

A National (US) Trial of an Internet Intervention for Insomnia (SHUTi): Pre-Post Findings

Lee Ritterband¹, Frances Thorndike¹, Holly Lord¹,
Christina Frederick¹, Linda Gonder-Frederick¹,
Karen Ingersoll¹, & Charles Morin²

(1) University of Virginia, Division of Behavioral
Health and Technology, Charlottesville, VA, USA

(2) Université Laval, Québec, Canada



Disclosure





SHUTi Description

SHUTi National Trial

Design: 2 Group (SHUTi vs. PE) x 4 Assessment (pre, post, 6 mo post, 12 mo post)

Ss contact: Limit human contact during intervention phase.

Recruitment / Screening: National recruitment

Sample size: 300 subjects total (150/group)

Inclusion Criteria

Inclusion Criteria:

- Age: 21- 65 years old
- Difficulties falling and/or staying asleep (sleep onset latency, early morning awakening, and/or wake after sleep onset greater than 30 minutes)
- Sleep difficulties ≥ 3 nights/week
- TST ≤ 6.5 hours
- Sleep difficulties persisting > 6 months
- At least one daytime problem due to poor sleep: Fatigue, performance impairment, or mood disturbance
- Significant impairment in social or occupational functioning or marked distress
- Internet access

Exclusion Criteria

Exclusion Criteria:

- Presence of other untreated sleep disorders
- Bipolar Disorder, Severe Depression, High Suicide Risk, or Substance Abuse
- Physical illness that is degenerative and/or progressive (e.g., dementia)
- Non-stabilized medication regimen
- Starting psychological treatment within past 3 months
- Currently in psychological treatment for sleep problems
- Responsibilities (work, family) prevents a SW sometime w/in 8pm – 10am
- Shift work, including night shift
- Pregnancy

SHUTi Sample

Age: Mean of 43 years

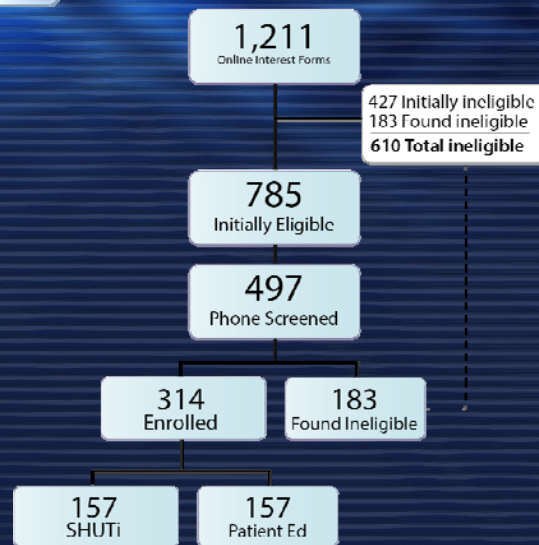
Gender: 74% female

Race: Primarily Caucasian: 84%

Sleep difficulties: Mean of 11 years

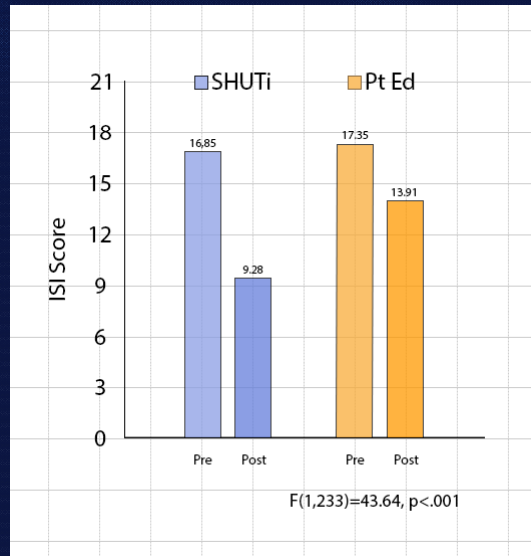
Enrollment

Telephone Interview

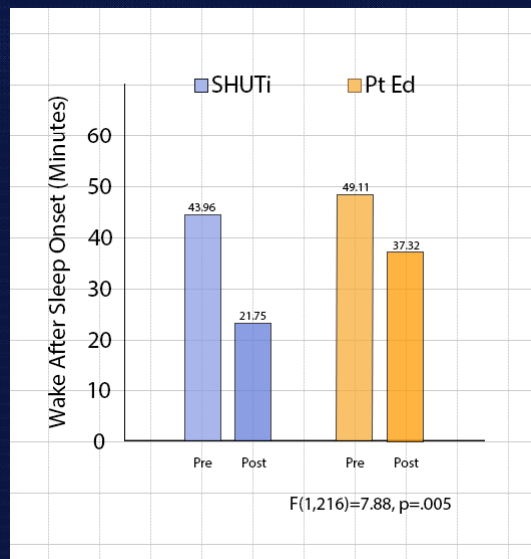


In Progress, NIMH funded R01 trial

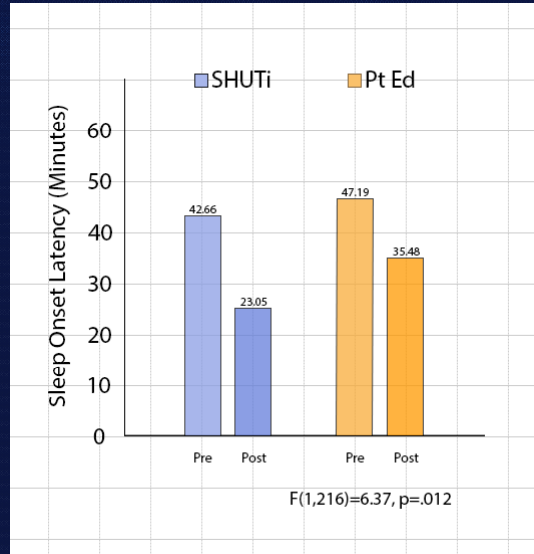
Insomnia Severity



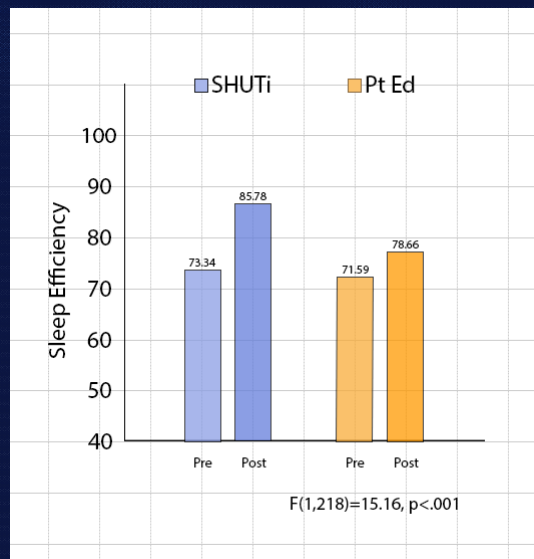
WASO



SOL



Sleep Efficiency




SHUTi Trials & Dissemination

NIH R34



2004-2009

NIH R01




2010-2015

SHUTi-Norse



2012-2014

UVA Cancer Center



2008-2010

“GoodNight”
Depression Prevention



2011-2015

SHUTi-Danish



2013-2015

Tonic TV



www.tonictv.com.au

“SOMNA Trial”
for Depression



2012-2015

SHUTi.me

