



DEPRESSION, SLEEP, AND SUICIDAL IDEATION AMONG LATINO COLLEGE STUDENTS

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BACKGROUND INFORMATION

- Racial/ethnic minorities and socioeconomically disadvantaged populations have difficulty achieving healthy sleep, get less sleep, and are at a higher risk of sleeping problems (Grandner et al., 2016).
- Latino Americans have reported experiencing significantly shorter sleep duration and poorer sleep quality compared to non-Hispanic Whites (Johnson et al., 2019).
- Previous longitudinal research data reported sleep duration disparities among racial/ethnic populations with significant differences found between Hispanics and Whites (Caraballo et al., 2022).
- It is common for college students with insomnia to suffer from mental health problems like chronic fatigue, depression, stress, lower optimism, anxiety, and lower quality of life (Sing & Wong, 2010, Abdel-Khalek, 2009).





RESEARCH AIMS

Our study focused the influence sleep has on suicidal ideation in Latino individuals through the measurement of insomnia, depression, and suicidal ideation among Latino college students.

01

INSOMNIA RISK FACTOR

Our study assesses the influence of insomnia on suicide while controlling for the effects of depression to examine insomnia as a risk factor for suicidal ideation.

02


INSOMNIA & SUICIDE IN LATINOS

Our study focuses on the Latino ethnic group to further investigate the sleep health disparities between Hispanics and non-Hispanic whites.

03

LONGITUDINAL DATA

Our study utilized longitudinal data to examine the relationship with insomnia, depression, and suicidal ideation.



METHODOLOGY

PARTICIPANTS

- 77 undergraduate students
- Enrolled at a university in South Texas
- $M = 19.4$ ($SD = 2.1$)
- 85.7% Female; 14.2% Male

QUANTITATIVE METHODS

- Self-report surveys and actigraphy physiological data collected in lab.
- Longitudinal data collection within a 5 day span:
 - 1st session (Monday)(Time 1)
 - 2nd session (Friday)(Time 2)



MEASURES



PHYSIOLOGICAL MEASURE

WRIST ACTIGRAPHY

Measures objective information on sleep by recording movements and sleep habits throughout the night (Martin & Hakim, 2011).

SELF REPORT MEASURES

INSOMNIA SEVERITY INDEX

Assesses behavioral and emotional insomnia-related symptoms in the past week (Bastien et al., 2010).

CENTER OF EPIDEMIOLOGICAL STUDIES DEPRESSION SCALE (CES-D)

Measures the severity and frequency of depression symptoms in the past week (Radloff, 1977).

