportunity for prevention?. *Journal of American Medical Association, 262*(11), 1479-1484.

- Fowers, B. J. (1994). Perceived control, illness status, stress, and adjustment to cardiac illness. *Journal of Psychology, 128*(5), 567-576.
- Fowler, F. J. (1988). *Survey research methods*. Newbury Park: Sage Publications.
- Frisoni, G. B., De Leo, D., Rozzini, R., Bernardini, M., Buono, M. D., & Trabucchi, M. (1992). Psychic correlates of sleep symptoms in the elderly. *International Journal of Geriatric Psychiatry, 7*, 891-898.
- Frisoni, G. B., De Leo, D., Rozzini, R., & Trabucchi, M. (1996). Aspects of the elderly: Napping in the elderly and its association with night sleep and psychological status. *International Psychogeriatrics, 8*(3), 477-487.
- Fuller, T. D., Edwards, J. N., Sermsri, S., & Vorakitphokatorn, S. (1993). Gender and health: some Asian evidence. *Journal of Health and Social Behavior, 1993*, 34(3), 252-71.
- Gijsbers van Wijk, C. M., Huisman, H., Kolk, A. M. (1999). Gender differences in physical symptoms and illness behavior. A health diary study. *Social Science Medicine, 49*(8), 1061-1074.
- Gislason, T., & Almqvist, M. (1987). Somatic diseases and sleep complaints. *Acta Medical Scandinavica, 221*, 475-481.
- Gislason, T., Reynisdottir, H., Kristbjarnarson H., & Benediktsdottir, B. (1993). Sleep habits and sleep disturbances among the elderly: An epidemiological survey. *Journal of Internal Medicine, 234*, 31-39.
- Goldman, N., Korenman, S., Weinstein, R. (1995). Marital status and health among the elderly. *Social Science Medicine, 40*(12), 1717-1730.
- Gump, B. B., Matthews, K. A., Scheier, M. F., Schulz, R., Bridges, M. W., Magovern, G. J. (2001). Illness representations according to age and effects on health

- behaviors following coronary artery bypass graft surgery. *Journal of American Geriatrics Society*, 49(3), 284-289.
- Hajak, G. (2000). Insomnia in primary care. *Sleep*, 23(Suppl. 3), s54-s63.
- Hajak, G. (2001). Epidemiology of severe insomnia and its consequences in Germany. *European Archives of Psychiatry Clinical Neuroscience*, 251, 49-56.
- Harvey, A. G. (2002). Cognitive model of insomnia. *Behaviour Research and Therapy*, 40, 869-893.
- Hatoum, H. T., Kania, C. M., Kong, S. K., Wong, J. M., & Mendelson, W. B. (1998). Prevalence of insomnia: A survey of the enrollees at five managed care organizations. *The American Journal of Managed Care*, 4(1), 79-86.
- Hauri, P. J. (1991). Sleep hygiene, relaxation therapy, and cognitive interventions. In P. J. Hauri, & W.C. Dement (Eds.), *Case studies in insomnia* (pp. 65-84). New York: Plenum Medical Book Company.
- Hauri, P. J. (1993). Consulting about insomnia: A method and some preliminary data. *Sleep*, 16(4), 344-350.
- Hauri, P. J. (1998). Insomnia. *Clinics in Chest Medicine*, 19(1), 157-168.
- Hauri, P. J., & Esther, M. S. (1990). Insomnia. *Mayo Clinic Proceedings*, 65, 869-882.
- Healey, E. S., Kales, A., Monroe, L. J., Bixler, E. O., Chamberlin, K., & Soldatos, C. R. (1981). Onset of insomnia: Role of life-stress events. *Psychosomatic Medicine*, 43 (5), 439-451.
- Henry, G. T. (1990). *Practical sampling*. Newbury Park: Sage Publications.
- Hernon, P. (1994). Research notes: Determination of sample size and selection of the sample: Concepts, general sources, and software. *College & Research*

Libraries. March, 170-172.

