

Table 4 Factors associated with poor sleep quality in recovered COVID-19 participants, Egypt 2020

| Variable | Global PSQI score | | Statistical test | P-value ^a |
|--|---------------------|---------------------|-----------------------|----------------------|
| | Good (< 5) (n = 20) | Poor (≥ 5) (n = 65) | | |
| Age, mean (SD) | 33.05 (9.67) | 36.85 (9.21) | t = -1.59 | 0.115 |
| Sex, no. (%) | | | χ ² = 4.48 | 0.034 |
| Female | 13 (65) | 56 (86) | | |
| Male | 7 (35) | 9 (14) | | |
| Marital status, no. (%) | | | χ ² = 1.71 | 0.191 |
| Married | 16 (80) | 59 (90) | | |
| Not married | 4 (20) | 6 (9) | | |
| Residence, no. (%) | | | χ ² = 0.32 | 0.388 |
| Rural | 14 (70) | 41 (63) | | |
| Urban | 6 (30) | 24 (37) | | |
| Level of education, no. (%) | | | χ ² = 8.34 | 0.004 |
| Low-to-medium | 7 (35) | 46 (71) | | |
| High | 13 (65) | 19 (29) | | |
| Occupation, no. (%) | | | χ ² = 0.70 | 0.706 |
| Skilled | 19 (95) | 58 (89) | | |
| Employee | 1 (5) | 6 (9) | | |
| Unemployed | 0 (0) | 1 (1) | | |
| History of psychiatric illnesses, no. (%) | | | χ ² = 1.58 | 0.208 |
| Yes | 3 (15) | 4 (6) | | |
| No | 17 (85) | 61 (94) | | |
| History of medical illnesses, no. (%) | | | χ ² = 2.30 | 0.129 |
| Yes | 2 (10) | 17 (26) | | |
| No | 18 (90) | 48 (74) | | |
| Severity of COVID-19 symptoms, no. (%) | | | χ ² = 0.66 | 0.416 |
| Mild | 11 (55) | 29 (45) | | |
| Moderate-to-severe | 9 (45) | 36 (55) | | |
| Medications given during COVID-19 infection, no. (%) | | | χ ² = 0.01 | 0.925 |
| Antibiotics | 17 (85) | 57 (88) | | |
| Anticoagulants | 12 (60) | 37 (57) | χ ² = 0.15 | 0.700 |
| Antimalarial | 9 (45) | 28 (43) | χ ² = 0.06 | 0.804 |
| Antiparasitic (ivermectin) | 12 (60) | 41 (63) | χ ² = 0.02 | 0.894 |
| Steroids | 8 (40) | 37 (57) | χ ² = 1.68 | 0.195 |
| Home isolation in days, mean (SD) | 11.71 (8.90) | 9.11 (9.90) | MWU = -0.92 | 0.359 |
| Hospital isolation in days, mean (SD) | 4.94 (6.70) | 6.97 (9.62) | MWU = -0.59 | 0.558 |
| HADS score, mean (SD) | | | | |
| Depression | 6.05 (4.12) | 8.83 (4.33) | MWU = -3.08 | 0.002 |
| Anxiety | 5.95 (2.69) | 8.70 (4.45) | MWU = -2.99 | 0.003 |

COVID-19: coronavirus disease 2019; SD: standard deviation; HADS: Hospital Anxiety and Depression Scale; MWU test: Mann-Whitney U test.

^aSignificant at P < 0.05.