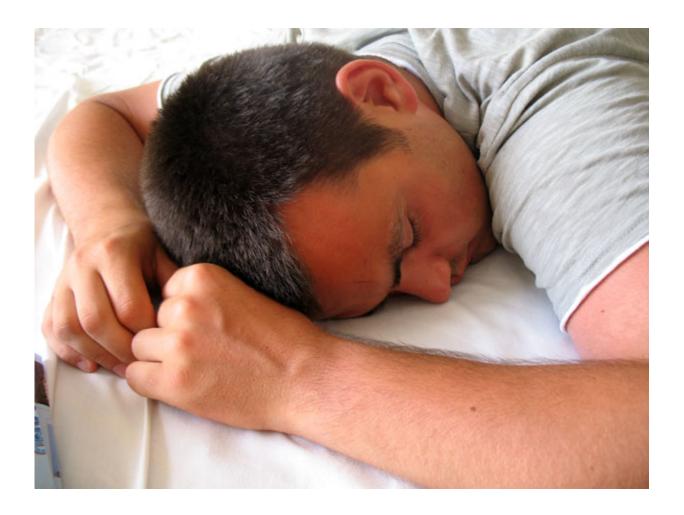


Insomnia leads to decreased empathy in health care workers

June 9 2015



Credit: Vera Kratochvil/public domain

A new study suggests that insomnia decreases empathy in health care



workers and may lead to adverse clinical outcomes and medical errors.

Results show that subjects with an Insomnia Severity Index ISI of greater than 8, scored significantly higher across all four subscales of empathy.

"Insomnia affects empathy in <u>health care workers</u> which can lead to adverse clinical outcomes,"said lead author Venkatesh Basappa Krishnamurthy, MD, assistant professor, Sleep Research and Treatment Center, department of psychiatry, Penn State College of Medicine in Hershey, Pa.

The research abstract was published recently in an online supplement of the journal *Sleep* and was presented Monday, June 8, in Seattle, Washington, at SLEEP 2015, the 29th annual meeting of the Associated Professional Sleep Societies LLC.

According to the American Academy of Sleep Medicine, <u>chronic</u> <u>insomnia</u>, which affects as many as 10 percent of adults, involves ongoing difficulty falling asleep or staying asleep - or regularly waking up earlier than desired - despite an adequate opportunity for sleep.

The study group comprised 97 subjects including but not limited to physicians, residents, nurses, nurse assistants, pharmacists, radiology technicians, lab technicians were recruited from Henry Ford Health System. Empathy was measured by the Interpersonal Reactivity Index (IRI) across four subscales - fantasy, perspective-taking, empathic concern, and personal distress. Insomnia was measured using the Insomnia Severity Index (ISI).

More information: Abstract Title: Insomnia Affects Empathy in

Health Care Workers Abstract ID: 0689



Presentation Date: Monday, June 8

Presentation Type: Poster 285

Presentation Time: 4 p.m. to 6 p.m.

Provided by American Academy of Sleep Medicine

Citation: Insomnia leads to decreased empathy in health care workers (2015, June 9) retrieved 4 May 2024 from https://medicalxpress.com/news/2015-06-insomnia-decreased-empathy-health-workers.html

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.