- Hirshkowitz, M., Moore, C. A., & Minhoto, G. (1997). The basics of sleep. In M. R. Pressman, & W. C. Orr (Eds.), *Understanding sleep: The evaluation and treatment of sleep disorders* (pp.11-34) Washington DC: American Psychological Association.
- Hoffman, S. (2003). Sleep in the older adult: Implications for nurses (CE). *Geriatric Nursing*, 24(4), 210-214.
- Hohagen, F., Rink, K., Kappler, C., Schramm, E., Riemann, D., Weyerer, S., et al. (1993). Prevalence and treatment of insomnia in general practice: A longitudinal study. *European Archives Psychiatry Clinical Neuroscience*, 242(6), 329-336. ,
- Holmes, T. H., & Rahe, R. H. (1967). The Social Readjustment Rating scale. *Journal of Psychosomatic Research*, 11, 213-218.
- Hosmer, D. W., & Lemeshow, S. L. (1989). *Applied logistic regression*. New York: John Wiley & Sons.
- Idzikowski, C. (1996). Impact of insomnia on health-related quality of life. *Pharmaco Economics*, 10(Suppl. 1), 15-24.
- Ishigaoka, J., Suzuki, M., Isawa, S., Muraoka, H., Murasaki, M., & Okawa, M. (1999). Epidemiological study on sleep habits and insomnia of new patients visiting general hospital in Japan. *Psychiatry and Clinical Neurosciences*, 53, 515-522.
- Janson, C., Gislason, T., De Kacker, W., Plaschke, P., Bjornsson, E., Hetta, J., et al. (1995). Prevalence of sleep disturbances among young adults in three European countries. *Sleep*, 18(7), 589-597.

- Jennum, P., & Jensen, R. (2002). Sleep and headache. *Sleep Medicine Review, 6*(6), 471-479.
- Johnson, J. E. (1999). Self-regulation theory and coping with physical illness. *Research in Nursing & Health, 22*, 435-448.
- Johnson, J. E. (2003). The use of music to promote sleep in older women. *Journal of Community Health Nursing, 20*(1), 27-35.
- Johnson, E. O., Roehrs, T., Roth, T., & Breslau, N. (1998). Epidemiology of alcohol and medication as aids to sleep in elderly adulthood. *Sleep 21*(2), 178-186.
- Jovchelovitch, S., & Gervais, M. (1999). Social representations of health and illness: The case of the Chinese community in England. *Journal of Community & Applied Social Psychology, 9*, 247-260.
- Kageyama, T., Kabuto, M., Nitta, H., Kurokawa, Y., Taira, K., Suzuki, S., et al. (1997). A population study on risk factors for insomnia among adult Japanese women: A possible effect of road traffic volume. *Sleep, 20*(11): 963-971.
- Kales, J. D., Kales, A., Bixler, E. D., Soldatos, C. R., Cadieux, R. J., Kashurba, G. J., et al. (1984). Biopsychobehavioral correlates of insomnia, V: Clinical characteristics and behavioral correlates. *American Journal of Psychiatry, 141*, 1371-1376.
- Katz, D. A., & Mchorney, C. A. (1998). Clinical correlates of insomnia in patients with chronic illness. *Archive Internal Medicine, 158*, 1099-1107.
- Kawada, T., Yosiaki, S., Yasuo, K., & Suzuki, S. (2003). Population study on the prevalence of insomnia and insomnia-related factors among Japanese women. *Sleep Medicine, 4*, 563-567.

- Keller, M. L., Leventhal, H., Prohaska, T. R., Leventhal, E. A. (1989). Beliefs about aging and illness in a community sample. *Research in Nursing and Health*, 12 (4), 247-255.
- Kessler, R. C. (1997). The effects of stressful life events on depression. *Annual Review of Psychology*, 48, 191-214.
- Kiejna, A., Wojtyniak, B., Rymaszewska, J., & Stokwiszewski, J. (2003). Prevalence of insomnia in Poland-results of the National Health Interview Survey. *Acta Neuropsychiatrica*, 15, 68-73.
- Kim, K., Uchiyama, M., Okawa, M., Liu, X., & Ogihara, R. (2000). An epidemiological study of insomnia among the Japanese general population. *Sleep*, 23(1), 41-47.
- Kingkarnjanathon, S. (2001). *Hazardous prevention behaviors of factory workers in the northern region industrial estate*. Unpublished master's thesis, Chiang Mai University, Chiang Mai, Thailand.
- Klink, M. E., Quan, S. F., Kaltenborn, W. T., & Lebowitz, M. D. (1992). Risk factors associated with complaints of insomnia in a general adult population: Influence of previous complaints of insomnia. *Archives of Internal Medicine*, 152, 1634-1637.
- Kuppermann, M., Lubeck, D., Mazonson, P., Patrick, D. L., Stewart, A. L., & Buesching, D. P., et al. (1995). Sleep problems and their correlates in a working population. *Journal of General Intern Medicine*, 10, 25-32.
- Lack, L. C. (1986). Delayed sleep and sleep loss in university students. *College Health*, 35, 105-110.

