

Package ‘AnxietySleep’

July 21, 2025

Date 2022-12-09

Title Sleep Quality and Anxiety in Confinement

Version 0.0.1

Description Data from the anxiety and confinement study from Alvarado-Aravena et al. (2022) <[doi:10.3390/bs12100398](https://doi.org/10.3390/bs12100398)>.

License CC BY 4.0

Encoding UTF-8

RoxygenNote 7.2.2

Imports data.table (>= 1.14.2), lifecycle

URL <https://github.com/NIM-ACh/AnxietySleep>

BugReports <https://github.com/NIM-ACh/AnxietySleep/issues>

Depends R (>= 3.1.0)

LazyData true

NeedsCompilation no

Author Caren Alvarado-Aravena [aut] (ORCID:
<<https://orcid.org/0000-0002-1851-2499>>),
Matías Castillo-Aguilar [aut, cre] (ORCID:
<<https://orcid.org/0000-0001-7291-247X>>),
Cristian Núñez-Espinosa [aut] (ORCID:
<<https://orcid.org/0000-0002-9896-7062>>)

Maintainer Matías Castillo-Aguilar <matcasti@umag.cl>

Repository CRAN

Date/Publication 2022-12-12 11:20:03 UTC

Contents

anxiety	2
Index	3

anxiety

Data from the anxiety and confinement study.

Description

[Stable]

This dataset contains the variables used in the anxiety and confinement study carried out by Alvarado-Aravena et al. 2022.

Usage

anxiety

Format

A data frame with 617 rows y 7 variables:

- id: Factor. An identification code for each subject.
- sex: Factor w/ 2 levels "Female", "Male". Sex of participants.
- zone: Factor w/ 2 levels "CZ", "PZ". Zone in which the subject were by the time he was answering the questionnaire, either CZ (Confinement Zone) or PZ (Partial confinement Zone).
- beck_global: Integer. Global score of Beck Anxiety Inventory.
- pits_global: Integer. Global score of Pittsburgh Sleep Quality Index.
- age: Integer. Age of the subjects in years.
- cat_age: Factor w/ 4 levels "18-25", "26-40", "41-50", ">50". Age of the subjects in years.

Source

- Alvarado-Aravena, C., Arriaza, K., Castillo-Aguilar, M., Flores, K., Dagnino-Subiabre, A., Estrada-Goic, C., & Núñez-Espinosa, C. (2022). Effect of Confinement on Anxiety Symptoms and Sleep Quality during the COVID-19 Pandemic. *Behavioral Sciences*, 12(10), 398.

Examples

```
# Mean age grouped by sex and zone using `data.table` syntax
anxiety[, # No filtering (i)
  list(mean_age = mean(age)), # Action to do (j)
  list(sex, zone)] # Grouping vars (by)

# Mean PSQI score grouped by sex and zone, for those with
# an age greater than 18 AND a Beck score greater than 10.
anxiety[age > 18 & beck_global > 10,
  list(mean_psqi = mean(pits_global)),
  list(sex, zone)]
```

Index

* **datasets**
 anxiety, [2](#)

anxiety, [2](#)