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The relationship between ecological contexts of adolescents and sleep quality

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Introduction: Adolescence is a period of gradual transition that is characterized by critical physical, neural and psychological changes. In recent years, increased attention has been devoted to the study of how adolescents' social experiences are intertwined with their health. In this context, sleep quality has been considered a key indicator of health. However, a comprehensive understanding of how adolescents multiple social experiences are related to their sleep quality is still missing. In line with this, the goal of this study is to examine the interplay between adolescents' social experiences in their main socialization contexts (i.e., family, peers, school) and their sleep quality considering both subjective and objective indicators of it.

Material and methods: For the purpose of this study, participants will be about 2000 adolescents involved in the ERC-Consolidator project IDENTITIES (Grant Agreement n. 101002163). Half of them will be aged

14-year-old and 16-year-old, attending respectively the first and the third year of secondary high school. The study will be conducted in the North-East of Italy, in the region Emilia-Romagna. Data will be collected in January 2022 as a part of a broader longitudinal project. Measures regarding adolescents' experiences in main socialization contexts will be collected by means of standardized questionnaires. Data on sleep quality will be collected through subjective measures (i.e., Mini Sleep Questionnaire, Natale et al., 2014) and objective measures (i.e., actigraphy).

Results: Data analyses will be conducted using statistical software SPSS and Mplus. Specifically, a within structural equation modelling framework (SEM) multiple regression analyses will be used to test the reciprocal associations between different main socialization contexts (i.e., family, peers, school) and sleep quality (both objectively and subjectively measured).

Results will be discussed in light of theoretical and practical implications.

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