Title: Sleep disturbance in mothers of children with developmental disability: Is it related to stress, depression or anxiety?	
Institution	RMIT University
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Outline of Research	Children with developmental disabilities (DD) often have sleep problems that are associated with child behaviour problems and parent stress. Children's sleep problems also disturb parents' sleep. Disturbed sleep in adults has been associated with increases in stress, depression, and anxiety. Thus mothers of children with a DD and sleep problems may be at an increased risk of sleep disturbance, stress, depression and anxiety. The relationship between sleep problems in children with a DD and parent's sleep and well-being has not been examined. This study aims to do so. Mothers of children with DD aged between three and 11 years will be required to complete a questionnaire pack, taking about 45-50minutes. Questionnaires will relate to mother's sleep, stress, and well-being, and child's sleep and daytime behaviour.
Findings to date	
Expected start and finish dates	mid 2007-October 2007