- Ladwig, K. H., Marten-Mittag, B., Formanek, B., & Dammann, G. (2000). Gender differences of symptom reporting and medical health care utilization in the German population. *European Journal of Epidemiology*, *16*(6), 511-518.
- Lau, R. R., Barnard, T. M., & Hartman, K. A. (1989). Further explorations of common sense representations of common illness. *Health Psychology*, *8*(2), 195-219.
- Leger, D., Guilleminault, C., Bader, G., Levy, E., & Paillard, M. (2002). Medical and socio-professional impact of insomnia. *Sleep*, *25*(6), 625-629.
- Leger, D., Guilleminault, C., Dreyfus, J. P., Delahaye, D., & Paillard, M. (2000). Prevalence of insomnia in a survey of 12,778 adults in France. *Journal of Sleep Research*, *9*(1), 35-42.
- Leventhal, H., & Cameron, L. (1987). Behavioral theories and the problem of compliance. *Patient Education and Counseling*, *10*, 117-138.
- Leventhal, H., Diefenbach, M., & Leventhal, E. A. (1992). Illness cognition: Using common sense to understand treatment adherence and affect cognition interaction. *Cognitive Therapy and Research*, *16*(2), 143-163.
- Leventhal, H., Leventhal, E. A., & Cameron, L. (2001). Representations, procedures, and affect in illness self-regulation: A perceptual-cognitive model. In A. Baum, T. A. Revenson, & J. E. Singer (Eds.), *Handbook of health psychology* (pp. 19-47). New Jersey: Lawrence Erlbaum.
- Leventhal, H., Nerenz, D. R., & Steele, D. J. (1984). Illness representations and coping with health threats. In A. Baum, S. E. Taylor & J. E. Singer (Eds), *Handbook of psychology and health* (pp. 219-252). NJ: Lawrence Erlbaum.

- Li, R. H. Y., Wing, Y. K., Ho, S. C., & Fong, S. Y. Y. (2002). Gender differences in Insomnia: A study in the Hong Kong Chinese population. *Journal of Psychosomatic Research*, 53, 601-609.
- Lichstein, K., & Rosenthal, T. L. (1980). Insomniacs' perceptions of cognitive versus somatic determinants of sleep disturbance. *Journal of Abnormal Psychology*, 89(1), 105-107.
- Lwanga, S. K., & Lemeshow, S. (1991). *Sample size determination in health studies: A practical manual*. Geneva: World Health Organization.
- Maggi, S., Langlois, J. A., Minicuci, N., Grigoletto, F., Pavan, M., Foley, D. J., et al. (1998). Sleep complaints in community-dwelling older persons: Prevalence, associated factors, and reported cases. *Journal of the American Geriatrics Society*, 46(2), 161-168.
- Magnusdottir, S. D., & Ribacke, M. (1996). Patients' knowledge and attitudes regarding sleep and hypnotics. *Scandinavian Journal of Primary Health Care*, 14(2), 106-110.
- Mahendran, R. (2001). Characteristics of patients referred to an insomnia Clinic. *Singapore Medical Journal*, 42(2), 64-67.
- Mallon, L., & Hetta, J. (1997). A survey of sleep habits and sleeping difficulties in an elderly Swedish population. *Uppsala Journal of Medical Sciences*, 102(3), 185-197.
- Mant, A., & Eyland, E. N. (1988). Sleep patterns and problems in elderly general practice attenders: An Australian survey. *Community Health Studies*, 12(2), 192-199.

- Marchini, E. J., Coates, T. J., Magistad, J. G., & Waldum, S. J. (1983). What do insomniacs do, think, and feel during the day?: A preliminary study. *Sleep, 6* (2), 147-155.
- Matikainen, K., Partinen, M., Hasan, J., Laippla, P., Urponen, H., & Vuori, I. (2003). The impact of somatic health problems on insomnia in middle age. *Sleep Medicine, 4*, 201-206.
- McCrae, C. S., Wilson, N. M., Lichstein, K. L., Durrence, H. H., Taylor, D. J., Bush, A. J., et al. (2003). Young old and old old poor sleepers with and without insomnia complaints. *Journal of Psychosomatics, 54*(1), 11-19.
- Mellinger, G. D., Balter, M. B., & Uhlenhuth, E. H. (1985). Insomnia and its treatment: Prevalence and correlates. *Archives of General Psychiatry, 42*(3), 225-232.
- Metz, M. E., & Bunnell, D. E. (1990). Napping and sleep disturbances in the elderly. *Family Practice Research Journal, 10* (1), 47-56.
- Mitchell, P. B., Parker, G. B., Gladstone, G. L., Wilhelm, K., & Austin, M. V. (2003). Severity of stressful life events in first and subsequent episodes of depression: The relevance of depressive subtype. *Journal of Affective Disorders, 73*, 245-252.
- Mitler, M. M., Poceta, S., Menn, S. J., & Erman, M. K. (1991). Insomnia in the chronically ill. In P. J. Hauri (Ed.), *Case studies in insomnia* (pp. 223-236). New York: Plenum Medical Book Company.
- Moffitt, P. F., Kalucy, E. C., Kalucy, R. S., Baum, F. E., & Cooke, R. D. (1991). Sleep difficulties, pain and other correlates. *Journal of Internal Medicine, 230*, 245-249.

