Study on the Association of PSQI, IQ, BDI and DSOM in the Insomnia Patients(1)

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Abstract

Objectives:
This study was to investigate the association of Pittsburgh Sleep Quality Index (PSQI), Insomnia Questionaire (IQ), Beck Depression Inventory (BDI) and Diagnos system of oriental medicine (DSOM) in the Insomnia Patients.

Methods:
For this study, we carried out PSQI, IQ, BDI and DSOM of 37 patients with insomnia who have come to Donguei oriental hospital of Donguei university from November 2008 to May 2009. And Using cross tabulation analysis, verified the association of PSQI, IQ, BDI and DSOM.

Results:
1. The most Frequent Pathogenic Factor is blood-deficiency (血虛) in total patients.
2. The score of BDI has positive correlation with sc10 of deficiency of qi (氣虛), damp (濕), kidney (腎) in total patients.
3. The score of PSQI has positive correlation with zp of liver (肝) in total patients.
4. The score of PSQI has positive correlation with sc10 and zp of insufficiency of Yin (陰虛), and the score of BDI has positive correlation with sc10 of blood stasis (血瘀) and zp of liver (肝) in female patients.
5. The score of PSQI has positive correlation with sc10 of deficiency of qi (氣虛) and zp of heart (心), and the score of IQ has positive correlation with sc10 of liver (肝) in male patients.
6. The duration from onset in the group of 22-59 years are longer than the group of 60-80 years and the duration of using hypnotics have positive correlation with total sleep time in 22-59 years group.
7. The score of PSQI has positive correlation with zp of liver (肝) in 22-59 years group.
8. The score of PSQI has positive correlation with the score of BDI in 60-80 years group.
9. The score of BDI has positive correlation with sc10 of deficiency of qi (氣虛) and zp of blood-deficiency (血虛), and the score of IQ has positive correlation with zp of coldness (寒) in 60-80 years group.
10. The score of IQ has positive correlation with sc10 and zp of dryness (燥) in below 6 Months Group.
11. The score of PSQI has positive correlation with the score of BDI in over 6 Months Group.
12. The score of PSQI has positive correlation with zp of liver (肝) in over 6 Months Group.
13. The score of IQ has positive correlation with sc10 of dryness (燥) in BDI 2nd Grade Group.
14. The score of BDI has positive correlation with sc10 of kidney (腎) and the age has positive correlation with zp of heart (心) in BDI 3rd Grade Group.
15. The age has positive correlation with sc10 of damp (濕) in BDI 4th Grade Group.

Conclusions:
This study provides insights into the complicated associations of the pattern of insomnia with depression and Diagnos system of oriental medicine. And especially this study showed apparent correlation between insomnia and depression in 60-80 years group and over 6 months group.

Key Words:
Insomnia, PSQI, IQ, BDI, DSOM

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I. 서 론

불면증은 흔한 수면장애 중 하나로 수면의 시작이나 유지가 어려워 충분한 수면을 취하지 못하거나 충분한 양의 수면을 취한 후에도 원기 회복이 안 되는 상태이며, 대개는 피로감 증가, 무력감, 주의 집중력 감소 등을 동반한다. 또한 삶의 질을 심각하게 낮추고 치명적인 건강 문제나 사고발생의 위험을 높이므로 신중한 진단과 원인에 대한 적절한 치료를 제공해 주어야 할 건강 문제이다.

한 조사에 의하면 우리나라의 전체 성인 중 30-40%는 한 해에 한 번 이상은 불면증을 경험하며, 그 중에서 10-15%정도는 한 달 이상 지속되는 만성 불면증에 시달린다.

DSM-IV(Diagnostic and Statistical Manual of Mental Disorders, 4th edition)에서는 원