Table 1. Sample characteristics of CHF patients included in the study

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Characteristic*** | ***N (%)*** |  | ***Characteristic*** | ***N (%)*** |
| Gender |  |  | Blood lipid |  |
| *Male* | 145(50) |  | *Yes* | 136(48.3) |
| *Female* | 145(50) |  | *No* | 147 (50.7) |
| Economic Situation  |  |  | Smoking |  |
| *Weak* | 81(27.9) |  | *Yes* | 140(48.3) |
| *Average* | 70 (24.1) |  | *No* | 150(51.7) |
| *Good* | 23(23.1) |  | Drug. Use |  |
| *Excellent* | 24 (24.8) |  | *Yes* | 69(23.8) |
| Education |  |  | *No* | 221(52.8) |
| *Illiterate* | 81(27.9) |  | Blood Pressure |  |
| *Diploma-BS* | 116(40) |  | *Yes* | 143 (49.3) |
| *MCs and above* | 93(32.1) |  | *No* | 147(50.7) |
| Alcohol  |  |  | Antidepression Drugs |  |
| *Yes* | 158(54.5) |  | *Yes*  | 69 (23.8) |
| *No* | 132(45.5) |  | *No*  | 221 (76.2) |
| Family Heart Disease |  |  | Exercise |  |
| *Yes* | 150\(51.7) |  | *Low* | 108 (37.2) |
| *No* | 140(48.3) |  | *Moderate*  | 74 (25.5) |
| Daily Activity |  |  | *Good*  | 72 (24.8) |
| *Low* | 138(37.2) |  | *Well*  | 36 (12.5) |
| *Intermediate* | 74(25.5) |  |  |  |
| *High**Well* | 72(24.8)36(12.4) |  |  |  |
| Depression History |  |  |  |  |
| *Yes* | 137 (47.2) |  |  |  |
| *No* | 153(52.8) |  |  |  |
| CHF |  |  | ***Characteristic*** | ***Mean(SD)*** |
| *Yes* | 74(18.2) |  | Age | 52.84(19.1) |
| *No* | 333(81.8) |  | BMI | 21.217(7.73) |
| Diabetes |  |  |  |  |
| *Yes* | 144(35.4) |  |  |  |
| *No* | 263(64.6) |  |  |  |

Table 2. Correlation of PSQI global sleep quality with BSQ

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Age** | **Economic** | **Education** | **BMI** | **exercise** | **BSQ** |
| **r** | -0.057 | -0.082 | -0.03 | -0.001 | 0.016 | 0.384 |
| ***P*** | 0.335 | 0162 | 0.964 | 0.982 | 0.783 | 0.000\* |

r: Spearman's correlation coefficient, ∗ Statistically significant at p ⩽ 0.05 BSQ: Body Shape Quality, BMI: Body mass index

Table 3. Results from GLM between PSQI global sleep quality, BSQ and covariates in CHF patients

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | B (sE) | 95% CI | Wald | *p* |
| Economic Situation |  |  |  |  |  |
| *Weak* | .028(0.058) | -.085, | .142 | .240 | .624 |
| *Average* | .068(0.06) | -.050, | .186 | 1.281 | .258 |
| *Good* | -.016(0.061) | -.135, | .104 | .065 | .799 |
| *Excellent* | 0a | . | . | . | . |
| Gender | .058(0.058) | -.024, | .140 | 1.917 | .166 |
| BP | .078(0.042) | -.005, | .160 | 3.393 | .065 |
| BSQ | .007(0.001) | .005, | .009 | 40.187 | .000\* |
| AD | -.013(0.056) | -.124, | .098 | .051 | .822 |
| DH | .022(0.048) | -.073, | .116 | .205 | .651 |

1. Set to zero because this parameter is redundant..
2. All models computed separately controlling for age, exercise, education, BMI, BL, Sigar history, Alcohol history, FCH and PMH
3. ∗ Statistically significant at p ⩽ 0.05

AD: Antidepression Drugs; DH: Depression History; BP: Blood Pressure