- Morgan, C. (2000). Sleep and aging. In K. L. Lichstein, & C. M. Morin (Eds.), *Treatment of late-life insomnia* (pp. 1-36). Thousand Oaks: Sage Publications.
- Morgan, K. (2001). Mental health factors in late-life insomnia. *Reviews in Clinical Gerontology, 11*, 71-81.
- Morin, C. M. (1993). *Insomnia: Psychological assessment and management*. New York: The Guilford Press.
- Morin, C. M., & Gramling, S. E. (1989). Sleep patterns and aging: Comparison of older adults with and without insomnia complaints. *Psychology and Aging, 4* (3), 290-294.
- Morin, C. M. & Blais, F., & Savard, J. (2002). Are changes in beliefs and attitudes about sleep related to sleep improvements in the treatment of insomnia?. *Behaviour Research and Therapy, 40*, 741-752.
- Morin, C. M., Rodrigue, S., & Ivers, H., (2003). Role of stress, arousal, and coping skill in primary insomnia. *Psychosomatic Medicine, 65*, 259-267.
- Morin, C. M., Stone, J., Trinkle, D., Mercer, J., & Remsberg, S. (1993). Dysfunctional beliefs and attitudes about sleep among older adults with and without insomnia complaints. *Psychology and Aging, 8*(3), 463-467.
- Moss-Morris, R., Weinman, J., Petrie, K. J., Horne, R., Cameron, L. D., & Buick, D. (2002). The revised illness perception questionnaire (IPQ-R). *Psychology and Health, 17*(1), 1-16.
- Munro, B. H. (2001). Logistic regression. In B. H. Munro (Ed.), *Statistical methods for health care research* (4th ed., pp. 283-302). Philadelphia: Lippincott.
- National Heart, Lung, and Blood Institute Working Group on Insomnia. (1999). Insomnia: Assessment and management in primary care. *American Family*

Physician, 59(11), 3029-3038.

Nilchaikovit, T., Lotrakul, M., & Phisansuthideth, U. (1996). Development of Thai version of hospital anxiety and depression scale in cancer patients. *Journal of Psychiatry Association Thailand*, 41(1), 18-30.

Nivision, M. E., & Endersen, I. M. (1993). An analysis of relationships among environment noise, annoyance and sensitivity to noise, and the consequences for health and sleep. *Journal of Behavioral Medicine*, 16(3), 257-276.

Nowell, P. (2002). Sleep in patients with mood disorders. In T. L. Lee-Chiong, M. J. Sateia, & M. A. Carskadon (Eds.), *Sleep medicine* (pp.541-548). Philadelphia: Hanley & Belfus.

Ohayon, M. M. (1996). Epidemiological study on insomnia in the general population. *Sleep*, 19(3), s7-s15.

Ohayon, M. M. (2002). Epidemiology of insomnia: What we know and what we still need to learn. *Sleep Medicine Reviews*, 6(2), 97-111.

Ohayon, M. M., Caulet, M., & Guilleminault, C. (1997). How a general population perceives its sleep and how this relates to the complaint of insomnia. *Sleep*, 20(9), 715-723.

Ohayon, M. M., Caulet, M., Priest, R. G., & Guilleminault, C. (1997). DSM-IV and ICSD-90 insomnia symptoms and sleep dissatisfaction. *British Journal of Psychiatry*, 171, 382-388.

Ohayon, M. M., & Hong, S. (2002). Prevalence of insomnia and associated factors in South Korea. *Journal of Psychosomatic Research*, 53, 593-600.

Ohayon, M. M., & Roth, T. (2001). What are the contributing factors for insomnia in the general population. *Journal of Psychosomatic Research*, 51, 745-755.

