

SEASONALITY AS MEASURED BY THE GLOBAL SEASONALITY SCORE IN 40-45 YEAR OLD MEN AND WOMEN IN A NORWEGIAN COUNTY

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The data collection of this study was conducted as part of HUSK (the Hordaland Health Study '97-'99) in collaboration with the Norwegian National Health Screening Service, the University of Bergen and local health services. The study population included all individuals in Hordaland county born 1953-57 (29.400). A total of 8598 men and 9983 women participated, yielding a participation rate of 57 % for men and 70 % for women. Self-administered questionnaires provided information on various health behaviors. Also, baseline measurements including height, weight, blood pressure etc were performed. Subgroups of 3432 men and 8113 women answered the Global Seasonality Score (GSS) questionnaire from the Seasonal Pattern Assessment Questionnaire (SPAQ) which is used for evaluation of possible Seasonal Affective Disorder (SAD). Six questions on seasonal changes in sleep, mood, weight, energy, social activity and appetite were scaled 0 for no seasonality, 1 for light, 2 for moderate, 3 for marked and 4 for strong seasonality.

High GSS score (≥ 11), suggesting possible SAD, were seen in 18.4 % of the men and 22.2 % of the women, while 18.6 of the men and 18.0 % of the women had GSS score between 8 and 10 suggesting sub-SAD.

Frequent daytime sleepiness was higher in subjects with high (≥ 11) GSS score (20% in men and 23 % in women) than in those with low (0-7) GSS score (8% in men and 11 % in women). Forty-two per cent of men and 47 % of women with high score (≥ 11) reported that they did not get enough sleep, vs. 29 % and 31 % of those with low GSS score.

Insomnia (as defined by difficulty sleeping once or more times per week) was reported by 16 % of men and 21 % of women with GSS score ≥ 11 vs. 7 % of men and 10 % of women with low score. Suicidal thoughts during the last 12 months were reported by 11 % of men and 12 % of women with GSS score ≥ 11 versus 5 % of both men and women with low GSS score.