

# **Insomnia in post hematopoietic stem cell transplant patients in Jordan: Incidence and associated factors**

By

**Osama Abdalkareem Ahmad Abdalrahman**

Supervised by

**Dr. Khaled Suleiman**

**Al-Zaytoonah University of Jordan, 2021**

## **Abstract**

Insomnia is a common symptom that is experienced by the patients post Hematopoietic stem cell transplant (HSCT). The aim of the current study was to identify the levels of insomnia and the related factors in 163 post HSCT patients. A descriptive cross-sectional correlational design was used to guide this study. Data was collected using a demographic sheet and the Arabic version of the Insomnia Severity Index (ISI). Mainly, 31.3% of the patients had moderate clinical insomnia with mean  $14.06 \pm 7.71$ . Patients with higher educational ( $t = -2.40, p=0.018$ ), received chemotherapy and radiation, and allogeneic transplants showed higher insomnia levels [ $t = -2.932, p = 0.004$  and  $t = -2.760, p = 0.002$  respectively]. Also there was a decrease in insomnia level overtime ( $F (160, 2) = 61.03, p < 0.001$ ). Jordanian HSCT patients had moderate level of insomnia. Future studies that include interventional studies on insomnia in HSCT patients in Jordan are required.

**Keywords:** hematopoietic stem cell transplant, insomnia, incidence, sleep disturbance, Jordan.