

# Sleep, Pray, and Status: Religiosity as a Moderator of the Association Between Subjective Social Status and Sleep in African American Emerging Adults

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## Background

- Subjective social status (SSS) is equally or more strongly associated with sleep quality as objective socioeconomic status (SES; Bierman et al., 2018; Jarrin et al., 2013).
- Religious involvement promotes social engagement and boosts perceived social status (Brenner et al., 2017; Oates & Goode, 2013).
- A strong sense of God-mediated control is associated with a greater sense of hope and higher sleep quality (Hill et al., 2018; Krause & Ironson, 2017).

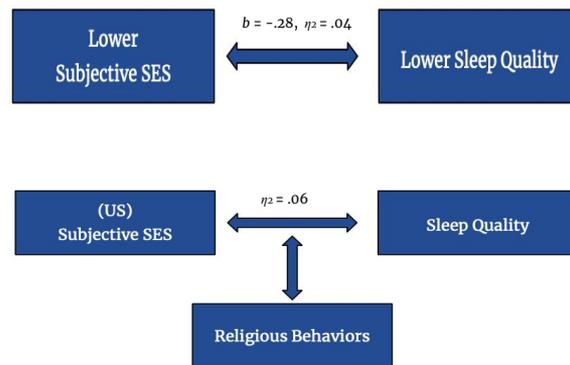
- **Objective:** Examine whether SSS is associated with sleep quality and whether religious behaviors moderate this association in African American emerging adults.

## Method

- **Participants:** 129 healthy African American emerging adults
- **Procedure:** 2 office visits and 2 or 4 days of ambulatory monitoring
- **Measures:** MacArthur SSS Scale, Pittsburgh Sleep Quality Index, Fetzer Institute-recommended religiosity scale, e.g., “How often do you pray privately in places other than at church or synagogue?”

## Results

- Lower SSS (relative to one’s community) was associated with worse sleep quality,  $b = -.28, p = .032, \eta^2 = .04$ .
- Significant interaction between SSS (relative to the general US population) and religiosity,  $p = .049, \eta^2 = .06$ .
- Among those exhibiting higher levels of SSS (relative to the general US population), religious behaviors were protective, i.e., associated with better sleep quality.



## Discussion

- Results suggest refinements to the theory of religious coping with religiosity shown to have a stronger positive effect on sleep quality among African Americans with higher SSS.
- Differences in perceived SSS relative to the general US population versus one’s community was a novel outcome that would require further analysis.
- Replication across US regions and communities would strengthen external validity.
- Examination at the momentary level would reveal mechanisms by which these interactions unfold.

## References

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