

# Sleep Quality and Social Support in People over 65 Years Old Who Have Had a Quarantine Process Due to Covid-19.

Gulay Dasdemir Ilkhan<sup>1</sup>, Hakan Celikhisar<sup>2</sup>, and Selen Ilhan Alp<sup>3</sup>

<sup>1</sup>Tire Public Hospital

<sup>2</sup>Izmir Metropolitan Municipality Esrefpasa Hospital

<sup>3</sup>Namik Kemal Universitesi - Degirmenalti Kampusu

November 9, 2020

## Abstract

**Background and Aim:** We aimed to investigate the effects of anxiety or social support on sleep quality in patients with COVID-19 who were older than 65 years of age and undergoing quarantine process. **Material and Method:** The study included the patients [?]65 years of age who had a quarantine process for 14 days during the COVID-19 outbreak. The sociodemographic features and comorbidities were recorded in all patients. Geriatric Anxiety Scale (GAS), Multidimensional Perceived Social Support Scale (SS), and Pittsburgh Sleep Quality Index (PSQI) questionnaires were applied. **Results:** Totally 198 patients (123 male and 75 female) were included in the study. Among patients, 115 (58.1%) patients were living in a nursing home. All GAS scores and the total PSQI were significantly higher and all SS scores were significantly lower in PCR positive patients compared with the negative ones (p:0.001). Moreover, All GAS scores and the total PSQI were significantly higher and all SS scores were significantly lower in patients living in nursing homes compared with the others (p:0.001). **Conclusion:** In elderly patients faced with the COVID-19, social support was negatively associated with the sleep disturbances. We suggest that, increasing social support is important in elderly patients in the clash against COVID-19.

## Sleep Quality and Social Support in People Over 65 Years Old Who Have Had a Quarantine Process Due to Covid-19

\*Dasdemir Ilkhan Gulay, MD

Orcid No: 0000-0001-6453-3867

Okmeydanı Training and Research Hospital, Chest Diseases Clinic

Darulaceze Cad. No:25, 34384 /Sisli/Istanbul-Turkey

Tel: +90 212 3145555

E-mail:gdasdemir1111@gmail.com

Association membership: European Respiratory Society

\*Corresponding author

Celikhisar Hakan, MD

Orcid No: 0000-0002-0109-3208

Izmir Metropolitan Municipality Hospital, Chest Diseases Clinic

Gaziler Caddesi No:315, 35110 Izmir-Turkey

Tel: +90 232 2938000

E- mail:hcelikhisar@gmail.com

Association membership: European Respiratory Society

Alp Ilhan Selen MD

Orcid No:0000-0003-2146-4712

Namık Kemal University SHMYO Child development

Kampüs Caddesi, No:1 Süleymanpaşa-Tekirdağ

GSM: +90505 2326457

E-mail:selenilhan@gmail.com

### Hosted file

Sleep Quality and Social Support in People over 65 Years Old Who Have Had a Quarantine Process Due to COVID-19 available at <https://authorea.com/users/367441/articles/491793-sleep-quality-and-social-support-in-people-over-65-years-old-who-have-had-a-quarantine-process-due-to-covid-19>

### Hosted file

Tables.pdf available at <https://authorea.com/users/367441/articles/491793-sleep-quality-and-social-support-in-people-over-65-years-old-who-have-had-a-quarantine-process-due-to-covid-19>