

**SLEEP CHARACTERISTICS AND QUALITY OF LIFE IN COCAINE USERS (ABSTRACT)\*. DISSERTATION. SÃO PAULO, 2008.**

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**Introduction:** Drug abuse, such as cocaine, can alter sleep and endanger several aspects of life.

**Aim:** To evaluate sleep characteristics and quality of life (QL) in cocaine users' patients, at intoxication phase (drug use).

**Method:** It was accomplished at the Bairral Psychiatry Institute, the study was composed with average age of 28.92 years; being 37 men and 3 women, that keep with cocaine a relation diagnosed clinically as dependent, evaluated as soon as admitted in the hospital. Forty (40) control subjects, composed by relatives and professionals that work in the hospital, paired per age and gender were evaluated. The instruments used comprised: Semi-direct-

ed Clinical Interview, Brazil Economical Classification, the Pittsburgh Sleep Quality Index (PSQI), Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), Quality of Life Scale WHOQOL-BREF.

**Results:** There was significant difference between both groups regarding global punctuation with more intense sleep impairment in the cocaine users group ( $p < 0.001$ ), and lower scores of QL in the cocaine user group than in the controls in all domains except for the environment domain. Regarding the depression and anxiety symptoms, the results showed that the cocaine users group showed these symptoms more elevated indexes.

**Conclusion:** Impairment in sleep quality and QL was observed in cocaine users, with depressive and anxiety symptoms.

**Key words:** sleep, insomnia, sleep disorders, cocaine, quality of life, symptom of anxiety, depressive symptom.

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