

N	206
Age, mean, (SD), years	55.9 (9.5)
Female %	63.6%
Born outside U.S.	94.2%

**RESULTS**

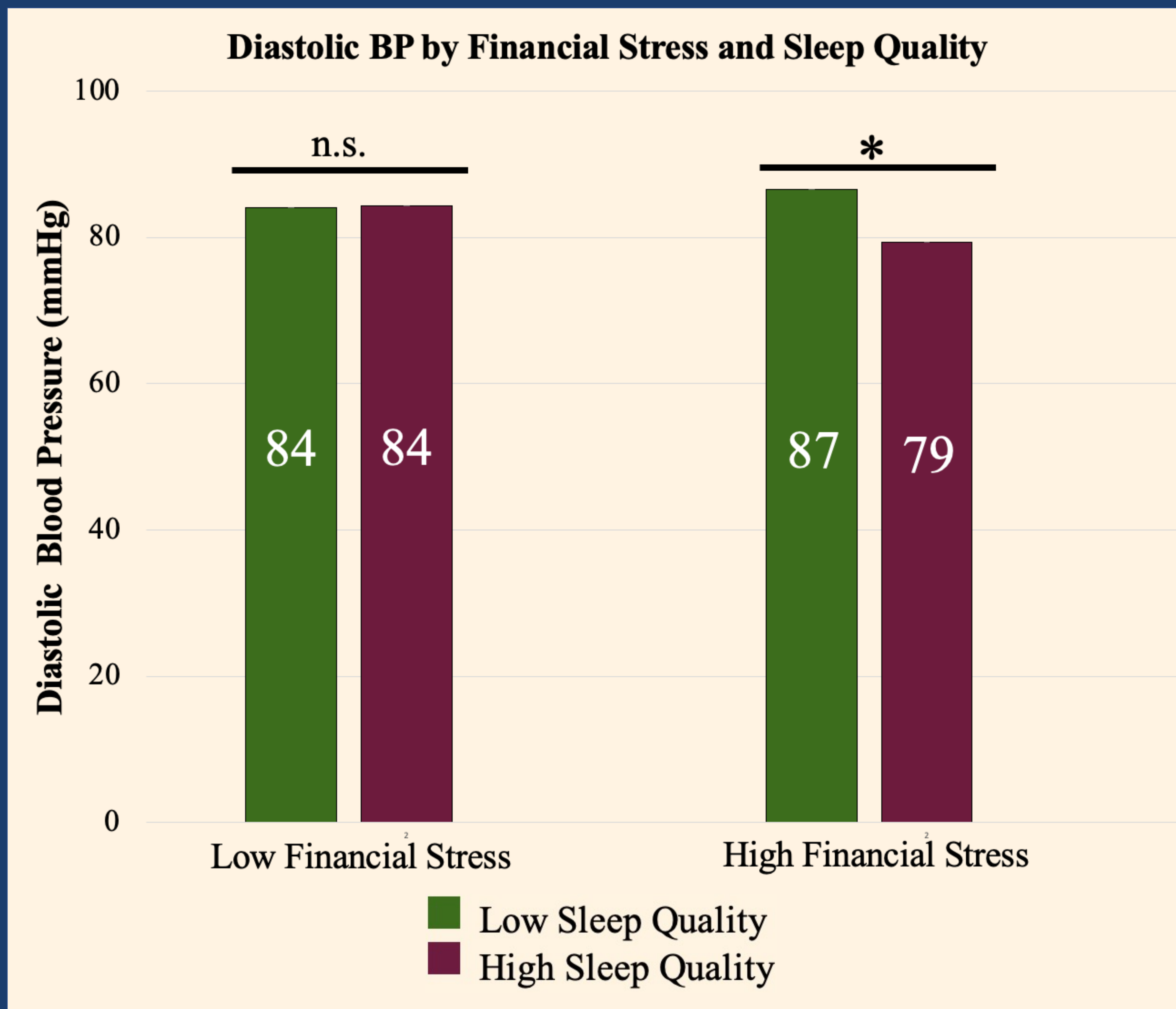
- Financial stress was not associated with diastolic ( $r = .03, p = .7$ ) or systolic blood pressure ( $r = .11, p = .115$ ).
- Financial stress was significantly associated with sleep duration ( $r = -.25, p < .001$ ) and sleep quality ( $r = -.37, p < .001$ ).
- A 2-way ANOVA revealed a significant interaction between financial stress and sleep quality on DBP ( $F = 4.54, p = .03$ ), wherein **patients with high financial stress and low sleep quality had worse DBP than those with high financial stress and high sleep quality**

**DISCUSSION**

- Our findings show that sleep quality can help protect against higher levels of blood pressure among Latinos.
- Future research is needed to understand why sleep quality and not sleep duration was a protective factor.



# Sleep quality was found to be a protective factor for Latinx hypertensive patients facing high financial stress.



## Sleep Quality as a Protective Factor for Latinx Hypertensive Patients Facing Financial Stress

William Hernandez, Andrea Serrano, Claire Ali-Khan, Aracely Blanco, John Billimek Ph.D.

**INTRODUCTION**

- Previous research has shown that stress and sleep contribute to hypertension, a risk factor for Cardiovascular disease (CVD). However, the interplay between sleep quality/sleep duration and financial stress has not been investigated extensively among Latinos.
- Financial stress has been found to be associated with a higher risk for heart attack and worse self-rated health.

**METHODS**

- We analyzed data from n=206 Latinx patients from the UCI FQHC (Federally Qualified Health Center) who are part of larger NIH funded hypertensive study.
- Patients answered questions about their sleep duration and sleep quality in the last 7 days.
- Patients received the 8 item InCharge Financial Distress/Financial Well Being (IFDFW) Scale, and their blood pressure (Systolic and Diastolic) was taken.

Scan to learn more about our poster:

