Poster

Fri. Sep 26, 2025 4:00 PM - 5:10 PM JST | Fri. Sep 26, 2025 7:00 AM - 8:10 AM UTC Poster Session (Foyer 2)

Poster 16

[P-16-03] How does race impact the pathway of sleep disturbance to depression through emotional regulation for a high-risk population?

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Keywords：Depression、Emotional Regulation、Sleep、Race、Sexual Minority

Background: Sleep disturbance can disrupt the mind's ability to regulate emotions, and emotional regulation impacts mental health. No known research has investigated this pathway to depression and how it may function differently based on race and culture. Therefore, we aim to (1) investigate the pathway of sleep to depression through emotional regulation in a population that is high-risk for mental health issues (i.e., sexual minority men), and (2) identify pathway differences based on race and culture.

Methods: In June 2020, 239 sexual minority men (e.g., gay) were recruited in the U.S. to participate in an online survey. Participants answered demographic items and validated scales of sleep disturbance, emotional regulation (i.e., cognitive reappraisal, emotional suppression), and depression symptomology. Relationships between study variables were investigated using linear regressions, with sleep disturbance as the independent variable, cognitive reappraisal and emotional suppression as the mediators, and depression as the outcome. Two separate models were run: one with White participants, and one with all Non-White participants. Sobel tests were used to identify significant mediation.

Results: Participants were racially diverse: 47% White, 41% Black, 4% Latino, 3% Asian, 3% Multiracial. The final White participant model accounted for 39% of the variance in depression ($F=22.924$, $p<.001$) with two significant covariates: sleep disturbance, and cognitive reappraisal. Sobel tests revealed no significant indirect effects. The final Non-White participant model accounted for 36% of the variance in depression ($F=21.981$, $p<.001$) with two significant covariates: sleep disturbance, and expressive suppression. Sobel tests revealed one significant indirect effect of sleep disturbance through expressive suppression ($ST=2.227$, $p=.026$).

Discussion: Emotional regulation strategies have different relationships with depression based on race and culture. Only Non-White individuals' sleep disturbance impacted depression through emotional regulation, suggesting an avenue for psychological intervention for this population. Future research should consider longitudinal testing of this model.