- Ohayon, M. M., & Roth, T. (2003). Place of chronic insomnia in the course of depression and anxiety disorders. *Journal of Psychiatric Research, 37*, 9-15.
- Ohayon, M. M., & Shapiro, C. M. (2002). Tenses of insomnia epidemiology. *Journal of Psychosomatic Research, 53*, 525-527.
- Ohayon, M. M., & Smirne, S. (2002). Prevalence and consequences of insomnia disorders in the general population of Italy. *Sleep Medicine, 3*, 115-120.
- Ohayon, M. M., Zulley, J., Guilleminault, C., Smirne, S., & Priest, R. G. (2001). How age and daytime activities are related to insomnia in the general population: consequences for older people. *Journal of American Geriatrics Society, 49*, 360-366.
- Olson, L. G. (1996). A community survey of insomnia in Newcastle. *Australian and New Zealand Journal of Public Health, 20* (6), 655-657.
- Orbell, S., Johnston, M., Rowley, D., Espley, A., & Davey, P. (1998). Cognitive representations of illness and functional and affective adjustment following surgery for osteoarthritis. *Social Science Medicine, 47*(1), 93-102.
- Owens, J. F., & Matthews, K. A. (1998). Sleep disturbance in healthy middle-aged women. *Maturitas, 30*, 41-50.
- Pallesen, S., Nordhus, I., Nielsen, G., Havik, O., Kvale, G., Johnsen, H. B., et al. (2001). Prevalence of insomnia in the adult Norwegian population. *Sleep, 24* (7), 771-779.
- Partinen, M., & Hubin, C. (2000). Epidemiology of sleep disorders. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (3rd ed., pp. 558-588). Philadelphia: W. B. Saunders.

- Perlis, M. L., Giles, D. E., Mendelson, W. B., Bootzin, R. R., & Wyatt, J. K. (1997). Psychophysiological insomnia: The behavioural model and a neurocognitive perspective. *Journal of Sleep Research*, 6, 179-188.
- Petrie, K. J., Weinman, J., Sharpe, N., & Buckley, J. (1996). Role of patients' view of their illness in predicting return to work and functioning after myocardial infarction: Longitudinal study. *British Medical Journal*, 312, 1191-1194.
- Pilcher, J. J., Michalowski, K. R., & Carrigan, R. D. (2001). The prevalence of daytime napping and its relationship to nighttime sleep. *Behavioral Medicine*, 27, 71-76.
- Phillips, B. A., & Danner, F. J. (1995). Cigarette smoking and sleep disturbance. *Archives of Internal Medicine*, 155, 734-737.
- Pollak, C. P. (1993). Noise. In Carskadon, M. A. (Ed.), *Encyclopedia of sleep and dreaming* (pp. 412-413). New York: Macmillan Publishing Company.
- Quera-Salva, M. A., Orluc, A., Goldenberg, F., & Guilleminault, C. (1991). Insomnia and use of hypnotics: Study of a French population. *Sleep*, 14(5), 386-391.
- Ramsiri, K. (2000). *Sleep quality disturbing factors and sleep management among the elderly*. Unpublished master's thesis. Chiang Mai University, Chiang Mai, Thailand.
- Ren, X. S. (1997). Marital status and quality of relationships: The impact on health perception. *Social Science Medicine*, 44(2), 241-249.
- Riedel, B. W. (2000). Sleep hygiene. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (3rd ed., pp.125-146). Philadelphia: W. B. Saunders.

- Riedel, B. W., & Lichstein, K. L. (2000). Insomnia and daytime functioning. *Sleep Medicine Review, 4*(3), 277-298.
- Roberts, R. E., Roberts, C. R., & Chen, I. G. (2002). Impact of insomnia on future functioning of adolescents. *Journal of Psychosomatic Research, 53*, 561-569.
- Rocha, F. L., Guerra, H. L., & Lima-Costa, M. F. F. (2002). Prevalence of insomnia and associated socio-demographic factors in a Brazilian community: the Bambui study. *Sleep Medicine, 3*, 121-126.
- Roehrs, T. A. (1993). Caffeine. In Carskadon, M. A. (Ed.), *Encyclopedia of sleep and dreaming* (pp. 88-90). New York: Macmillan Publishing Company.
- Roehrs, T., Zorick, F. J., & Roth, T. (2000). Transient and short-term insomnias. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (3rd ed., pp. 624-632). Philadelphia: W. B. Saunders.
- Roth, T., & Ancoli-Israel, S. (1999). Daytime consequences and correlated of insomnia in the United States: Results of the 1991 National Sleep Foundation survey II. *Sleep 22*(Suppl. 2), s354-s358.
- Sarason, I. G., Johnson, J. H., & Siegel, J. M. (1978). Assessing the impact of life changes: Development of the life experiences survey. *Journal of Consulting and Clinical Psychology, 46*(5), 932-946.
- Sateia, M. J. (2002). Epidemiology, consequences, and evaluation of insomnia. In T. L. Lee-Chiong, M. J. Sateia, & M. A. Carskadon (Eds.), *Sleep medicine* (pp. 151-160). Philadelphia: Hanley & Belfus.
- Satinoff, E. (1993). Temperature effects on sleep. In Carskadon, M. A. (Ed.), *Encyclopedia of sleep and dreaming* (pp. 613-614). New York: Macmillan Publishing Company.

