



Impact of Adverse Childhood Experiences (ACEs) and Family Resilience on Sleep Duration in Children with Autism Spectrum Disorder (ASD)

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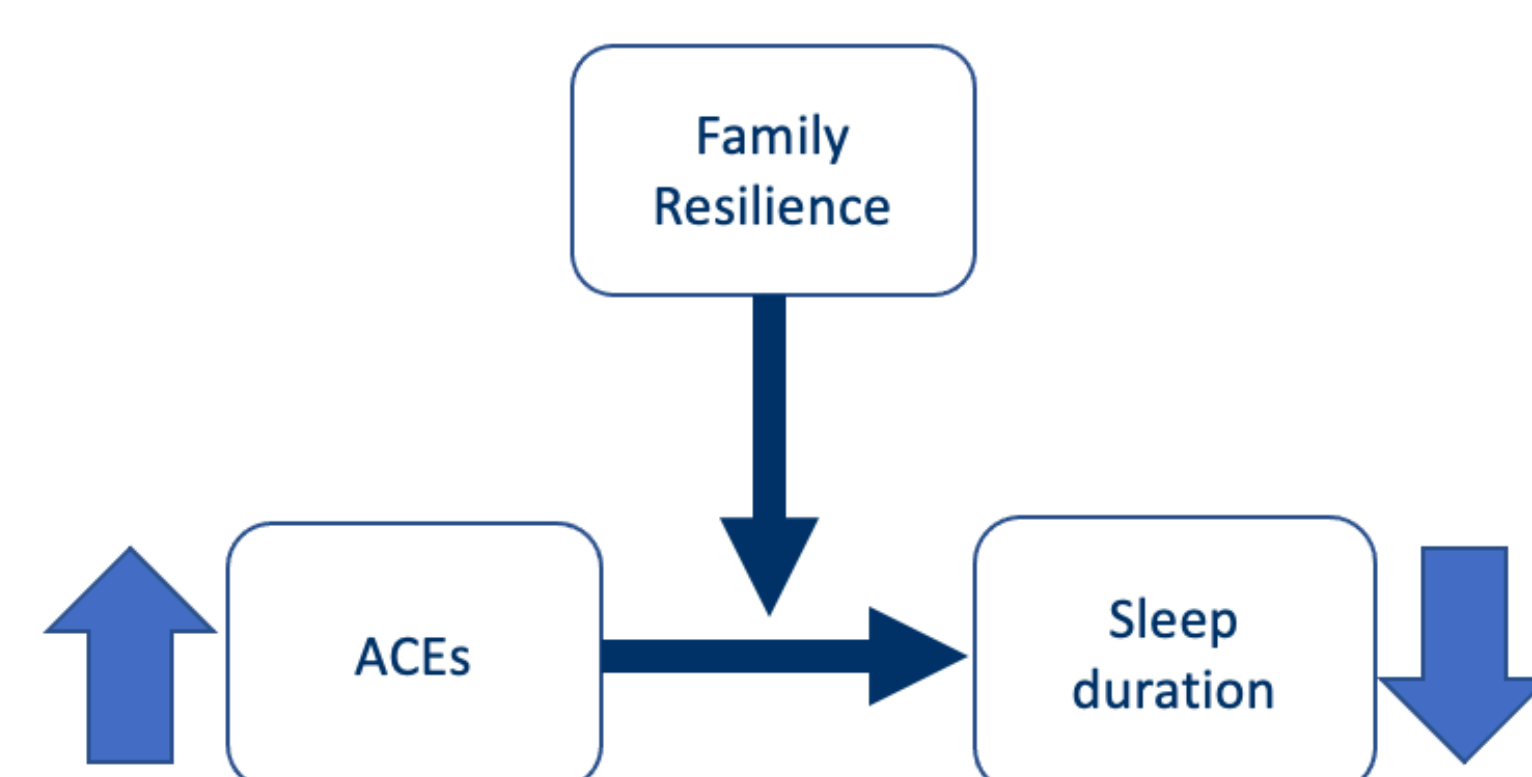
Introduction

- Preliminary evidence suggests a relationship between ACEs and sleep duration in children with ASD (Sadikova & Mazurek, In Press)
- In the general population, family resilience has been shown to “buffer” against the impacts of ACEs on negative outcomes, including sleep problems (Heerman et al., 2022; Uddin et al., 2020)

Objectives

Research Question: Does family resilience moderate the relationship between ACEs and sleep duration in children with ASD?

Figure 1: Visual representation of the research question.



