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Article Critique

Name

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Article Critique

Title

The article has a good title that has succinctly provided vital variables. The variables are events that are to be measured. Therefore, the independent variables include sex differences and mental health correlation. On the other hand, the dependent variable is the sleep problem. The population under study is stated appropriately in the title is large, multi-university college students.

Abstract

The clear and concise summary presented in the abstract is essential in introducing the readers to what they expect in the study. Therefore, there is an explanation of the whole outline of the article by presenting the study's three objectives. Also, the abstract has described methods, population involved, results and the authors' conclusions.

Introduction

The problem statement is introduced concisely in the introduction part, making it possible for the reader to identify. Simultaneously, many previous studies focused on a single university student and their challenge with a sleep problem. This study has concentrated on unfolding the sleep problem using a large sample of students from different colleges and describing the sleep patterns in specific sleep components, unlike the others that have focused on only total sleep. Additionally, a convincing and persuasive argument is developed in the new study because it collected data from a large sample and various universities, hence providing a generalizable result. More presented argument in the research has focused ¹ on anxiety, depression together with

attention-deficit hyperactivity disorder (ADHD) symptoms considering these are the most dominant mental health challenges among students.

The problem has significance for nursing because poor sleep among students may lead to the declining health of individuals as well as poor performance. Therefore, this may increase health challenges, leading to congestion in hospitals due to problems such as drug addiction and other mental health challenges such as depression. Also, there is a good match between the research problem and the paradigm utilized because students' lack of sleep can lead to increased health challenges to students and poor performance. The method used in the study is essential in increasing representativeness and generalizability. A quantitative approach is suitable as it helps define the research problem by utilizing trends and analyzing sleep problems concerning mental health and sex differences.

Hypothesis or Research Question

The hypothesis is stated clearly in the study. It shows a strong, specific, and testable statement concerning the probable outcome of research on a particular sample population and the association between variables. The study's hypothesis included that nearly half of the people are found with poor sleep on PSQI, overly females will reveal lesser sleep than males in terms of sleep duration, quality, troubles, and daytime dysfunction. The hypotheses are worded suitably with exact requirements and sample population. For example, the authors hypothesized depression as well as anxiety would be exceptionally related to more insufficient sleep. In another hypothesis, they expected that ADHD-IN would be inimitably related to high daytime dysfunction. At the same, ADHD-IH will exceptionally relate to elongated sleep onset, disturbance, and short sleep duration. The hypotheses were steady with the literature review.

They have agreed that there is an increased occurrence of poor sleep-in university students due to differences in mental health patterns and sex variations.

Literature Review

The literature review is essential in identifying a gap that has not yet been studied. Therefore, the study used up-to-date and primary sources in the literature review. The majority of the sources utilized in the literature review are between 1-11 years. Also, it provides a state-of-the-art synthesis with the suggestion on the problem due to the statistical analysis on the gathered data, which includes intercorrelations and descriptive assessments of variables. Similarly, the literature review provides the basis of a new study because the relationship between components of the study is indicated.

Conceptual/Theoretical Framework

Vital concepts are defined conceptually in the study, and they include sleep, ADHD symptoms, and internalizing symptoms such as depression and anxiety. However, the conceptual framework is not presented in the study, which should revolve around the college students lacking sleep from mental health problems and sex differences, leading to a high risk of academic failure and impaired mood. The theoretical framework should be founded based on the theory of planned behavior, which is based on students' behavior while in colleges that result in poor sleep. Consequently, the authors realized that students' sleep is significantly affected by discrete mental health challenges in association with sleep problems and some sex variations.

Method

Protection of Human Rights

The data used in the study was obtained from students in six colleges. Therefore, proper procedures were utilized to protect the rights of the sample population, despite the authors providing the range of age of students who took the survey as well as their sex. More information is protected, including that which may identify them as individuals, including their names. This ensured that their privacy is safeguarded. Students got informed about this study as well as could only participate if were at least 18 years. An external ethics review board did no review. However, it was designed to reduce risks and improve benefits to participants as the reason for poor sleep is identified, and thus, they can work on the challenges and improve their sleeping habits.

Research Design

The research design used is not mentioned clearly, but the study was conducted to match its purpose. The study aims to explain sleep problems in college students by assessing the sex variations and analyzing the different relationship of mental health symptoms, including depression, anxiety, and ADHD. Proper comparisons are made to increase interpretability, including sample population, measures such as sleep internalizing, and ADHD symptoms. Also, the analytical approach was explained. The data collection points were suitable as five universities were public and one private. All were from different regions, including the west, Midwest, and southern parts of the United States. Biases were reduced as blinding was utilized.

Population and sample

The sample population is explained well, and inadequate information as involving six large, multi-university college students. Also, 7626 participants were included in the study with five public universities and one private university where participants ranged from 18-29 years

with a mean of 19.14 and standard deviation of 1.42. However, there was no sampling design mentioned, and thus biases are slightly minimized compared to the literature review studies. The preferences are involved as females were seventy percent and white 81 percent, and Hispanic 91 percent. The sample size was sufficient, and power analysis not utilized in the estimation of sample size needs.