- Schwartz, S., Anderson, W. M., Cole, S. R., Cornoni-Huntley, J., Hays, J. C., & Blazer, D. (1999). Insomnia and heart disease: A review of epidemiologic studies. *Journal of Psychosomatic Research*, 47(4), 313-333.
- Shaver, J. L. F., & Zenk, S. N. (2000). Sleep disturbance in menopause. *Journal of Women's Health & Gender-Based Medicine*, 9(2), 109-118.
- Shiromani, P. J. (1993). Nicotine. In Carskadon, M. A. (Ed.), *Encyclopedia of sleep and dreaming* (pp.404-405). New York: Macmillan Publishing Company.
- Simpson, T., Lee, E. R., & Cameron, C. (1996). Relationships among sleep dimensions and factors that impair sleep after cardiac surgery. *Research in Nursing and Health*, 19, 213-223.
- Soldatos, C. R. (1994). Insomnia in relation to depression and anxiety: epidemiologic considerations. *Journal of Psychosomatic Research*, 38(Suppl. 1), 3-8.
- Social Statistics Division, National Statistical Office. (1999). *Survey of elderly in Thailand*. Retrieved October 28, 2002, from <http://www.nso.go.th/ageing/eldery42.htm>
- Spielman, A. J. (1986). Assessment of insomnia. *Clinical Psychology Review*, 6, 11-25.
- Spielman, A. J., & Anderson, M. W. (1999). The clinical interview and treatment planning as a guide to understanding the nature of insomnia: The CCNY insomnia interview. In S. Chokroverty (Ed.), *Sleep disorders medicine: Basic science, technical, considerations, and clinical aspects* (2nd ed., pp. 385-425). Boston: Butterworth Heinemann.