Method

Participants

- 2016-2019 National Surveys of Children’s Health (NSCH). Children with parent-reported ASD included in analyses. n = 2,882 (age 6-17)

Variables (all parent report from NSCH)

- Number of adverse childhood experiences
- Sleep duration in hours
- Family resilience (combined factor score from four separate questions: how often the family talks about problems, work together, know they have strengths, stay hopeful)
- Covariates: Race, age, sex, ASD severity, anxiety, overall health, neighborhood and school safety

Statistical Analyses

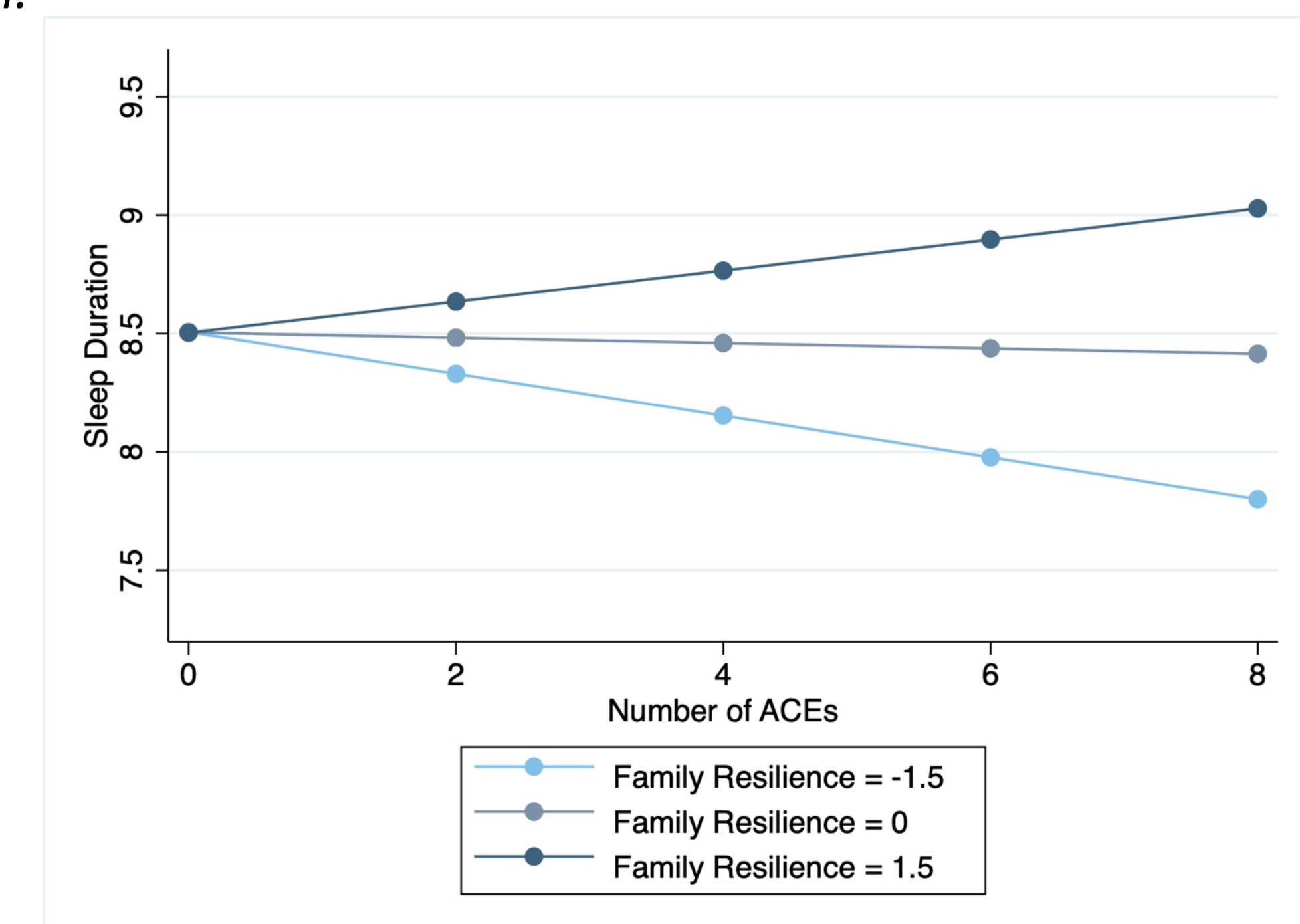
- Multiple regression. DV: Sleep duration.

Results

- Controlling for all model covariates, the number of ACEs was statistically related to sleep duration ($\beta = -.066$, $p = .002$), but family resilience was not ($\beta = .054$, $p = .42$).
- The interaction between number of ACEs and family resilience was statistically significant ($\beta = .041$, $p = .04$).
- Age, race, overall health, and autism severity were also associated with sleep duration

Results

Figure 2: The interaction effect between family resilience and ACEs on sleep duration.



Conclusions

- ACEs were associated with less sleep in ASD
- Family resilience moderated the relationship between ACEs and sleep
- It is important for clinicians to understand the role of family resilience in mitigating the negative effects of ACEs and to track sleep problems in children with ASD

References

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Uddin, J., Alharbi, N., Uddin, H., Hossain, M. B., Hatipoğlu, S. S., Long, D. L., & Carson, A. P. (2020). Parenting stress and family resilience affect the association of adverse childhood experiences with children’s mental health and attention-deficit/hyperactivity disorder. *Journal of Affective Disorders*, 272, 104–109. <https://doi.org/10.1016/j.jad.2020.03.132>

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