

Table 6.

Bivariate Analysis of Socio-Demographic Data and Perceived Social Support as Predictors for Sleep Changes

Variable	Sleep Changes			Effect size
	Sleeping more hours	Sleeping about the same duration	Sleeping less hours	
Gender				0.05††
Male	51 (20.7%)	139 (56.5%)	56 (22.8%)	
Female	330 (25.2%)	661 (50.6%)	316 (24.2%)	
Age (years)	37.96 (11.21)†	39.47 (10.61)†	42.24 (11.90)†	0.18†††
Employment status				0.04††
Working (full time)	237 (22.8%)	542 (52.2%)	259 (25.0%)	
Working (part time)	117 (29.8%)	198 (50.5%)	77 (19.6%)	
Not working at that moment	27 (22.0%)	60 (48.8%)	36 (29.3%)	
Educational background				0.05††
High school	9 (16.4%)	34 (61.8%)	12 (21.8%)	
Some college/university	20 (26.7%)	34 (45.3%)	21 (28.0%)	
Graduate college/ university	85 (24.6%)	177 (51.3%)	83 (24.1%)	
Master/postgraduate studies	195 (25.2%)	389 (50.3%)	189 (24.5%)	

Doctoral studies	52 (21.2%)	139 (56.7%)	54 (22.0%)	
Marital status				0.09††
Single	91 (30.6%)	131 (44.1%)	75 (25.3%)	
In a relationship/engaged	113 (27.7%)	206 (50.5%)	89 (21.8%)	
Married	154 (21.2%)	401 (55.1%)	173 (23.8%)	
Divorced	17 (18.3%)	50 (53.8%)	26 (28.0%)	
Living situation				0.10††
Live alone	59 (24.8%)	118 (49.6%)	61 (25.6%)	
Live with my parents	46 (33.8%)	51 (37.5%)	39 (28.7%)	
Live with one of my parents	5 (17.2%)	16 (55.2%)	8 (27.6%)	
Live with my own family (partner and/or children)	254 (23.3%)	581 (53.3%)	255 (23.4%)	
Live with friends/roommates	17 (28.3%)	34 (56.7%)	9 (15.0%)	
Having Children				0.16††
Yes	156 (19.1%)	455 (55.8%)	205 (25.1%)	
No	225 (30.5%)	345 (46.8%)	167 (22.7%)	
Perceived Social Support (OSS level)				0.04††
Low social support	70 (26.4%)	122 (46.0%)	73 (27.5%)	
Moderate social support	202 (24.8%)	422 (51.9%)	189 (23.2%)	
High social support	111 (23.2%)	256 (53.6%)	111 (23.2%)	

†M (SD)

††Cramer's V value

††† **Standardized regression coefficients**

Note: Effect size interpretation with Cramer's V: *weak* (0.1-0.3), *medium* (0.4-0.5), *strong* (>0.5)

Effect size interpretation with standardized regression coefficients: *tiny* (0-0.05), *very small* (0.05-0.10), *small* (0.10-0.20), *medium* (0.20-0.30), *large* (0.30-0.40), *very large* (>0.40)
