

研究業績 英文表記

| 和文 | |
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| 表題 | 地域在住高齢者の有意義な活動と睡眠に対する満足度に関する横断研究 |
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| 英文 | |
| Title | Satisfaction with Meaningful Activities and Sleep in Community-Dwelling Older Adults Cross-Sectional Study |
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| Abstract | To examine whether satisfaction with meaningful activities (MA) is associated with self-rated sleep quality and sleep duration among community-dwelling older adults. Ordinal logistic regression analysis, with sleep quality or duration as the dependent variable and satisfaction with MA as the independent variable, showed that higher satisfaction with MA was significantly associated with lower odds of poor sleep quality (OR: 0.84, 95% CI: 0.72–0.97, p = .03), but not with sleep duration. However, the association was not significant in sensitivity analyses that reversed the model. Satisfaction with MA may be associated with better sleep quality in older adults. Evaluating and enhancing satisfaction with MA may help identify older adults at risk of poor sleep quality, indicating that MA may be useful in supporting sleep. |
| keyword | Community; meaningful activity; older adult; satisfaction; sleep quality |

※本データの英文表記は実際の論文上の表記とは異なります。