

The Effects of Self-observation on Sleep-related Avoidance Behaviors and Subjective Sleep Estimates

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Insomnia, a classification of sleep disorders, is the most prevalent health complaint. Many studies have used measures associated with sleep quantity alone as main outcome.

This study, first, attempted to develop a theoretical model including social contingency from the view of behavior analysis.

Then, in study 1, an SRBQ-J, a questionnaire which measures verbal regulation behaviors that have escape or avoidance function, was conducted. And an ISI-J, which measures subjective sleep estimates, was conducted to evaluate reliability and validity. In study 2, the effect of self-observed exercise on safety behaviors associated with sleep was examined.

In study 1, the reliability and validity of both SRBQ-J and ISI-J were established. In study 2, although one participant indicated positive change in ISI-J, others did not show significant change. ISI-J scores, however, were reduced in a second session with all participants. SRBQ-J showed the use of safety behaviors to be decreased for all participants. And two participants showed a decrease in thought regulation efforts and an increase in description associated with thought in exercise. The remaining participant did not show decrease in “worry mercy” while showing an increase in thought regulation efforts.

Further study is required to examine the function of exercise and safety behaviors, and the interaction between them.