**Article Analysis 1**

**Article Citation and Permalink** (APA format)

**Article 1**

Ye, L., Hutton Johnson, S., Keane, K., Manasia, M., & Gregas, M. (2015). Napping in College Students and Its Relationship With Nighttime Sleep. *Journal Of American College Health*, *63*(2), 88-97. doi: 10.1080/07448481.2014.983926

https://www.ncbi.nlm.nih.gov/pubmed/25397662

**Article 2**

Taliaferro, L., Rienzo, B., Pigg, R., Miller, M., & Dodd, V. (2009). Associations Between Physical Activity and Reduced Rates of Hopelessness, Depression, and Suicidal Behavior Among College Students. Journal Of American College Health, 57(4), 427-436. doi: 10.3200/jach.57.4.427-436

https://www.ncbi.nlm.nih.gov/pubmed/19114382

**Article 3**

Thomée, S., Härenstam, A., & Hagberg, M. (2011). Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults - a prospective cohort study. BMC Public Health, 11(1). doi:10.1186/1471-2458-11-66

https://www.ncbi.nlm.nih.gov/pubmed/21281471

**Point**

**Description**

**Description**

**Description**

**Broad Topic Area/Title**

Napping in College Students and Its Relationship With Nighttime Sleep

Associations Between Physical Activity and Reduced Rates of Hopelessness, Depression, and Suicidal Behavior Among College Students

Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults - a prospective cohort study

**Identify Independent and Dependent Variables and Type of Data for the Variables**

Dependent variables: Sex, age, napping Frequency, length of nap, timing of nap

Independent variable: quality of night time sleep

Dependent variables: hopelessness, suicidal thoughts depression

Independent variables: physical activity

Dependent variables: frequency of mobile phone use specifically demands on availability, being awakened by a mobile phone at night, stressfulness of accessibility and personal mobile phone overuse.

Independent variable: mental health symptoms

**Population of Interest for the Study**

College students

College students

Young adults aged between 20 and 24

**Sample**

440 Undergraduate Students

43,499 college students between the ages of 18 and 25

4156 young adults

**Sampling Method**

Students were asked three questions to establish the frequency, length, and timing of their naps in the the past one month. The Pittsburgh Sleep Quality Index was also used to measure their Sleep quality.

The use of Logistic regression modeling to relate the odds of experiencing the feeling of hopelessness, depression, and behavior related to suicide in students engaging in either aerobic or toning activities. These results were to be compared with the students who did not engage in the aforementioned activities.

Baseline use of Questionnaires and a follow up lasting one year.

**Descriptive Statistics (Mean, Median, Mode; Standard Deviation)**

Identify examples of descriptive statistics in the article.

Napping Frequency (PSQI Global) –

**mean : 6.6, SD : 2.9**

Length of naps

**mean 6.7, SD : 1.5**

Timing of naps:

**Mean :7.3, SD:2.7**

Participants

**(Mean= 20.4, SD= 1.80**

The demands on availability among men : **Mean = 1.640**

**Inferential Statistics**

Identify examples of inferential statistics in the article.

Relationship Between Napping Habits based on napping frequency: p=0.846

Women engaging in toning activities weekly, aiming at weight loss had increased risk for suicidal behavior = p < .01

Mobile phone use variables = p < 0.0001