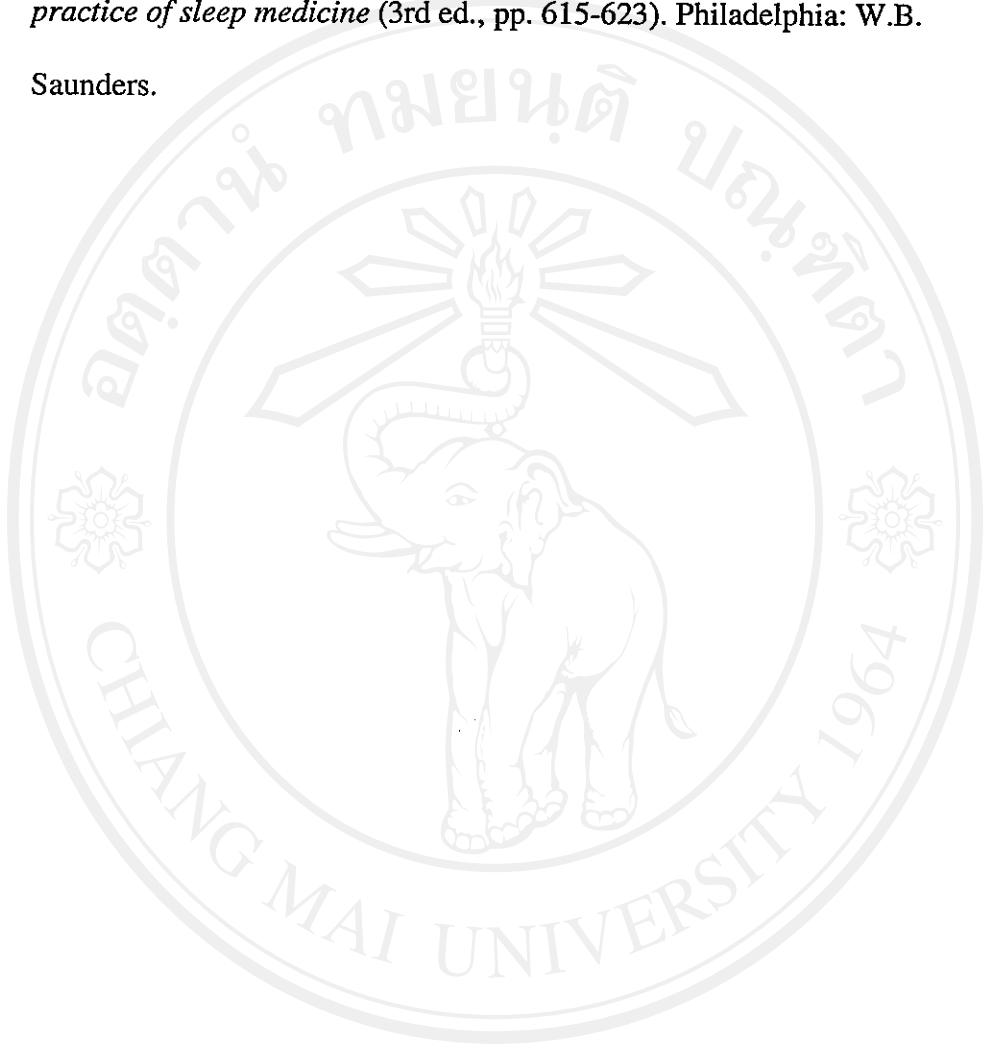
- Spielman, A. J., & Glovinsky, P.B. (1991). Introduction; The varied nature of insomnia. In P. J. Hauri (Ed.), *Case studies in insomnia* (pp. 1-18). New York: Plenum Medical Book Company.
- Spielman, A. J., & Glovinsky, P. B. (1997). The diagnostic interview and differential diagnosis for complaints of insomnia. In M. R. Pressman, & W. C. Orr (Eds.), *Understanding sleep: The evaluation and treatment of sleep disorders* (pp.125-160). Washington DC: American Psychological Association.
- Spielman, A. J., Nunes, J., & Glovinsky, P. B. (1996). Insomnia. *Neurological Clinics*, 14(3), 513-543.
- Spielman, A., Yang, C., & Glovinsky, P. B. (2000). Assessment techniques for insomnia. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (3rd ed., pp. 1239-1250). Philadelphia: W. B. Saunders.
- Stepanski, E. J. (2002). Etiology of insomnia. In T. L. Lee-Chiong, M. J. Sateia, M. A. Carskadon (Eds.), *Sleep medicine* (pp. 161-168). Philadelphia: Hanley & Belefus.
- Stepanski, E., Koshorek, G., Zorick, F., Glinn, M., Roehrs, T., & Roth, T. (1989). Characteristics of individuals who do or do not seek treatment for chronic insomnia. *Psychosomatic*, 30 (4), 421-427.
- Stepanski, E. J., & Wyatt, J. K. (2003). Use of sleep hygiene in the treatment of insomnia. *Sleep Medicine Review*, 7(3), 215-225.
- Suka, M. Yoshida, K., & Sugimori, H. (2003). Persistent insomnia is a predictor of hypertension in Japanese male workers. *Journal of Occupational Health*, 45, 344-350.

- Sukyng, J., Bhokakul, V., & Udomsubpayakul, U. (2003). An epidemiological study on insomnia in an elderly Thai population. *Journal of Thai Medical Association, 86*, 316-324.
- Sukyng, J., & Nilchaikovit, T. (1997). Sleep problems and their correlates in a Thai community in Bangkok: A preliminary report. *Journal of Psychiatric Association of Thailand, 42*(2), 66-76.
- Sudman, S. (1976). *Applied sampling*. New York: Academic Press.
- Sutton, D. A., Molddsky, H., & Badley, E. M. (2001). Insomnia and health problems in Canadians. *Sleep, 24*(6), 665-670.
- Tachibana, H., Izumi, T., Honda, S., & Takemoto, T. (1998). The prevalence and pattern of insomnia in Japanese industrial workers: Relationship between psychosocial stress and type of insomnia. *Psychiatry and Clinical Neurosciences, 52*, 397-402.
- The Office of the National Economic and Social Development Board. (1997). *Economic and social information in northern region*. Bangkok: Author.
- The Thailand Development Research Institute. (2001, March 1). *Poverty lines and poverty incidence by area and region 1996, 1998-1999*. Retrieved November 7, 2003, from [http:// www.thaieconwatch.com/ecdata/poverty/povreg-e.htm](http://www.thaieconwatch.com/ecdata/poverty/povreg-e.htm)
- Thompson, M. L., & Gick, M. L. (2000). Medical care-seeking for menstrual symptoms. *Journal of Psychosomatic Research, 49*, 137-140.
- Waldron, I., Weiss, C. C., & Hughes, M. E. (1997). Marital status effects on health: are there differences between never married women, and divorced and separated women?. *Social Science Medicine, 45*(9), 1387-1397.

