

THE MEDIATING ROLE OF EMOTIONAL CONTROL IN THE RELATIONSHIP BETWEEN ENVIRONMENTAL SENSITIVITY AND SLEEP QUALITY

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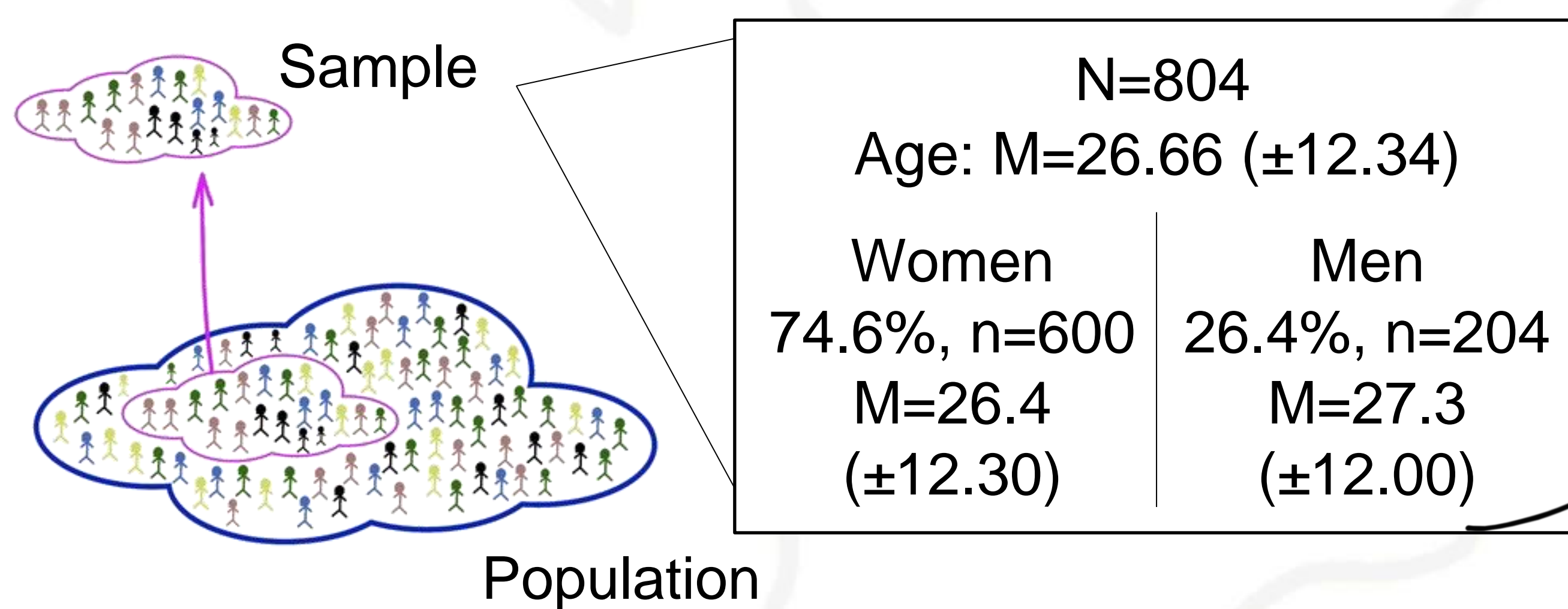
INTRODUCTION

Recent research indicates a connection between sensory processing sensitivity (SPS), within Environmental Sensitivity (ES), and heightened responsiveness to emotional stimuli (Greven et al., 2019). Highly sensitive people (HSP) may engage in a deeper processing of emotional subtleties, leading to overstimulation experiences (Acevedo, 2020). These factors could explain the observed impact on health, including sleep quality (Engel-Yeger et al., 2017). The extent of ES may contribute to varying levels of sleep quality in highly sensitive individuals.

OBJECTIVES

The study aimed to analyze the relationship between Environmental Sensitivity (ES) and sleep quality, and to analyze how emotional control is mediating in this relationship in Spanish adults.

