

Pia Johansson

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Protocol for systematic review of Effectiveness and cost-effectiveness of sleeping interventions for school-aged children

Inclusion and exclusion criterias

Population

Age

School-aged children, 6-18 years aged. If age-groups, include if mean age is within age bracket. If age group is reported as school grade, include grades until high school (in Sweden gymnasiet år 3). Exclude if no age reported.

Sleep problems

Insomnia. Defined by baseline measures using standard instruments, including objective measures (EEG, PSG, Actigraphy, salivary or urine testing of melatonin or cortisol) and subjective measures (including well established questionnaires, CSHQ, ISI, sleep diaries, including also parent rating scales). Both parent and child-reported problems included.

Patient group

Children without physical disorders. If possible, divide into healthy children and children with neuropsychiatric disorders.

Setting

Non-hospital settings, including home, institutional care (juvenile correction facilities, day care) and treatment and diagnosis facilities (sleep laboratory). If possible, divide into home and institutional setting.

Size of patient group

At least 20 children in each intervention and control group.

Intervention and control

Any intervention to alleviate sleep problems. If possible, divide into pharmaceuticals, aids and devices, physical manipulation, and psychological. Standard care etc possible as control.

Outcomes

Both objective and self-reported measures are included. Only quantitative outcomes included, so excluded if only qualitative statements of positive outcomes.

Decreased sleep problems defined by baseline measures using standard instruments, including objective measures (EEG, PSG, Actigraphy, salivary or urine testing of melatonin or cortisol) and subjective measures (including well established questionnaires, CSHQ, ISI, sleep diaries, including also parent rating scales). Both parent and child-reported outcomes.

Decreased consequences, on schooling and attention etc, of sleep problems. Increased quality of life, and decreases in anxiety etc., Increases in health-related quality of life, measured with instruments such as EQ-5D.

For economic studies; cost analysis, cost-effectiveness, cost-benefit, incremental cost, cost per increased sleep quality measured with standard instruments, and cost per QALY.

Design

Controlled trial, i.e. with a control group. Randomization of patients not necessary. Exclude if statistical differences between groups in important characteristics (age, gender, diagnoses) at baseline. Exclude if control group not specified nor described.

For economic studies, trial- and model based economic evaluations.

Time period and country

Time period 2005-2020. To account for different physical and psychological contexts between countries, only high-income countries, i.e. members of OECD, are included.

Language and publication types

Only studies published in English. Only full scientific reports, i.e. not editorials, conference proceedings etc.