

The effects of sleep quality, sleepiness, fatigue, and psychological resilience on attention performance

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Abstract

Introduction: The aim of the study was to examine the relationships between sleep quality, sleepiness, fatigue, resilience, and attention parameters in a sample consisting of university students.

Material and methods: The study involved 123 university students aged between 18 and 33 years. A socio-demographic data form, the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Fatigue Severity Scale (FSS), Depression, Anxiety, and Stress Scale (DASS-21), and the Brief Resilience Scale (BRS) were administered to the participants. Attention assessment was conducted using the Cognitron (COG), Signal Detection (SIGNAL), Inhibition (INHIB), and Perception and Attention Functions Battery, part of the computer-based Vienna Test System (VTS).

Results: Out of all the participants, 77.2% were female, and 22.8% were male, with an average age of 21.53 (SD = 2.54) years. A positive correlation was found between COG-Corrects and PSQI scores, and COG-Incorrects and DASS-Stress. There was a negative correlation between SIGNAL-Corrects and FSS. No correlation was revealed among sleep quality, sleepiness, fatigue, resilience variables, and reaction inhibition or divided attention. Furthermore, multiple regression analysis indicated that attention scores were predicted only by sleep quality and fatigue severity.

Conclusions: Based on the study's findings, it is conceivable that situational factors such as sleep quality, sleepiness, and fatigue have a more significant impact on attention compared with constant variables such as depression, anxiety, stress, and resilience.

Key words: Vienna Test System, attention, fatigue, sleepiness, resilience.

Introduction

Attention is a primary and complex cognitive function that refers to the frontage and focus of mental resources on a stimulus. Simultaneously, it represents turning towards a stimulus while disregarding others (Posner *et al.* 2016). Attention is separated into four types: selective, sustained, executive, and divided. Selective attention refers to the capacity to focus on a particular stimulus while disregarding other distracting stimuli. Divided attention is the ability to deal with multiple stimuli simultaneously, and executive attention ensures that attention is maintained (Rueda *et al.* 2023). Sustained attention requires long-term focus on a stimulus and is regarded as a concept associated with alertness (Cohen 2013). According to contemporary theories, attention is a system that consists of

multiple brain networks with interrelated but distinct functions (Fisher 2019). Spikman and van Zomeren (2010) stated that attention has two general dimensions, selectivity and intensity; they also refer in their articles to the Vienna Test System (VTS), which is a computer-based application used in the assessment of sustained attention, focused/selective attention, and divided attention (Spikman and van Zomeren 2010).

Although attention is a parameter that multiple psychological factors can impact, there has been more focus on how specific psychological processes such as sleep, fatigue, and psychopathological processes (e.g., depression, anxiety) affect attention. Sleep has a restorative function in human life and is essential for physiologic and circadian rhythms. Quantitative and qualitative shifts in sleep influence multiple systems (Bryant

Sleep Sleepiness And Performance

Gerald Matthews, P.A. Hancock



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Neuroergonomics Raja Parasuraman,Matthew Rizzo,2008-02-13 Neuroergonomics can be defined as the study of brain and behavior at work It combines two disciplines neuroscience the study of brain function and human factors the study of how to match technology with the capabilities and limitations of people so they can work effectively and safely The goal of merging these two fields is to use the startling discoveries of human brain and physiological functioning both to inform the design of technologies in the workplace and home and to provide new training methods that enhance performance expand capabilities and optimize the fit between people and technology Research in the area of neuroergonomics has blossomed in recent years with the emergence of noninvasive techniques for monitoring human brain function that can be used to study various aspects of human behavior in relation to technology and work including mental workload visual attention working memory motor control human automation interaction and adaptive automation This volume will provide the first systematic overview of this emerging area describing the theoretical background basic research major methods as well as the new and future areas of application This collection will benefit a number of readers the experienced researcher investigating related questions in human factors and cognitive neuroscience the student wishing to get a rapid but systematic overview of the field and the designer interested in novel approaches and new ideas for application Researchers in human factors and ergonomics neuroscience cognitive psychology medicine industrial engineering and computer science will find this volume most helpful

The Handbook of Fatigue Management in Transportation Christina M. Rudin-Brown,Ashleigh J. Filtz,2023-08-02 In the world of transportation fatigue is a silent killer that can affect us all Understanding fatigue including how to manage it to minimize safety risk is of great importance However while it is one thing to recognize that fatigue is a critical safety issue it is quite another to set up a successful scientifically informed fatigue risk management programme This book is here to help It has been carefully designed as a comprehensive reference point bringing together international expertise from leaders in fatigue science and showcasing valuable insights from transportation industry practitioners The 40 authored chapters are

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