PERFECTIONISM AND INSOMNIA IN PREGNANCY

S.C. Bos, M. Marques, B. Maia, A.T. Pereira, M.J. Soares, J. Valente, M.H. Azevedo, **A. Macedo**

Department of Psychological Medicine, Faculty of Medicine, University of Coimbra, Coimbra, Portugal

Introduction: Socially prescribed perfectionism has been associated with long-term sleep disturbances (Azevedo *et al.,* 2010).
Objective: To investigate the association between perfectionism dimensions and insomnia in pregnancy.
Methods: 581 pregnant women, mean age 29.8 years (SD=4.5), average weeks of gestation 32.6 (SD=3.5), mostly married (75%) and *nulliparae* (64%) participated in the study. The multidimensional perfectionism scale (Hewitt and Flett, 1991; Soares *et al*., 2003) was used to assess total levels of perfectionism, self-oriented perfectionism (SOP) and dimensions of socially prescribed perfectionism (SPP): others high expectations (OHE) and conditional acceptance (CA) (Macedo *et al.*, 2009). Insomnia symptoms and related daytime impairment were assessed with an insomnia questionnaire (Marques *et al.,* 2011). Objective estimations of sleep were obtained through actigraphy in a small group (n=60).
Results: In comparison to good sleepers, insomniacs showed higher levels of SPP (M=53.4, SD=13.0 *versus* M=49.6, SD=12.3, $p< .05$) and SPP-CA (M=19.6, SD=6.1, *versus* M=18.0, SD=5.5, $p< .05$). Women with difficulties initiating sleep reported higher levels of SPP-CA than good sleepers. Analyses of actigraphy revealed that SPP-CA was associated with less sleep time ($r=-.45$, $p< .05$), less sleep efficiency ($r= -.34$, $p< .05$), more time awake during sleep ($r= .43$, $p< .05$) and more mean activity asleep ($r= .38$, $p< .05$).
Conclusion: Conditional acceptance is the SPP perfectionism sub-dimension particularly associated with self-reported insomnia and sleep alterations measured objectively with actigraphy in pregnancy.
Financial support: Portuguese foundation for science and technology (POCI/SAU-ESP/57068/2004).