Data collection and measurement

The study concentrated on defining all the operative and conceptual definitions in a consistent way. Also, all the descriptions are congruent to the survey. The tested variables were based on the data obtained from college students using a survey method. This method was significant as it is cheap and can reach a broad sample population. The method was justified as among the six-university sample; each university had around 961-1704 students who participated in the survey. Also, specific elements were satisfactorily explained and were good choices, such as ADHD symptoms and mental health correlations, including depression and anxiety. Again, sleep is described as it aligns with the study's purpose, variables, and population. The provided data is valid and reliable as it can be utilized in enhancing new research and developed a foundation to understand the reason for poor sleep among college students.

Procedures

The intervention was included in the study as all students who took the survey are required to be at least 18 years. The survey was also provided in the fall as well as spring semesters of 2015-2016 together with 2016-2017 academic years. Although all students above 18 years old were allowed to take the survey, it was open to the students all over the semester. However, it was closed in the last week. The data collection procedures reduced bias as the

survey was finalized in Qualtrics, and participants obtained credit for participation. All procedures were followed as the local Institutional Review Board permitted the study at every institution.

Results

Data Analysis

The authors conducted an analysis and presented every hypothesis because the examination was founded on the objective of the study. The study utilized suitable statistical methods in measuring the variables using survey validity checks and statistical analysis. The confounding variables were controlled using powerful analytic techniques; for example, PSQI variables were calculated using descriptive statistics. With independent *t*-test utilized to differentiate students sleep with Cohen's *d* computed. Another powerful tool was the zero-order correlation analysis to identify the association between variables. Structural regression analysis was done using the Mplus model to test the independent relationship between ADHD-HI, ADHD-IN, depression, and anxiety signs. The problem of missing values was assessed and addressed efficiently using the survey validity checks where data was screened for invalid answers. Also, instructional manipulation checks are used to check for the length and response format of the survey.

Findings

Information of statistical significance is presented hence indicating that the study is sufficiently conducted. However, there was no indication regarding details of the accuracy of estimates. Still, they provided a limitation of not utilizing nationally representative design, and the majority of participants were non-Hispanic white and females. The findings supported a

meta-analysis as several analyses from other studies were included, and measurements were presented with errors presented in each lesson.

Discussion

Interpretation of the Findings

The authors have interpreted all the significant findings and linked them with the prior research. The previous research has indicated that generally, college students have a problem in having total sleep. Similarly, it is presented using the Pittsburgh Sleep Quality Index; many students have poor sleep due to depression and anxiety. However, they focused on only participants from one university. This study cannot determine the causal inferences, as more research needs to be done to provide a clear understanding of the topic. Interpretations are also developed well and consistent with the study limitations, such as having other tested information such as electronic media usage and academic situations. The issue of generalizability and representation is addressed by using a large sample and from different institutions.

Implications

The implication of research concerning future research is presented comprehensively, such as incorporating mental health symptoms when analyzing these relationships. This indicates that there is a probability that mental health signs result in sleep challenges, hence leading to high alcohol usage.

Global Issues

Presentation

The study is written in an orderly form. It is adequate for critical examination as all the requirements, the test mechanisms are explained, and the analysis, findings, and discussions. The CONSORT flow chart is also presented, indicating the demographic characteristics of participants. The study is also written in the right way where the nurses can access the information through online platforms.

Research credibility

The validity and confidence in the research findings are dependable on the experience, methodologic qualification, and experience of the author. Therefore, Stephen Becker being from National Institute of Mental Health, makes the findings comprehensive and trusted.

Summary Assessment

I think the findings are valid despite the limitations mentioned. I have confidence with the measurement taken and the analysis conducted; hence I believe the findings are correct. Another reason that makes me confident with the results is the right quantitative approach used in the study. The most significant effect for sleep intervention is cognitive-behavioral therapy intervention, which is useful in aiming for related mental health challenges. Nursing practice is a broad field. Thus, the study is essential in the practice as it indicates the causes of poor sleep among college students, which might result in chronic health problems and substance abuse; hence the findings will help nurses curb the problem at an early stage.

Reference

- Becker, S. P., Jarrett, M. A., Luebke, A. M., Garner, A. A., Burns, G. L., & Kofler, M. J. (2018). Sleep in a large, multi-university sample of college students: sleep problem prevalence, sex differences, and mental health correlates. *Sleep health*, 4(2), 174-181.

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Stephen P. Becker, Matthew A. Jarrett, Aaron M. Luebbe, Annie A. Garner, G. Leonard Burns, Michael J. Kofler. "Sleep in a large, multi-university sample of college students: sleep problem prevalence, sex differences, and mental health correlates", Sleep Health, 2018

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