Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms

| Author, YearTrial NameFunding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Dowling, 20051NAGovernment | Proportion of night asleep, %End point MeanG1: 66.64G2: 71.14Within Group Mean Change G1: -3.62G2: -4.26p=NR, ANOVA non-significantSleep Time (hours: minutes)End point MeanG1: 7:59G2: 8.32Within Group Mean Change G1: -0:26G2: -0:31p=NR, ANOVA non-significantNight wake time (hours: minutes)End Point MeanG1: 3:59G2: 3.27Within Group Mean Change G1:+0:66G2: +0:31p=NR, ANOVA non-significantNumber of awakeningsEnd point MeanG1: 42.88G2: 37.99Within Group Mean Change G1: -1.32G2 : -3.11 p=NR, ANOVA non-significant  | NR |

Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms (continued)

| Author, YearTrial NameFunding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Dowling, 20051(continued) | Day wake time (hours: minutes) End point mean:G1: 6.24G2: 6.34Within Group Mean Change:G1: +0.12G2: +0.87 p=NR, ANOVA non-significant |  |
| Fritsch, 20092NAFoundation or non-profit | NR | NR |
| Hickman, 20073NAGovernment | NR | CSDDSubanalyses by menG1 vs. G3: 2.62, p=0.007G2 vs. G3: 1.13, p=0.23G4 vs. G3: 1.64, p=0.08G1 vs. G4: 1.50, p=0.16G1 vs. G4: 0.98, p=0.33G2 vs. G4: 0.52, p=0.60Subanalyses by womenG1 vs. G3: - 1.61, p=0.09G2 vs. G3: 0.09, p=0.94G4 vs. G3: 1.41, p=0.16G1 vs. G2: –1.70, p=0.08G1 vs. G4: –3.02, p=0.01G2 vs. G4: –1.32, p=0.24 |
| Kovach, 20064NAGovernment | NR | NR |
| Remington, 20026NAOther | NR | NR |
| Rosswurm, 19907NAOther | NR | NR |
| Sloane, 20048NAGovernment | NR | NR |

Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms (continued)

| Author, YearTrial NameFunding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Sloane, 20059Collaborative Studies of Long-Term CareGovernment | NR | CSDD, Increase in depressive symptomsMild DementiaG1: 1.33G2: 1.53p=0.753Moderate or Severe DementiaG1: 1.52G2: 0.85p=0.409CSDD, Increase in depressive symptomsG3: 1.59G4: 1.32G3 vs. G4: p=0.823G5: 0.89G6: 1.25G5 vs. G6: p=0.630 |
| Sloane, 200810Collaborative Studies of Long-Term CareOther | NR | NR |
| Tappen, 199411NAFoundation or non-profit | NR | NR |
| Toseland, 199712NAGovernment | NR | MOSES Subscale at baselineG1: 10.64G2: 7.73G3: 8.78MOSES Subscale at endpointG1: 9.19G2: 10.29G3: 8.18MOSES Subscale change at endpointG1: 1.45G2: -2.56G3: 0.6p=NR, stated difference NS |

Evidence Table 5. Health outcomes for people with dementia: sleep quality and depressive symptoms (continued)

| Author, YearTrial NameFunding Source | Sleep Quality | Symptoms of Depression |
| --- | --- | --- |
| Whall, 199713NAOther | NR | NR |
| Zimmerman, 200514Dementia Care ProjectFoundation or non-profit | NR | NR |

Abbreviations: ANOVA = analysis of variance; CSDD = Cornell Scale for Depression in Dementia; G = group; MOSES = Multidimensional Observation Scale for Elderly Subjects; NA = not applicable; NR = not reported; vs. = versus.