- Walsh, J. K., & Engelhardt, C. L. (1999). The direct economic costs of insomnia in the United States for 1995. *Sleep*, 22(Suppl. 2), s386-s393.
- Walsh, J. K., Hartman, P. G., & Kowall, J. P. (1994). Insomnia. In S. Chokroverty (Ed.), *Sleep disorders medicine: Basic science, technical considerations, and clinical aspects* (pp. 219-239). Boston: Butterworth-Heinemann.
- Watts, F. N., Coyle, K., & East, M. P. (1994). The contribution of worry to insomnia. *British Journal of Clinical Psychology*, 33, 211-220.
- Wetter, D. V., & Young, T. (1994). The relation between cigarette smoking and sleep disturbance. *Preventive Medicine*, 23, 328-334.
- Weyerer, S., & Dilling, H. (1991). Prevalence and treatment of insomnia in the community: Results from the upper Bavarian field study. *Sleep*, 14(5), 392-398.
- Wicklow, A., & Espie, C. A. (2000). Intrusive thoughts and their relationship to actigraphic measurement of sleep: Towards a cognitive model of insomnia. *Behaviour Research and Therapy*, 38, 679-693.
- World Health Organization. (1992). *The ICD-10 classification of mental and behavioral disorder: Diagnostic criteria for research* (10th ed. revision). Geneva: World Health Organization.
- Wyke, S., Hunt, K., Ford, G. (1998). Gender differences in consulting a general practitioner for common symptoms of minor illness. *Social Sciences and Medicine*, 46(7), 901-916.
- Uezu, E., Taira, K., Tanaka, H., Arakawa, M. Urasakii, C., & Toguchi, H., et al. (2000). Survey of sleep-health and lifestyle of the elderly in Okinawa. *Psychiatry and Clinical Neurosciences*, 54, 311-313.

- Van Egeren, L., Haynes, S. N. Franzen, M., & Hamilton, J. (1983). Presleep cognitions and attributions in sleep onset insomnia. *Journal of Behavioral Medicine, 6*(2), 217-232.
- Van Moffaert, M. M. M. P. (1994). Sleep disorders and depression: The chicken and egg situation. *Journal of Psychosomatic Research, 38*(Suppl. 1), 9-13.
- Vermeulen, F. (1996, August 12). *StatNews#07: Assessing Logistic Regression*. Retrieved November 7, 2003, from [http:// www.umanitoba.ca/centres/mchp/concept/dict/Statistics/ROC.html](http://www.umanitoba.ca/centres/mchp/concept/dict/Statistics/ROC.html)
- Vollrath, M., Wicki, W., & Angst, J. (1989). The Zurich study VIII. Insomnia: Association with depression, anxiety, somatic syndromes, and course of insomnia. *European Archive of Psychiatry Neurological Sciences, 139*(2), 113-124.
- Youngstedt, S. D., O'Connor, P. J., & Dishman, R. K. (1997). The effects of acute exercise on sleep: A quantitative synthesis. *Sleep, 20*(3), 203-214.
- Zammit, G. K., Weiner, J., Damato, N., Sillup, G. P., & McMillan, C. A. (1999). Quality of life in people with insomnia. *Sleep, 22*(Suppl. 2), s379-s385.
- Zarcone, V. P. (2000). Sleep hygiene. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (3rd ed., pp. 657-661). Philadelphia: W. B. Saunders.
- Zigmond, A. S., & Snaith, R. P. (1983). The hospital anxiety and depression scale. *Acta Psychiatrica Scandinavian, 67*(6): 361-70
- Zorick, F. (1993). Overview of insomnia. In M. H. Kyger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (2nd ed., pp. 535-541). Philadelphia: W. B. Saunders.

Zorick, F. J., & Walsh, J. K. (2000). Evaluation and management of insomnia: An overview. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (3rd ed., pp. 615-623). Philadelphia: W.B. Saunders.



ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
Copyright© by Chiang Mai University
All rights reserved