Sleep Study Screening Session 1
UAB Biobehavioral Pain Research Lab (BPRL)
Session One: Research Assistant Instructions and Information

Date ___/___/___

Brief Title: The Impact of Insomnia on Pain in HIV (the HIPPI study)

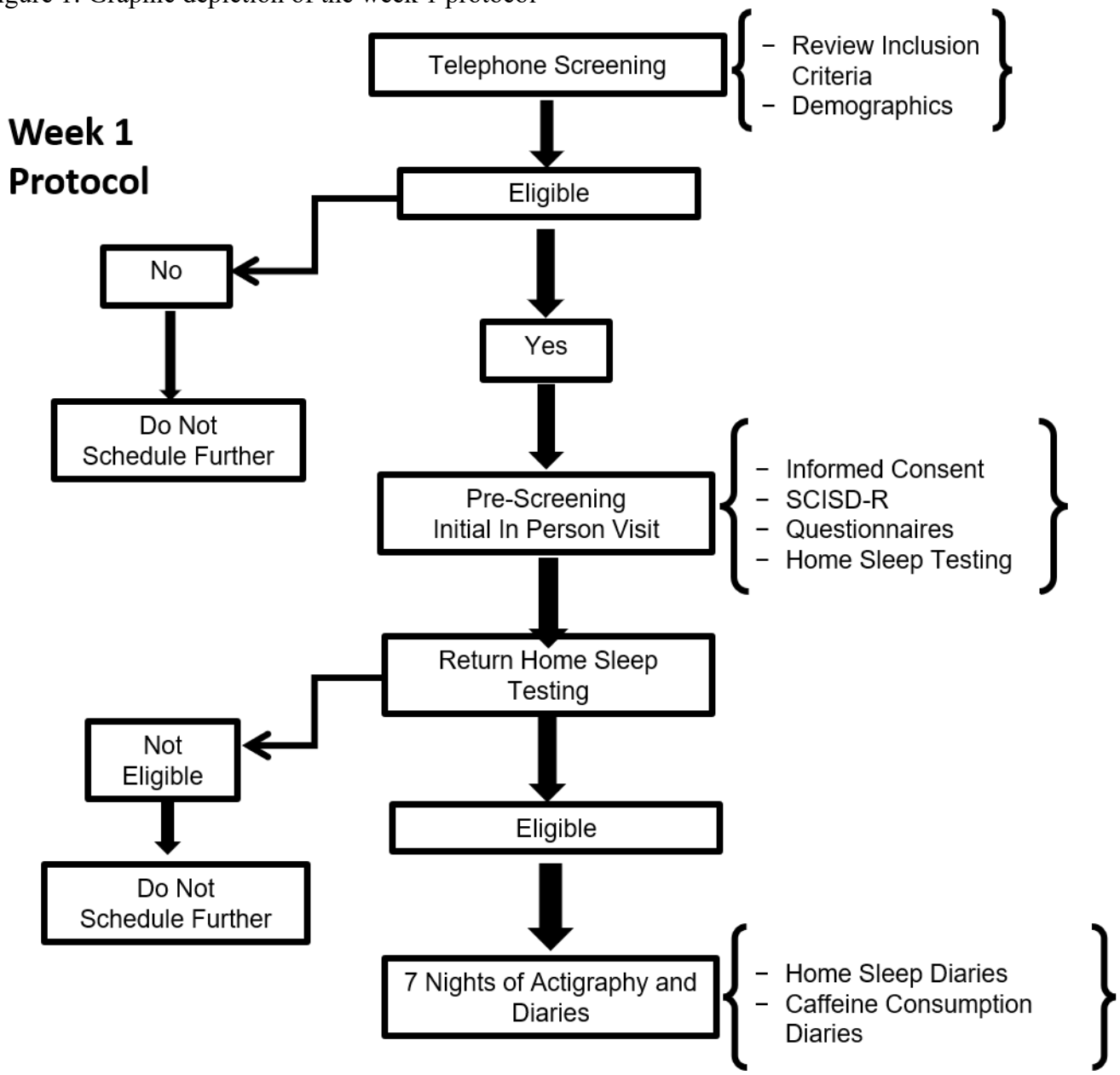
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Figure 1: Graphic depiction of the week 1 protocol



Week 1:

Plan to be at the BPRL at least 45 minutes prior to the start of the Week 1 session in order to complete the following:

- Call participant to ensure they are still able to make the session on time and answer any questions they may have pertaining to the session (directions, location, what to bring, etc.)
- Organize the participant packet (checklist, REALM literacy test, sleep interview, surveys, consent form)
- Collect the equipment (Laptop, clipboard, participant packet, blood pressure machine, ResMed Device)
- **If participant is driving to Campbell Hall for participation, you will need to get the parking pass from project coordinator so that participant can park in gated lot behind Campbell Hall.**

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When the participant arrives (you will likely need to meet him/her at the entrance of Campbell by the parking lot):

- Introduce yourself to the participant and state that you are involved with Dr. Goodin's sleep study.
- Once inside the experiment room, have participant take a seat in the chair.
- Before beginning the session, r**ead through the CONSENT FORM** with participant and answer any questions the participant may have.

