

SLEEP VARIABILITY AND ACUTE SUICIDE RISK

Table 1. Additional Baseline Sample and Clinical Severity Characteristics

	No. (%) or Mean (SD)
Suicidal Behavior History	
<i>2 Suicide Attempts, No. (%)</i>	9 (18)
<i>≥ 3 Suicide Attempts, No. (%)</i>	6 (12)
Non-Suicidal Self-Injury History, No. (%)	
<i>Years Since Last NSSI, mean (SD)</i>	2.7 (2.0)
<i>≥20 Times Engaged in NSSI, mean (SD)</i>	5 (10)
Psychiatric Diagnoses, No. (%)	
<i>Major Depressive Disorder, No. (%)</i>	12 (57)
<i>Schizoaffective Disorder, No. (%)</i>	1 (5)
<i>Bipolar Disorder, No. (%)</i>	3 (14)
<i>Generalized Anxiety Disorder, No. (%)</i>	5 (24)
<i>Social Anxiety Disorder, No. (%)</i>	1 (14)
<i>Obsessive-Compulsive Disorder, No. (%)</i>	1 (14)
<i>Bulimia Nervosa, No. (%)</i>	1 (5)
<i>Insomnia, No. (%)</i>	2 (10)

Abbreviations: NSSI, non-suicidal self-injury

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Table 2. Variability of Actigraphic Sleep Parameters as Predictors of Suicidal Ideation Changes at 7-Days Follow-Up

	<i>t</i>	β (95% CI)	<i>P Value</i>	Model Statistics	
Regression 1: T2 BSS					
<i>Block 1:</i>					
<i>TI BSS</i>	7.53	0.76 (0.46 to 0.80)	<0.01	<i>R</i> ² = .75 <i>F</i> (7,41)=17.53 <i>P</i> <.01	
<i>BDI-II</i>	0.12	0.01 (-0.10 to 0.12)	0.91		
<i>Block 2:</i>					
<i>SE, SD</i>	0.27	0.03 (-0.15 to 0.19)	0.79		
<i>WASO, SD</i>	-0.73	-0.06 (-0.12 to 0.06)	0.47		
<i>SoL, SD</i>	0.92	0.08 (-0.06 to 0.15)	0.36		
<i>TST, SD</i>	-2.38	-0.25 (-3.35 to -0.28)	0.02		
<i>SV, SD</i>	3.89	0.34 (0.20 to 0.64)	<0.01		
Regression 2: T3 BSS					
<i>Block 1:</i>					
<i>TI BSS</i>	4.98	0.62 (0.33 to 0.78)	<0.01	<i>R</i> ² = .55 <i>F</i> (7,41)=9.41 <i>P</i> <.01	
<i>BDI-II</i>	0.92	0.12 (-0.08 to 0.22)	0.36		
<i>Block 2:</i>					
<i>SE, SD</i>	-0.81	-0.10 (-0.32 to 0.14)	0.42		
<i>WASO, SD</i>	-0.55	-0.06 (-0.15 to 0.09)	0.58		
<i>SoL, SD</i>	0.49	0.05 (-0.11 to 0.17)	0.63		
<i>TST, SD</i>	-1.79	-0.23 (-3.89 to 0.23)	0.08		
<i>SV, SD</i>	2.82	0.31 (0.13 to 0.71)	0.01		

Note. BDI-II, Beck Depression Inventory; BSS, Beck Scale for Suicide Ideation; SE, Sleep Efficiency; WASO, Wake After Sleep Onset; SoL, Sleep Onset Latency; TST, Total Sleep Time; SV, Sleep Variability; SD = Standard Deviation