

TABLE OF CONTENTS

	Page
Acknowledgement.....	iii
Abstract (English).....	v
Abstract (Thai).....	vii
Lists of tables.....	xiv
Lists of figures.....	xvi
Chapter 1 Introduction.....	1
Background and significance of the research problem.....	1
Objectives.....	7
Research questions.....	8
Scope of the study.....	8
Definition of terms.....	9
Chapter 2 Review of literature	12
Definition of insomnia.....	12
Types of insomnia.....	15
Characteristics of insomnia.....	16
Prevalence of insomnia.....	17
Risk factors for insomnia.....	24
Predisposing factors.....	24

TABLE OF CONTENTS (continued)

	Page
Chapter 2 Review of literature (continued)	
Precipitating factors.....	31
Perpetuating factors.....	42
Perceived impacts of insomnia.....	53
Representations and coping procedures of insomnia.....	55
Common sense model of illness representations.....	56
Insomnia representations.....	59
Coping procedures of insomnia.....	62
Conceptual framework.....	65
Chapter 3 Methodology.....	69
Design of the study.....	69
Population and sample.....	69
Instrumentation.....	76
Quality of the instrument.....	84
Human rights protection.....	87
Data collection.....	88
Data analysis.....	90
Chapter 4 Findings and discussion.....	95
Demographic description of the sample.....	95
Analysis of the research questions.....	98

TABLE OF CONTENTS (continued)

	Page
Chapter 4 Findings and discussion (continued)	
Research question 1.....	98
Research question 2.....	99
Research question 3.....	102
Research question 4.....	110
Research question 5.....	113
Research question 6.....	122
Discussion.....	125
Chapter 5 Conclusion and recommendations.....	162
Conclusion.....	162
Implications.....	165
Recommendations for further study.....	166
Limitations of the study.....	167
References.....	169
Appendices	
Appendix A The Demographic Data Recording Form.....	196
Appendix B The Insomnia and Risk Factors Questionnaire.....	198
Appendix C The Hospital Anxiety and Depression Scale.....	206
Appendix D The Stressful Life Events Checklists.....	208

TABLE OF CONTENTS (continued)

	Page
Appendix E The Dysfunctional Beliefs and Attitudes about Sleep Scale -10 version.....	214
Appendix F The Insomnia Representations Questionnaire.....	216
Appendix G The Coping Procedures of Insomnia Questionnaire.....	224
Appendix H Consent form for the participants.....	226
Appendix I Lists of the translators.....	228
Appendix J Lists of the validators of the instruments.....	229
Appendix K Calculation of content validity index and interrater agreement of the Insomnia and Risk Factors Questionnaire.....	230
Appendix L Calculation of content validity index and interrater agreement of the Stressful Life Events Checklists.....	231
Appendix M Calculation of content validity index and interrater agreement of the Insomnia Representations Questionnaire.....	232
Appendix N Calculation of content validity index and interrater agreement of the Coping Procedures of Insomnia Questionnaire.....	233
Appendix O Permission document for using or modifying the instruments..	234
Appendix P IRB approval.....	238
Appendix Q Exploring of linearity for continuous variables: age, DBAS, and stressful life events.....	239

TABLE OF CONTENTS (continued)

	Page
Appendix R Exploring effect modifier of age.....	240
Appendix S Receiving operating characteristics curve (ROC curve).....	241
Appendix T Category of coping procedures of insomnia.....	242
Curriculum vitae.....	244

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
Copyright© by Chiang Mai University
All rights reserved

LIST OF TABLES

Table	Page
1 Summary of prevalence studies of insomnia across the world.....	22
2 Demographic characteristics of the study sample.....	97
3 Prevalence of insomnia by gender and age groups.....	99
4 Characteristics of insomnia by age groups.....	100
5 Daytime impairments in insomniacs subjects by age groups.....	101
6 Univariate logistic regression analysis for the relationship between demographic characteristics and insomnia.....	103
7 Univariate logistic regression analysis for the relationship between sleep environments and insomnia.....	104
8 Univariate logistic regression analysis for the relationship between medical illnesses, anxiety, depression, and stressful life events and insomnia.....	105
9 Univariate logistic regression analysis for the relationship between maladaptive sleep habits, DBAS and insomnia.....	106
10 Summary of multivariate logistic regression analysis for the independent variables and insomnia.....	108
11 Number and percentage for perceived impacts of insomnia.....	110

LIST OF TABLES (continued)

Table	Page
12 Number and percentage for perceived impacts of insomnia by age groups.....	111
13 Number and percentage for perceived impact of insomnia by gender...	112
14 Number and percentage for identity of insomnia.....	113
15 Number and percentage for identity of insomnia by age groups.....	114
16 Number and percentage of identity of insomnia by gender.....	115
17 Number and percentage for timeline, causes, consequences, control, and emotional representations	117
18 Number and percentage for timeline, causes, consequences, control, and emotional representations by age groups.....	119
19 Number and percentage for timeline, cause, consequences, control, and emotional representations by gender.....	121
20 Number and percentage for coping procedures of insomnia.....	122
21 Number and percentage for coping procedures of insomnia by age groups.....	123
22 Number and percentage for coping procedures of insomnia by gender..	124

LIST OF FIGURES

Figure	Page
1 Conceptual framework of the study.....	68
2 Sampling technique of the study.....	75
3 Logistic regression model predicting insomnia.....	108

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
Copyright© by Chiang Mai University
All rights reserved