



**Healthy  
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18th Annual Child Health Research Days  
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ABSTRACT SUBMISSION FORM

## CHR D 2022: Abstract & Poster Submission Form

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**Presenter Status**

- Undergraduate Students
- Masters Student
- PhD Student
- Post-Doctoral Fellows
- Residents
- Non-Trainee

**Research Category**

- Basic Science
- Clinical
- Community Health / Policy

**Role in the project**

- Design
- Perform Experiments
- Analyze Data
- Write Abstract

**Title**

Sleep loss linked to infantile atopic dermatitis has perceived negative impacts for both mothers and infants

## Background

Up to 15% of infants are affected by atopic dermatitis (AD), a common skin disease characterized by pruritus and extremely dry skin. Despite many children being affected, there is a lack of qualitative research on the impacts such as mental and physical health quality for these infants and their mothers.

## Objective

Our research aims to fill this gap by gaining an understanding of the burden of having a child with AD and the impact it has on the sleep of the mother and child.

## Methods

Mothers with infants (age <19 months) suffering from AD were recruited through social media and allergy and dermatology clinics located in Winnipeg, Manitoba. Infant AD was classified using maternal-reported data on Patient-Oriented Scoring Atopic Dermatitis tool (PO- SCORAD; maximum score=103 and categorized as; mild<25; moderate 25-50; severe>50). Semi-structured interviews were audio-recorded, transcribed verbatim, and analyzed thematically. Herein, we report the findings for sleep loss.

## Results

Ten interviews were completed. On average, mothers were 29.2±4.96 years old and infants were 7.6±5.15 months old. Most infants had moderate AD (PO-SCORAD 34.53±15.86), and most were male (80%). We identified one theme, "AD negatively affects sleep quality and quantity of both moms and babies". Most mothers reported that AD impaired both their, and their infant's sleep, due to nighttime awakening subsequent to scratching and infant upset. For mothers, the stress of treating an infant with AD was also perceived to affect sleep quality and quantity, and mothers' moods including feeling miserable. Consistent treatment of the infant's AD was perceived to improve both the infant's AD and sleep quality.

## Conclusion

AD severity is perceived to affect sleep. Through regular treatment the condition can improve thereby improving the sleep quality and quantity and reducing the negative impacts of sleep loss on the mother and infant.

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## Authors

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