

Impact of Sleep and Psychological Well-Being on the Academic and Clinical Performance of Nursing Students in Saudi Arabia [Letter]

Huaguo Zhang ¹, Song Wang ²

¹Nursing Department, Beijing Shijitan Hospital, Capital Medical University, Beijing, People's Republic of China; ²West China School of Nursing/West China Hospital, Sichuan University, Chengdu, Sichuan, People's Republic of China

Correspondence: Song Wang, West China School of Nursing/West China Hospital, Sichuan University, No. 37, Guoxue Alley, Wuhou District, Chengdu, Sichuan, 610041, People's Republic of China, Email wangzhikang2018@126.com

Dear editor

Newly, with strong interest, we have perused an original article titled “Impact of Sleep and Psychological Well-Being on the Academic and Clinical Performance of Nursing Students in Saudi Arabia” by Benjamin et al.¹ This is a valuable study exploring the relationship between physical and mental health of nursing students and their practical performance. This study has the following advantages: (1) Sleep deprivation and psychological distress are prevalent in nursing students worldwide. Paying attention to the sleep and psychological wellbeing of nursing students and promoting their better performance is the mission of nursing educators and practitioners. This study provides practical guidance for nursing educators and practitioners; (2) The authors presented clear reasons for exploring the impact of sleep and psychological wellbeing on the academic and clinical performance of nursing students; (3) This study used Rao software online sample calculator² to estimate sample size, which was fast and convenient; (4) The authors compared their research results thoroughly with previous studies, and analyzed the reasons for the inconsistency between the results. Additionally, the authors provided valuable suggestions on how to improve the sleep quality and mental health of nursing students, and enhance their academic and clinical performance.

However, there are also some limitations and areas for improvement in Benjamin's study: (1) The authors used convenience sampling to recruit nursing students. To ensure the representativeness of the sample, we recommend the authors to employ random sampling method;³ (2) There are several areas in the text that need to be checked and corrected: (a) Page 1357, the description of “The items were rated on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree)” was wrong, it should be “The items were rated on a 6-point Likert scale, ranging from 1 (strongly disagree) to 6 (strongly agree)”;⁴ (b) page 1360, lines 7–8, the content of “However, there was no statistical significance between good/very good performance and acceptable performance with respect to overall psychological well-being ($p>0.095$)” was repetitive. (c) The authors need to verify every data in Table 4, especially the data in “Academic Performance”, some of which are incorrect; (3) The authors only used univariate analysis (t -test, chi-square test) to examine the impact of sleep, psychological well-being, and demographic factors on the academic and clinical performance of nursing students. We suggest that they use multivariate analysis (such as logistic regression) to explore the impact of these variables on academic and clinical performance.

Further research directions of this study: (1) To dynamically observe the sleep and psychological well-being status of nursing students through longitudinal research, in order to develop real-time and targeted interventions, improve their sleep and mental health, and promote their better performance; (2) Setting students from other healthcare professions as a control group to compare the differences in sleep, psychological wellbeing, and practical performance; (3) Regarding academic and clinical performance, identifying different subgroups of nursing students through latent class analysis

(LCA), exploring the influencing factors of different latent classes of practical performance, so as to provide evidence for developing personalized interventions.

Disclosure

The authors report no conflicts of interest in this communication.

References

1. Benjamin LS, Pasay-An E, Pangket P, et al. Impact of sleep and psychological well-being on the academic and clinical performance of nursing students in Saudi Arabia. *Psychol Res Behav Manag.* 2024;17:1355–1364. doi:10.2147/PRBM.S453685
2. Raosoft. Sample size calculator. Available from: <http://www.raosoft.com/samplesize.html>. Accessed April 20, 2024.
3. Song J, Wang S. Home environmental factors associated with falls among elderly in Ubon Ratchathani, Thailand [letter]. *J Multidiscip Healthc.* 2024;17:1587–1588. doi:10.2147/JMDH.S472775
4. Garcia D, Kazemitabar M, Asgarabad MH. The 18-item Swedish version of ryff's psychological wellbeing scale: psychometric properties based on classical test theory and item response theory. *Front Psychol.* 2023;14:1208300. doi:10.3389/fpsyg.2023.1208300

Dove Medical Press encourages responsible, free and frank academic debate. The content of the Psychology Research and Behavior Management 'letters to the editor' section does not necessarily represent the views of Dove Medical Press, its officers, agents, employees, related entities or the Psychology Research and Behavior Management editors. While all reasonable steps have been taken to confirm the content of each letter, Dove Medical Press accepts no liability in respect of the content of any letter, nor is it responsible for the content and accuracy of any letter to the editor.

Psychology Research and Behavior Management

Dovepress

Publish your work in this journal

Psychology Research and Behavior Management is an international, peer-reviewed, open access journal focusing on the science of psychology and its application in behavior management to develop improved outcomes in the clinical, educational, sports and business arenas. Specific topics covered in the journal include: Neuroscience, memory and decision making; Behavior modification and management; Clinical applications; Business and sports performance management; Social and developmental studies; Animal studies. The manuscript management system is completely online and includes a very quick and fair peer-review system, which is all easy to use. Visit <http://www.dovepress.com/testimonials.php> to read real quotes from published authors.

Submit your manuscript here: <https://www.dovepress.com/psychology-research-and-behavior-management-journal>

<https://doi.org/10.2147/PRBM.S474828>