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## Validation of the Farsi version of the revised adolescent sleep hygiene scale (ASHSr): A cross-sectional study

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**Background:** Restoring sleep is associated with a broad variety of favorable cognitive, emotional, social and behavioral benefits during the day. This holds particularly true for adolescents, as maturational, social, cognitive, emotional and behavioral changes might unfavorably impact on adolescents' sleep. Among adolescents, poor sleep hygiene practices are a potentially modifiable risk factor that can be addressed via appropriate interventions. Accordingly, having reliable and valid self-report measures to assess sleep hygiene practices is essential to gauge individual responses to behavioral interventions and evaluate sleep hygiene recommendations.

**Aim:** The aim of the present study was to, translate and to test the psychometric properties (internal consistency, test-retest reliability, factorial and concurrent validity) of the Farsi/Persian revised version of the adolescent sleep hygiene scale (ASHSr).

**Method:** A total of 1013 adolescents (mean age:  $M=15.4$  years;  $SD=1.2$ ; range: 12-19 years; 42.9% females) completed the ASHSr and the Pittsburgh sleep quality index (PSQI) in their classroom during an official school lesson. Further, 20% completed the ASHSr six weeks later to evaluate the test-retest reliability. Cronbach's alpha coefficients were calculated to examine internal consistency, confirmatory factor analysis (CFA) was used to test factorial validity, whereas concurrent validity and test-retest reliability were examined via correlation analyses.

**Results:** A first-order confirmatory factor analysis (CFA) corroborated the six-factor structure of the ASHSr, including a physiological, behavioral arousal, cognitive/emotional, daytime sleep, sleep environment, and sleep stability factor. A second-order CFA showed that a higher-order sleep hygiene construct explained sufficient variance in each factor. Cronbach's alpha values ranged between 0.71 and 0.75, correlations for test-retest reliability between 0.82 and 0.87. Significant correlations were found between most ASHSr scales and the PSQI indices. However, the magnitude of these correlations was weak.

**Conclusions:** The Farsi/Persian version of the adolescent sleep hygiene scale can be used as a reliable and valid tool for evaluation of sleep hygiene practices among Farsi/Persian-speaking adolescents.

### Biography

Sepideh Khazaie is a Post-doctoral Research Fellow in Kermanshah University of Medical Sciences, Iran. She won several Awards and Honorarium in the field of Psychiatry and Research. She served as a Research Assistant in Kermanshah University of Medical Sciences, Psychiatric Department in Iran. Currently, she is working at Kermanshah University of Medical Sciences, Iran..

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