METHOD



INSTRUMENTS

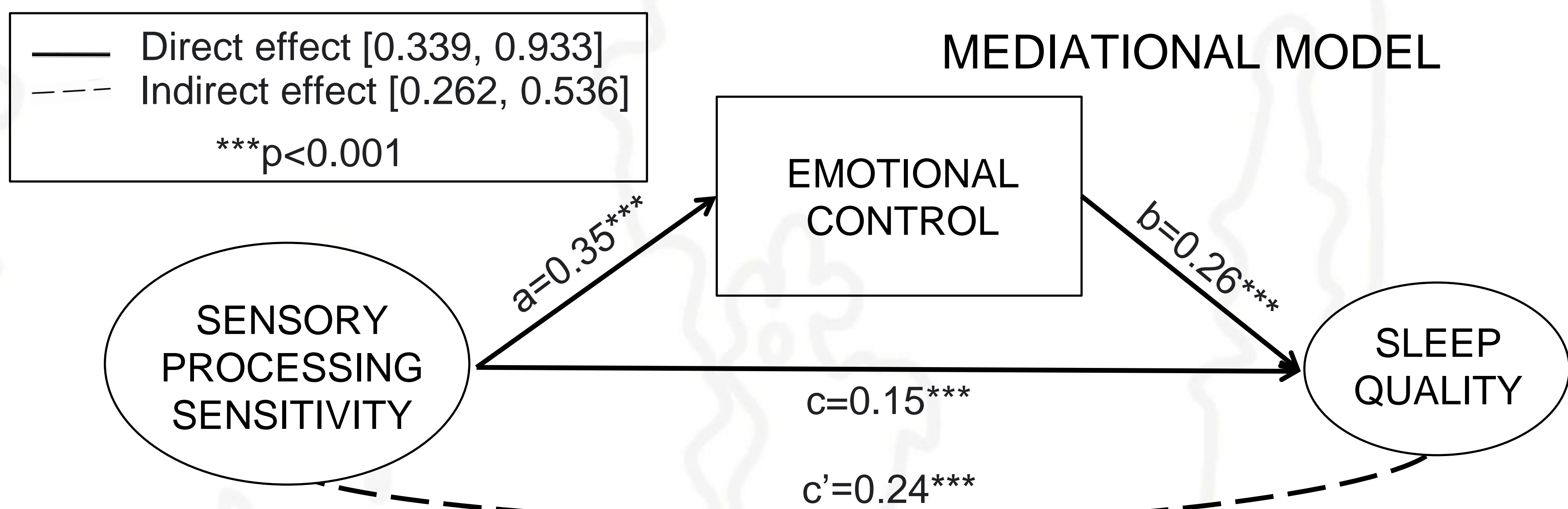
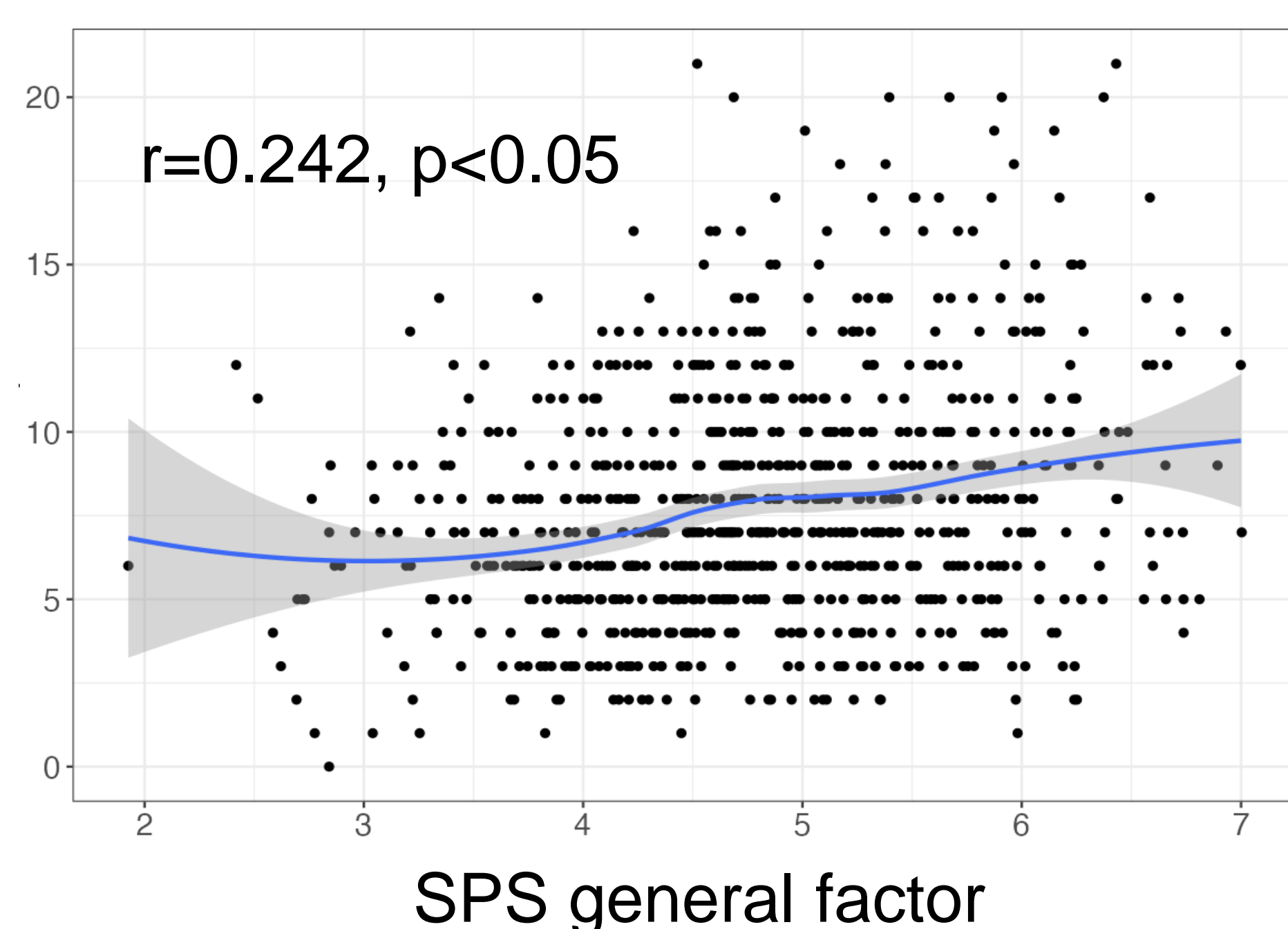
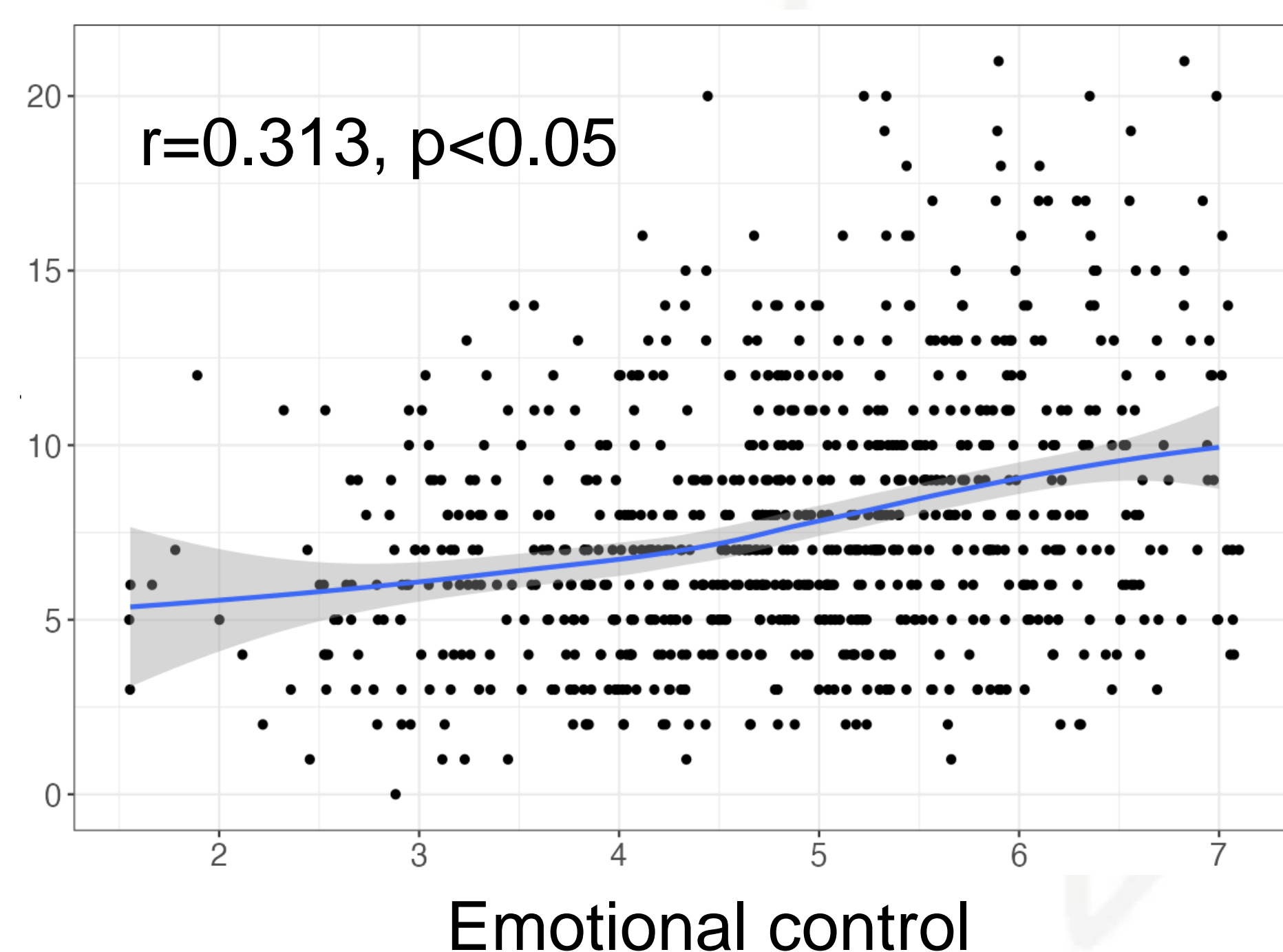
- Highly Sensitive Person Scale** (Aron & Aron, 1997)
 - 5 dimensions, 27 items, 7-point-Likert scale response
- Prefrontal Symptoms Inventory** (Pedrero-Pérez et al., 2016)
 - Emotional control dimension, 20 items, 5-point-Likert scale response
- Pittsburgh Sleep Quality Index Questionnaire** (Buysee et al., 1989)
 - Sleep quality total score, 19 items

DATA ANALYSIS

Pearson correlations and a mediational model

RESULTS

Relationship between sleep, emotional control and SPS.



Pearson correlations between sleep, emotional control and SPS, and its dimensions.

	Emotional control	SOS	AES	LST	FPD	HA	SPS
Sleep quality	0.313***	0.301***	0.061	0.186***	0.172***	0.074*	0.242***
Emotional control	-	0.423***	0.127***	0.204***	0.307***	0.176***	0.354***

*p<0.05, ***p<0.001, SOS=Sensitivity to overstimulation, AES=Aesthetic sensitivity, LST=Low sensory threshold, FPD=Psychophysiological discrimination, HA=Harm avoidance

CONCLUSIONS

It appears to be a connection between SPS and behaviors related to emotional control, as well as sleep quality. This link suggests that the increase of SPS can be associated with emotional control and sleep quality disturbances. SOS seems to be the one that has the strongest relationship with sleep quality, mediating the emotional control.

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