

## 2<sup>nd</sup> ANNUAL DENTISTRY AND DENTAL SCIENCES CONGRESS

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### Sleep disorders and psychological profile in oral cancer survivors: A case-control clinical study

**Elena Calabria**

University of Naples, Italy

**Background:** Sleep disturbance and mood disorders are commonly reported in cancer survivors but their prevalence in patients affected by oral cancer remains unclear. The purpose of this study was to assess the prevalence of sleep disorders (SD), anxiety and depression and potential predictors among five-year oral cancer survivors (OCS).

**Methods:** 50 OCS were compared with an equal number of healthy controls matched for age and sex. The Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Numeric Rating Scale (NRS), the Total Pain Rating Index (T-PRI), Hamilton rating scales for Depression and Anxiety (HAM-D and HAM-A) were administered. Descriptive statistics, including the Mann-Whitney U test and hierarchical multiple linear regression analysis were used.

**Results:** Poor sleep quality (PSQI  $\geq 5$ ) was present in 52% (26) of the OCS. The global score for the PSQI, ESS, NRS, T-PRI, HAM-A, HAM-D was statistically higher in the OCS than the controls (p-value: $<.001$ ). Regarding the PSQI component, the subjective sleep quality, sleep latency and daytime dysfunction were statistically significantly different between the groups (p-value = 0.001, 0.029, 0.004 respectively). The hierarchical multiple regression analyses showed that the PSQI was negatively correlated with years of education (p-value: 0.042\*) and positively correlated with alcohol consumption (p-value: 0.049\*) and with the use of systemic medications (p-value: 0.044\*).

**Conclusion:** Sleep and mood disorders are common comorbidities in OCS; therefore, early assessment and management before, during and after treatment should be performed in order to improve the quality of life of OCS.

#### Biography

Elena Calabria graduated in dentistry at the university of naples federico II in 2016. She attended a Ph.D. program in clinical and experimental medicine at the same university (2018-2021) and carried out a clinical study on patients affected by medication-related osteonecrosis of the jaws cooperating with the eastman dental institute, university college london. During her Ph.D., she also attended the outpatient and inpatient clinic at the oral medicine unit in naples and collaborated on several research projects mainly related to oral cancer, autoimmune blistering diseases, chronic orofacial pain disorders, publishing-related articles in prestigious international journals.

calabriaelena92@gmail.com