

Results: Prevalence for FA and significant adult ADHD symptoms were 26.7% and 9% respectively. All QOL dimensions were negatively correlated with FA and adult ADHD symptoms. The age, the ASRS, and YFAS 2.0 scores independently predicted the QOL score. The participants with FA had significantly lower QOL scores on the five dimensions of the QOLOD. The participants with adult ADHD symptoms had significantly lower scores on the physical and psycho-social QOL dimensions only.

Discussion: This study supports the hypothesis of FA and ADHD symptoms are associated with poorer QOL, in bariatric surgery candidates. Because they affect QOL and poorer surgery outcomes, investigation, and management of FA and ADHD symptoms may be interesting clinical interventions.

Keywords: *Bariatric surgery, quality of life, food addiction, addictive behaviors, adult ADHD.*

VERIFICATION OF PSYCHOMETRIC PROPERTIES OF THE INSOMNIA TYPE QUESTIONNAIRE (ITQ) IN THE CZECH POPULATION

Veronika Ondrackova Dacerova, Katerina Bartosova, & Veronika Vesela

Faculty of arts, Department of Psychology, Masaryk university (The Czech Republic)

Abstract

Insomnia is one of the second most common mental disorders and is one of the primary risk factors for developing depression. The global prevalence of insomnia symptoms ranges from 30-35% and the course of the disease is often chronic. Clinically significant insomnia is reported by 10–23% of college students. Sleep deprivation among college students has been associated with increased alcohol consumption, a higher incidence of somatic illness, risky sexual behavior, and traffic accidents. Researchers have identified significant heterogeneity in the clinical and biomarker characteristics of insomnia leading to subtypes without sufficient validity. The Dutch Insomnia Type Questionnaire (Blanken et al., 2019) aims to identify robust subtypes and thus reduce heterogeneity among insomnia. The aim of our research is to adapt the Insomnia Type Questionnaire into the Czech sociocultural environment and verification of its psychometric characteristics and mapping of subtypes of insomnia. The identification of insomnia subtypes is a potential benefit for clinical practice, as it could allow the selection of high-risk individuals for early preventive intervention. Reducing previously unrecognized insomnia heterogeneity through subtyping can then help elucidate the mechanisms of insomnia and the development of personalized insomnia treatment.

Keywords: *Insomnia, sleep, insomnia type questionnaire, subtyping.*