DEPRESSION SYMPTOM INDEX-SUICIDALITY SUBSCALE

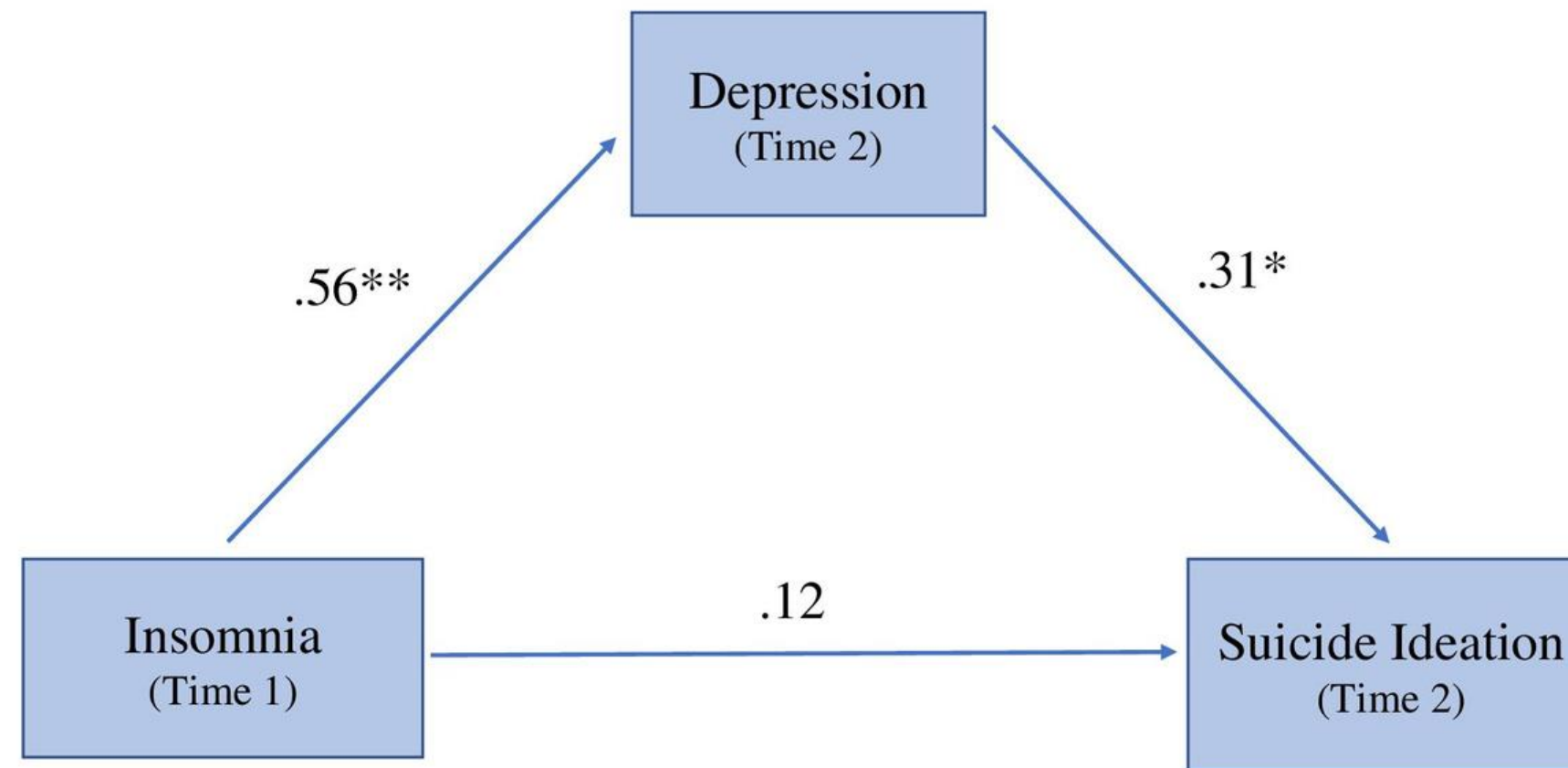
Measures the frequency and intensity of suicide ideation (Metalsky & Joiner, 1997).

Correlations between Variables

	Time 1 Insomnia	Time 1 Depression	Time 1 Suicide Ideation
Time 2 Insomnia	.82***	.59***	.26**
Time 2 Depression	.56***	.82***	.35***
Time 2 Suicide Ideation	.29**	.37***	.86***

Note: ** $p \leq .01$, *** $p \leq .001$

Depression Mediates the Relationship between Insomnia and Suicide Ideation



Notes: Above values are standardized beta coefficients. * $p < .01$, ** $p < .001$. Hierarchical Bayesian simulations indicated a significant indirect effect of insomnia (time 1) on suicide ideation (time 2) through depression (time 2) (unstandardized 95% $CI = .0074, .0837, p = .01$).

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- Depression, insomnia, and suicidal ideation were significantly intercorrelated through self-reported data at Time 1 and Time 2.
- In general, actigraphy sleep data were not significantly correlated with depression and suicidal ideation.
 - Symptoms of depression were slightly correlated with sleep fragmentation at Time 1 and Time 2.
- Depression mediates the relationship between insomnia and suicidal ideation.
- Insomnia did not directly influence suicidal ideation after controlling for depression.

SUMMARY OF RESULTS



CONCLUSION

- The relationship between insomnia and suicidal ideation was due to depression.
- Physiological data captures a person's sleep quantity. However, it appears to miss how individuals appraise their sleep patterns. Self-report measures are able to capture one's appraisal of their sleep problems.
- Use of longitudinal data in both self-report and physiological assessments contributes to existing literature on understanding sleep and its relation to mental health in Latino college students.
- Our findings can inform the assessment and treatment for sleep problems, depression, and suicidal ideation.
- Latinos have shown to have the poorest sleep among various ethnic groups, which in turn negatively impacts their mental health.
- Future research should investigate those risk factors that impact sleep problems in Latinos to help prevent worsening mental health issues (i.e. depression and suicidal ideation).

THANK YOU

Questions and/or comments?

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