

## MEETING ABSTRACTS

# ASSOCIATIONS BETWEEN SUBJECTIVE SLEEP AND MENTAL TOUGHNESS, RESILIENCE, ORGANIZATIONAL CITIZENSHIP BEHAVIOR AND PERCEIVED STRESS AMONG CADETS OF THE WEST POINT UNITED STATES MILITARY ACADEMY - A CROSS-SECTIONAL STUDY

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**Background:** Military personnel are at increased risk for sleep disturbances. In the present study, we assessed cadets of the United States Military Academy (USMA; West Point NY, USA). The aims were 2-fold: 1. We compared categories of insomnia severity between these cadets and previously published norms; 2. We associated insomnia with psychological functioning, including perceived stress, mental toughness, dark triad traits, and organizational citizenship behavior (OCB).

**Methods:** A total of 226 cadets of the West Point USMA (age: M=19.35 years; 21.7% females) completed self-rating questionnaires covering sociodemographic information, insomnia, perceived stress, mental toughness, dark triad traits, and organizational citizenship behavior (OCB).

**Results:** Compared to normative data, cadets reported higher scores for insomnia. Higher insomnia scores were associated with higher scores for perceived stress and dark triad traits, and with lower scores for mental toughness and OCB. Stress was directly and more strongly associated with insomnia, while the indirect association via mental toughness was low; by contrast, the direct association of mental toughness on insomnia was modest.

**Conclusions:** Compared to normative data, cadets of the West Point USMA reported higher insomnia scores, which were associated with increased stress scores. By contrast, mental toughness was only modestly associated with insomnia. Standardized therapeutic interventions might favorably impact the overall psychological well-being of cadets during their military educational program.

**Keywords:** cadets; stress; insomnia; mental toughness; organizational citizenship behavior (OCB)

