

Interactive Effects of **Neighborhood Safety** and Family Conflict on Achieved Sleep Duration in Children

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Introduction

- Sleep is essential to physical, psychological, and social functioning (Gordon et al., 2017)
- Insufficient amounts of sleep can lead to several negative and long-term outcomes (Buxton & Marcelli, 2010; Dewald et al., 2010; Gordon et al., 2017)
- If a neighborhood or family is perceived as dangerous, vigilance levels and stress hormone production can rise, impairing sleep functioning (Chang et al., 2019; Hale et al., 2013)
- Study Aim: To examine if neighborhood safety, family conflict, and **their interaction** predict the average amount of sleep a child receives

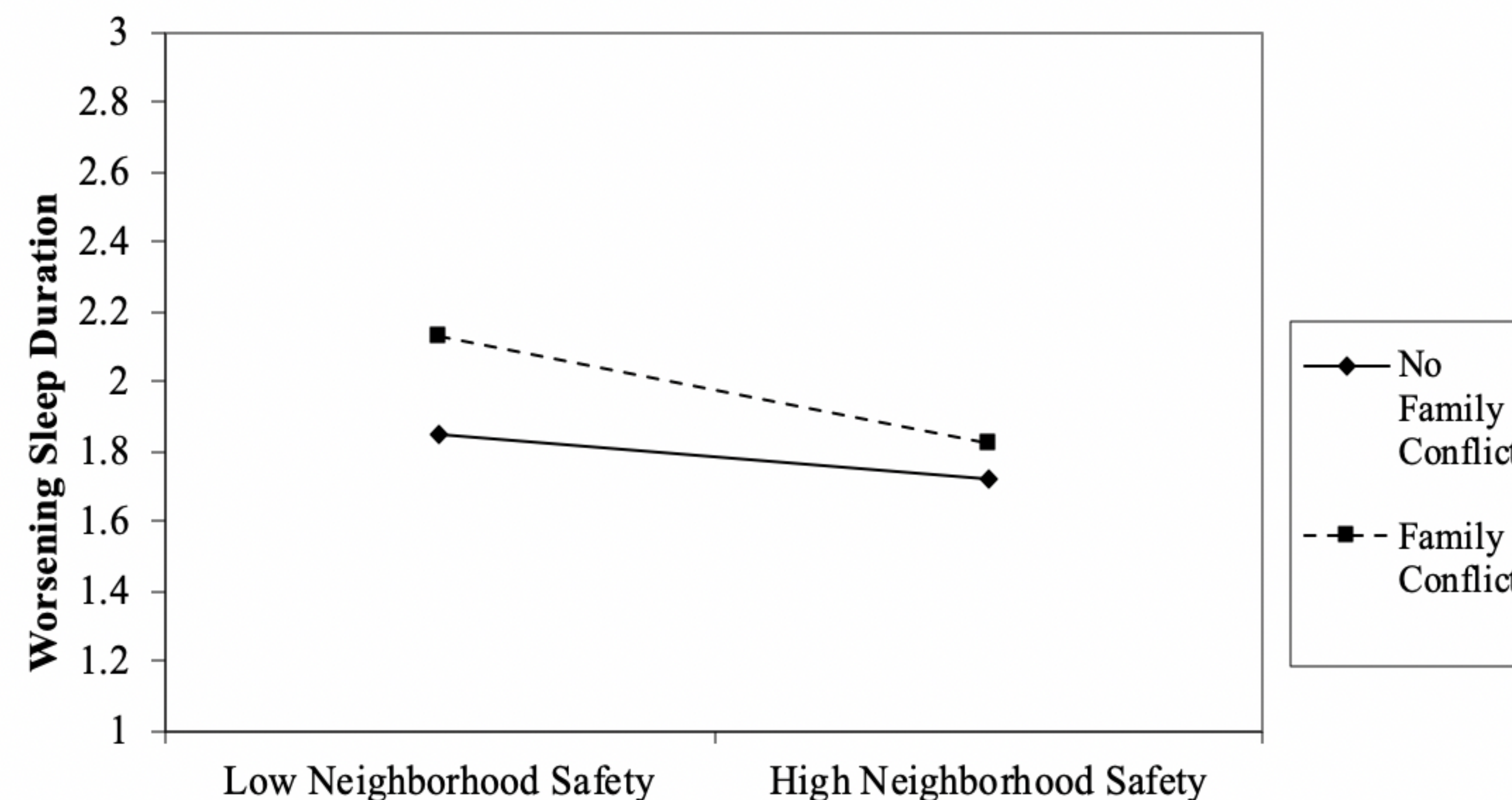
Participants

- $N = 2,252$ children ($M_{age} = 132.05$ months; 47.9% female)

Procedure

- Data from the Adolescent Brain and Cognitive Development Study one-year follow-up period
- Multiple linear regression and interaction model

Low family conflict can serve as a **protective factor of sleep duration in high crime neighborhoods**. Practitioners supporting children with sleep difficulties due to neighborhood conditions may look to **examine family conflict** as a **contributing and malleable factor** to address with prevention/intervention efforts.



Measures

- **The Sleep Disturbance Scale for Children**: parent-report assessing average nighttime sleep duration (SD) (1 = 9-11hr; 5 = less than 5hr)
- **The Youth Family Environment Scale-Conflict Subscale**: youth-report assessing family conflict (FC), specifically fighting, present within the family
- **The Parent Neighborhood Safety/Crime Survey**: parent-report assessing whether they perceive their neighborhood to be safe (NS) from crime

Results

- Combined main effects of NS and FC predicted SD ($F[3, 2248] = 15.2, p < .001, R^2$ of .019)
- The main effect of FC ($\beta = .085, p < .001$) was a stronger predictor than the main effect of NS ($\beta = -.076, p = .001$) on SD
- The interaction of NS and FC neared significance in predicting SD ($\beta = -.045, p = .051$)

Discussion

- Although the moderation was not significant and variance was minimal, these findings still have beneficial clinical implications
- Due to adverse outcomes associated with insufficient sleep, contributing factors should be examined when providing treatment
- Targeting family relationships is a feasible avenue for improving sleep duration in conjunction with other sleep treatments
- Future research should be done examining other moderators (e.g., SES and resiliency) and mediators (e.g., cortisol levels)