



Project Title: Cognitive Behavioural Therapy for Insomnia (CBT-I): Where on Earth is the Evidence Coming From?		Code: SPS5
Host School / Institute: Sydney Pharmacy School		Address: Pharmacy and Bank Building (A15), Science Road, Camperdown Campus
Certificates & Clearances required: No		
Primary Supervisor: Dr Janet Cheung		
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Co-Supervisor/team: Dr Yu Sun Bin , Research Fellow, Charles Perkins Centre, Sleep Research Group, Faculty of Medicine and Health, The University of Sydney		
Project Type: Literature Review; Data Analysis		
Project Category: Mental Health; Sleep Medicine		
Skills / Attributes of a successful student: This project would suit a student who has a keen interest in insomnia and its management approaches. As the project involves extracting data from the literature, strong attention to detail and sound organisational skills would be a valuable asset to the project. Prior experience using EndNote and/or RevMan and/or searching biomedical databases is desired but not essential.		
Project Keywords: Patient Centred Care; Insomnia; Cognitive Behavioral Therapy for Insomnia; Health Disparities		
Project Description: Insomnia is one of the most common sleep disorders affecting the community with one-third of the population experiencing symptoms at any given point in time. Importantly, sleep health disparities among ethnic minority groups are increasingly being highlighted in the research. Currently, cognitive behavioural therapy for insomnia (CBT-I) is considered the treatment of choice for managing insomnia. It works by addressing unhelpful beliefs and behaviours that are not conducive to good sleep. However, individuals from ethnic minority groups are less likely to access psychotherapies such as CBT-I, but are more likely to prematurely terminate service use when accessed. One reason is that perceptions about sleep, healthcare access and trust in health services are often culturally informed. Yet, many of the therapeutic principles for CBT-I have been built on the assumptions and social norms of developed western countries such as Australia, Canada, UK and USA, with a disproportionate number of clinical trials emerging from these countries which then informs best practice clinical treatment guidelines. While sleep health has become an important priority, particularly in low to middle income countries, the emerging body of CBT-I research from these countries or other global contexts have not been systematically mapped out. Understanding the implementation of CBT-I outside of the western developed world can provide valuable insight for understanding the cultural nuances and the clinical and socioeconomic constraints that might drive sleep health disparities among these underrepresented patient groups. The transcultural CBT-I issues unveiled are also likely to be of value in Australia where healthcare providers serve an increasingly multicultural and diverse patient population.		
Therefore, this project will involve conducting a systematic review to understand the current state of CBT-I administered in developing countries and/or culturally distinct groups and to explore aspects of cultural sensitivity that need to be accounted for. Through this project you will work closely with your supervisory team to develop advanced skills in using library electronic databases to locate relevant literature, learn and apply statistical techniques for aggregating the extracted data and to critically appraise the biomedical literature. There will also be an opportunity for the student to co-author a manuscript based on this project after the 8-week scholarship program, with findings having the potential to improve the current provision of CBT-I to underrepresented patient groups.		