

Review on “Sleep paralysis and trauma, psychiatric symptoms and disorders in an adult African American population attending primary medical care.” by Johnson EO, Roth T, Breslau N.

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Article Reviewed:

Title: “Sleep paralysis and trauma, psychiatric symptoms and disorders in an adult African American population attending primary medical care.” Authors: Johnson EO, Roth T, Breslau N. Journal: Sleep, 2006 Jun;29(6):671-8.

This research paper investigates the prevalence of sleep paralysis and its relationship to trauma, psychiatric symptoms, and disorders in an adult African American population attending primary medical care. The study involved a cross-sectional survey of 1,007 participants who completed a structured interview and questionnaires about their sleep habits, trauma history, and psychiatric symptoms.

#### Strengths:

- Large sample size: The study included a large sample of 1,007 participants, which increases the statistical power of the results and enhances the generalizability of the findings to the African American population.
- Comprehensive assessment: The research paper includes a comprehensive survey that gathered data on sleep habits, trauma history, and psychiatric symptoms from 1,007 participants. The study used a structured interview and questionnaires to comprehensively assess sleep paralysis, trauma history, and psychiatric symptoms and disorders, which provides a comprehensive understanding of the relationships between these variables.
- Statistical analysis: The study employed appropriate statistical analyses to assess the associations between sleep paralysis, trauma, and psychiatric symptoms and disorders, which enhances the validity of the findings.
- Well-structured methodology: The research paper’s methodology was well-structured, with clear inclusion and exclusion criteria, and a comprehensive data collection process that included multiple measures to ensure the validity and reliability of the data.
- Novel findings: The research paper’s findings that sleep paralysis is associated with trauma and PTSD are novel, and add to the current understanding of the relationship between sleep disturbances and psychiatric symptoms.

#### Weaknesses:

- Cross-sectional design: The study has a cross-sectional design, which limits the ability to determine the causality between sleep paralysis, trauma, and psychiatric symptoms and disorders.
- Self-report measures: The study relied on self-report measures to assess sleep paralysis, trauma history, and psychiatric symptoms and disorders, which may be subject to reporting bias and may not accurately

reflect the true prevalence or severity of these variables.

- Limited generalizability: The study was conducted on an African American population attending primary medical care, which may limit the generalizability of the findings to other populations or settings.
- Potential for bias: The research paper’s reliance on self-reported measures may be subject to bias and may not accurately reflect the true prevalence of sleep paralysis or other variables measured.

## Conclusion:

Overall, “Sleep paralysis and trauma, psychiatric symptoms and disorders in an adult African American population attending primary medical care” is a well-designed study that provides valuable insights into the relationships between sleep paralysis, trauma, and psychiatric symptoms and disorders in an African American population attending primary medical care. However, the study’s cross-sectional design, self-report measures, and limited generalizability are potential limitations that should be considered in interpreting the findings

*(Sleep paralysis and trauma, psychiatric symptoms and disorders in an adult African American population attending primary medical care - PubMed, n.d.) (Denis, 2018)(Denis, 2018)(Denis et al., 2018)(Mainieri et al., 2021)(Wróbel-Knybel et al., 2022)(SZKLO-COXE et al., 2007)(SZKLO-COXE et al., 2007)(Wróbel-Knybel et al., 2022)*

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