

Sleep problems in anxious and depressive older adults (1° llamado Julio 2015)

Preguntas del examen

a) Global reading

1. Skim the Abstract write, in no more than three sentences, what the study is about.

b) Detailed reading

Read the article and in your own words answer the following questions:

2. How do the authors of this study express the relevance of their research area?
3. What gaps do the authors mention in relation to the topic of their study?
4. What is the purpose of the study?
5. Who were the participants of the study? Give as much information as you can about them. How were they selected for the study?
6. What instruments did the researchers use in order to obtain the information they needed?
7. How do the authors define "sleep efficiency"?
8. List all the variables related to sleep considered in the study and the questions related to each of them.
9. How many groups of participants did they form? Describe the criteria used to form them.
10. Report the main findings of the study in terms of sleep quality and daytime sleepiness.
11. What answers have the authors found to the first question of their study?
12. How do the different sleep problems mentioned relate to each of the mental disorders studied?
13. Given that awakenings are associated to both anxious and depressive states, what do the researchers suggest to differentiate between the two types of disorders?
14. What recommendations do the authors give, both general and related to each of the disorders?