



CONSISTENCE AND INTERNAL STRUCTURE OF ATHENS INSOMNIA SCALE IN COLOMBIAN CLIMACTERIC WOMEN



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This research is part of the CAVIMEC (Calidad de Vida en la Menopausia y Etnias Colombianas) project.

Objective: To study the internal consistency and structure of the Athens Insomnia Scale (AIS) in women in the climacteric of the Colombian Caribbean

Methods: A methodological study was carried out involving 1358 women between 40-59 years old (M=40, SD=5,8), 70,3% were mestiza, 18,2% were Afro-Colombian and 11,6% were Amerindian. 55,5% postmenopausal. The AIS is an eight-item instrument based on the criteria for insomnia of the International Classification of Mental Disorders (World Health Organization, 1992). The internal consistency was estimated with the coefficients of Cronbach alpha and McDonald omega and internal structure (dimensionality) was tested by confirmatory factor analysis and the calculation of goodness-of-fit indicators: Root Mean Square Error of Approximation and 90%CI (RMSEA), Comparative Fit Index (CFI), índice of Tucker-Lewis (TLI), Standardized Mean Square Residual (SMRM). RMSEA (<0,06); CFI (>0,90); TLI (>0,90) SMRM (<0,05).

The AIS showed both Cronbach alpha and McDonald omega of 0.93.

The internal structure showed a dimension with Eigen value of 5,43 which explained 67.9% of the total variance.

The commonality between 0,538 and 0,733.

The coefficients between 0,774 and 0,880.

RMSEA = 0,111 [90%CI: 0,101-0,121)

CFI = 0 ,96

TLI = 0,94

SMRM = 0,03.

TABLE 2
ATHENS INSOMNIA SCALE
COMMONALITY AND COEFICIENTES FOR THE ÍTEMS

Items	Commonality	Coefficient
Difficulty with sleep induction	0,612	0,782
Awakening during the night	0,538	0,733
Early morning awakening	0,558	0,747
Total sleep time (sufficiency)	0,746	0,864
Overall quality of sleep	0,774	0,880
Well-being during the day	0,696	0,834
Functioning during the day	0,596	0,772
Sleepiness during the day	0,551	0,742

CONCLUSION: AIS in a population group o Colombians in climacteric, showed high internal consistency and a one-dimensional structure, with acceptable values for three of four indicators of goodness off fit

