

Sleep Disturbances and Depression Levels among General Indonesian Population: A National Survey



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Table S1. Sleeping experience questionnaire.

No.	Question	1. Never	2. Rarely	3. Sometimes	4. Often	5. Always
1	I had trouble sleeping	1. Very poor	2. Poor	3. Fair	4. Good	5. Very good
2	My quality of sleep was...	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
3	My sleep was refreshing	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
4	I was satisfied with my sleep	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
5	I had difficulty falling asleep	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
6	I had a hard time concentrating because of poor sleep	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
7	I had problems during the day because of poor sleep	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
8	I had a hard time getting things done because I was sleepy	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
9	I felt tired	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much
10	I felt irritable because of poor sleep	1. Not at all	2. A little bit	3. Somewhat	4. Quite a bit	5. Very much

Table S2. Depression symptoms assessment questionnaire.

No.	Question	How often?			
1	I was bothered by things that usually don't bother me	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
2	I had trouble concentrating in what I was doing	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
3	I felt depressed	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
4	I felt everything I did was an effort	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
5	I felt hopeful about the future	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)

No.	Question	How often?			
6	I felt fearful	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
7	My sleep was restless	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
8	I was happy	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
9	I felt lonely	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)
10	I could not get going	1. Rarely or none (≤ 1 day)	2. Some days (1-2 days)	3. Occasionally (3-4 days)	4. Most of the time (5-7 days)

Table S3. Bivariate analysis of the correlation between sleep disturbance and sociodemographic factors with depression.

No.	Variable	Depression Incidence				n	(%)	p-value
		Yes	(%)	No	(%)			
1.	Age (Years)	-	-	-	-	-	-	-
	15-29	59	0.8	7320	99.2	7379	33.5	0.113 ^a
	30-49	82	0.8	9727	99.2	9809	44.5	-
	More than 49	55	1.1	4781	98.9	4836	22.0	-
2.	Gender	-	-	-	-	-	-	-
	Female	125	1.1	10171	86.3	11783	53.5	0.005 ^a
	Male	71	0.7	11658	113.8	10242	46.5	-
3.	Body Mass Index	-	-	-	-	-	-	-
	Malnutrition	13	1.3	975	98.7	988	4.5	0.390
	Skinny	19	1.0	1792	99.0	1811	8.2	-
	Normal	108	0.9	12285	99.1	12393	56.3	-
	Overweight	26	1.0	2654	99.0	2680	12.2	-
	Obesity	30	0.7	4123	99.3	4153	18.9	-
4.	Marital Status	-	-	-	-	-	-	-
	Unmarried	34	0.8	4177	99.2	4211	19.1	0.000 ^a
	Married	130	0.8	15931	99.2	16061	72.9	-
	Divorced (Still Alive)	17	2.8	584	97.2	601	2.7	-
	Divorced (by Death)	15	1.3	1130	98.7	1145	5.2	-
5.	Working Status	-	-	-	-	-	-	-
	Unemployed	174	0.9	19892	99.1	20066	91.1	0.305
	Employed	22	1.1	1937	98.9	1959	8.9	-
6.	Last Education	-	-	-	-	-	-	-
	Elementary School	96	1.4	6894	98.6	6990	33.4	0.000 ^a
	Junior High School	19	0.4	4213	99.6	4232	202.5	-
	Senior High School	47	0.7	6683	99.3	6730	322.0	-
	University	20	0.7	2937	99.3	2957	141.5	-
7.	Residence Location	-	-	-	-	-	-	-
	Rural	99	1.1	12964	144.6	8964	40.7	0.006 ^a
	Urban	97	0.7	8865	67.9	13061	59.3	-
8.	Province	-	-	-	-	-	-	-
-	Nanggroe Aceh Darussalam	0	0.0	1	100.0	1	0.0	0.003 ^a
	North Sumatra	1	4.5	21	95.5	22	0.1	-
	West Sumatra	0	0.0	8	100.0	8	0.0	-
	Riau	0	0.0	7	100.0	7	0.0	-
	Jambi	0	0.0	18	100.0	18	0.1	-
	South Sumatra	0	0.0	33	100.0	33	0.2	-
	Lampung	0	0.0	18	100.0	18	0.1	-
	Kepulauan Bangka Belitung	0	0.0	13	100.0	13	0.1	-
	Kepulauan Riau	1	4.8	20	95.2	21	0.1	-
	DKI Jakarta	6	1.1	552	98.9	558	2.7	-
	West Java	50	1.3	3663	98.7	3713	17.8	-
	Central Java	32	0.9	3724	99.1	3756	18.0	-
	DI Yogyakarta	4	0.3	1567	99.7	1571	7.5	-
-	East Java	13	0.3	3739	99.7	3752	18.0	-

No.	Variable	Depression Incidence				n	(%)	p-value
		Yes	(%)	No	(%)			
-	Banten	8	0.9	853	99.1	861	4.1	-
-	Bali	11	0.8	1407	99.2	1418	6.8	-
-	West Nusa Tenggara	27	1.2	2160	98.8	2187	10.5	-
-	West Kalimantan	0	0.0	4	100.0	4	0.0	-
-	Central Kalimantan	1	3.0	32	97.0	33	0.2	-
-	South Kalimantan	12	0.9	1350	99.1	1362	6.5	-
-	East Kalimantan	0	0.0	85	100.0	85	0.4	-
-	South Sulawesi	16	1.1	1392	98.9	1408	6.7	-
-	West Sulawesi	0	0.0	51	100.0	51	0.2	-
-	West Papua	0	0.0	2	100.0	2	0.0	-
9.	Sleep Disturbance	-	-	-	-	-	-	-
	Severe	44	6.6	627	93.4	671	3.0	0.000 ^a
	Moderate	86	2.4	3557	97.6	3643	16.5	-
	Mild	36	0.7	5105	99.3	5141	23.3	-
	None to slight	30	0.2	12540	99.8	12570	57.1	-
		-	-	-	-	-	-	-

Note: ^a significant factor ($p < 0.05$).