



## Relationship between psychosocial stress, resilience, sleep quality and somnolence in undergraduate pharmacy students

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### Abstract

Psychosocial stress, poor quality of sleep and lack of resilience are some of the biggest challenges society have to face nowadays and it is no different for undergraduated students. Those factors can affect their academic performance, health and also their life outside the university. We aimed to correlate the effects of acute psychosocial stress, and its implications on sleep quality, resilience and somnolence in undergraduate pharmacy students.

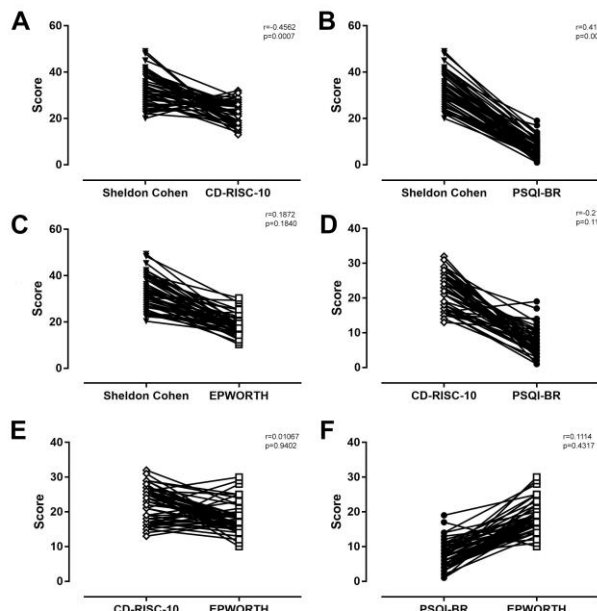
**Key words:** Psychosocial stress, resilience, undergraduate students.

### Introduction

Psychosocial stress is the most damage cause to the community today. The threats that trigger this reaction are related to time management, that is, to beat the schedule. In addition, the pressures and competitiveness of modern life have made people sleep less and less. Reduced time or sleep deprivation can produce harmful effects to the body, including cognitive impairment and increased irritability<sup>1</sup>. A better fit between biological rhythms and social routines could contribute to improved human performance, with a positive impact on the routine of the population. We aimed to correlate the effects of acute psychosocial stress, and its implications on sleep quality, resilience and somnolence in undergraduate pharmacy students.

### Results and Discussion

**Figure 1.** Correlation (Pearson test) obtained in the instruments: A) Sheldon Cohen x CD-RISC-10; B) Sheldon Cohen x PSQI-BR; C) Sheldon Cohen x EPWORTH; D) CD-RISC-10 x PSQI-BR; E) CD-RISC-10 x EPWORTH; F) PSQI-BR x EPWORTH; alpha = 0.05.



**Table 1.** Instruments mean values. Sheldon Cohen = psychosocial stress; CD-RISC-10 = resilience; PSQI-BR = sleep quality; EPWORTH = somnolence.

Instruments	Total n=52	Men n=18	Women n=34
Sheldon Cohen	32.58 ± 0.99	31.50 ± 1.59	33.15 ± 1.27
CD-RISC-10	22.31 ± 0.70	24.89 ± 0.94	20.94 ± 0.88
PSQI-BR	7.17 ± 0.54	5.89 ± 0.73	7.85 ± 0.72
EPWORTH	18.19 ± 0.6	16.72 ± 0.98	18.97 ± 0.73

### Conclusions

Our preliminary results show a negative correlation between psychosocial score (Sheldon Cohen) with resilience (CD-RISC-10) and sleep quality (PSQI-BR). The preliminary data for this population indicate that there are no differences between men and women.

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