RA Note: Give the participant time to read through the consent form and go over key parts with him/her. Answer any questions the participant has. The participant and you BOTH must sign and date the consent form. We keep the signed copy in participant portfolio. The participant receives an unsigned copy for their records.

Starting the Week 1 Session:

- Assess participant readiness for session (need to use the restroom, need a drink of water).
- Place the blood pressure cuff on the dominant arm. (Place cuff and position subject's arm for accurate blood pressure readings.) Ask subject to keep his/her arm in the same position. We will be taking blood pressure three separate times and the readings will be very different if the arm is moving or in a different position. If the readings are a little high, give the participant a couple minutes to adjust to the room, and then try again. **At least one reading should be below 150/95.**

RA Note: If all three blood pressure readings are above 150/95 then the participant will be disqualified from further participation and provided with $25.

- Measure participant's height (**in inches**) and weight (**in pounds**) measured using the appropriate scales.
- Complete REALM Literacy Test to determine health literacy. This will determine whether the participant needs help from RA with completing study questionnaires.
- Perform the **Structured Clinical Interview for Sleep Disorders – Revised (SCISD-R)** with each participant to confirm the presence or absence of insomnia. (Ask the participant to answer the questions to the best of his/her abilities. Inform them that everything they say will be kept confidential.)
- Ask participant to please answer the questions in the questionnaire packet. Tell him/her to answer every question – there is no right or wrong answers. Allow them to ask questions if needed and tell them to let the experimenter know when they are finished. **(Questionnaires include RU-SATED, Physical Health Questionnaire - 15, Munich Chronotype Questionnaire, Insomnia Severity Index, Difficulties in Emotion Regulation Scale, Dysfunctional Beliefs and Attitudes about Sleep Scale, Center for Epidemiologic Studies – Depression scale, and Demographics)**

End of Week 1 Session:

- Configure a ResMed Device for home sleep testing and provide it to the participant. (Write down which device was given out.) Provide the participant with written instructions for how to use the ResMed Device and where to go if they have questions later. Demonstrate to the participant how to put the device on and

go over the instructions thoroughly in order to ensure that the participant understands.
- Confirm the date and time for the participant to return the ResMed Device to Campbell Hall the following day.

Home Sleep Testing Device Return

Plan to be at the BPRL at least 20-30 minutes prior to the start of session one in order to complete the following:
- Call participant to ensure they are still able to make the session on time and answer any questions they may have pertaining to the session (directions, location, what to bring, etc.)
- Organize the subject packet (checklist, diaries, consent form)
- Collect the equipment (Laptop, clipboard, checklist, acti-watch, diaries)
- Once the participant arrives, make sure to write down his/her subject number and the date at the top of all study forms.
- If participant is driving to Campbell Hall for participation, you will need to get the gate card and parking pass from the lab in order to let the participant park in gated lot behind Campbell Hall.

When the participant arrives:

13th St. Parking Lot *(instructions for participants and guiding RAs)**:***

RA Note: Give the participant time to ask any questions that they may have. Answer any questions the participant has.

- Re-introduce yourself to the participant and state that you are involved with Dr. Goodin's HIPPI study.
- Once inside the experiment room, have participant take a seat in the chair.
- Before beginning any part of the study, let the participant know what will be happening during the visit (i.e. data collection, determination of eligibility).
- Obtain the Home Sleep Testing device from the participant.
- Review the participant's data and determine if they are eligible to complete the rest of the study **(Apnea/hypopnea index < 30 can be excluded; if it is >/= 30 they must be disqualified as this is suggestive of severe obstructive sleep apnea).**
- If the participant is eligible, pay them and give them the actigraphic watch device and the 7 nightly diaries for sleep quality and caffeine consumption. Provide instructions for how to complete the actigraphy and diaries. As participant to bring the watch and diaries to their week 2 session.
- If the participant is ineligible, let them know that they will receive $50 on the Clincard within 3 business days and thank them for participating in the study thus far.