

Comparing Hostility and Sleep Disorders among Nursing Students of Islamic Azad University, Toyserkan Branch with and without PTSD

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Abstract

Both at 11th edition of the international classification of diseases (ICD-11) and in Fifth edition of the diagnostic and statistical manual of mental disorders (Fifth edition-DSM-5), have pointed out that attitudes and quality of sleep can be seriously impaired by post-traumatic stress disorder (PTSD). The present study was conducted to compare hostility and sleep disorders among nursing students of Islamic Azad University, Toyserkan branch with and without PTSD. This descriptive-comparative causal study was performed on 190 (140 girls & 50 boys) nursing students. Participants were chosen by available sampling. They completed three scales: The post traumatic stress disorder checklist-military version (PCL- M); hostility subscale from Buss & Perry aggression questionnaire and sleep disorder subscale from Mississippi scale for combat-related post-traumatic stress disorder. Data were analyzed and processed using descriptive statistics and T test, by SPSS18. Result revealed that overall, 56 out of the 190 students identified with PTSD and they obtained significantly higher scores on hostility and sleep disorders ($P<0.05$). Due to considerable prevalence and impact of posttraumatic stress disorder on sleep quality and hostility patients who suffer from this disorder, it is essential that substantial interventions to diagnose and treatment of patients to be performed.

Keywords: Hostility, Post-Traumatic Stress Disorder, Sleep Disorders.

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