

Appendix E

Summary of meta-analyses

	k	n	Weighted mean effect size (<i>r</i>)	CI Lower	CI Upper	<i>Q</i> -Statistic
<u>Outlier excluded</u>						
All studies with information available to calculate <i>r</i> <u>included</u>						
Sleep disturbance	24	34,254	.27	.24	.30	90.66
Insomnia symptoms	9	10,236	.28	.24	.33	25.11
Sleep quality	15	24,018	.26	.22	.31	65.23
<u>Outlier excluded</u>						
Studies with effect size estimates that violate the normality distribution assumptions <u>excluded</u>						
Sleep disturbance	18	20,218	.28	.24	.31	60.25
Insomnia symptoms	8	9,046	.29	.24	.34	24.96
Sleep quality	10	11,172	.27	.22	.32	32.39
<u>Outlier included</u>						
All studies with information available to calculate <i>r</i> <u>included</u>						
Sleep disturbance	25	34,671	.29	.25	.34	161.42

Insomnia symptoms	10	10,653	.33	.24	.40	92.40
<u>Outlier included</u>						
Studies with effect size estimates that violate the normality distribution assumptions <u>excluded</u>						
Sleep disturbance	19	20,635	.30	.24	.35	124.04
Insomnia symptoms	9	9,463	.33	.24	.42	91.47

Notes. (1) Sleep disturbance is defined as self-reported sleep quality and insomnia symptoms. (2) Analyses only evaluated self-reported sleep quality; see Figure 3 for other effect sizes. (3) CI = Confidence Interval.