

# Package ‘AnxietySleep’

May 6, 2026

**Date** 2022-12-09

**Title** Sleep Quality and Anxiety in Confinement

**Version** 0.0.1

**Description** Data from the anxiety and confinement study from Alvarado-Aravena et al. (2022) <[doi:10.3390/bs12100398](https://doi.org/10.3390/bs12100398)>.

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**Encoding** UTF-8

**RoxygenNote** 7.2.2

**Imports** data.table (>= 1.14.2), lifecycle

**URL** <https://github.com/NIM-ACh/AnxietySleep>

**BugReports** <https://github.com/NIM-ACh/AnxietySleep/issues>

**Depends** R (>= 3.1.0)

**LazyData** true

**NeedsCompilation** no

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**Repository** CRAN

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anxiety

*Data from the anxiety and confinement study.*

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## Description

### [Stable]

This dataset contains the variables used in the anxiety and confinement study carried out by Alvarado-Aravena et al. 2022.

## Usage

anxiety

## Format

A data frame with 617 rows y 7 variables:

- id: Factor. An identification code for each subject.
- sex: Factor w/ 2 levels "Female", "Male". Sex of participants.
- zone: Factor w/ 2 levels "CZ", "PZ". Zone in which the subject were by the time he was answering the questionnaire, either CZ (Confinement Zone) or PZ (Partial confinement Zone).
- beck\_global: Integer. Global score of Beck Anxiety Inventory.
- pits\_global: Integer. Global score of Pittsburgh Sleep Quality Index.
- age: Integer. Age of the subjects in years.
- cat\_age: Factor w/ 4 levels "18-25", "26-40", "41-50", ">50". Age of the subjects in years.

## Source

- Alvarado-Aravena, C., Arriaza, K., Castillo-Aguilar, M., Flores, K., Dagnino-Subiabre, A., Estrada-Goic, C., & Núñez-Espinosa, C. (2022). Effect of Confinement on Anxiety Symptoms and Sleep Quality during the COVID-19 Pandemic. *Behavioral Sciences*, 12(10), 398.

## Examples

```
# Mean age grouped by sex and zone using `data.table` syntax
anxiety[, # No filtering (i)
         list(mean_age = mean(age)), # Action to do (j)
         list(sex, zone)] # Grouping vars (by)

# Mean PSQI score grouped by sex and zone, for those with
# an age greater than 18 AND a Beck score greater than 10.
anxiety[age > 18 & beck_global > 10,
        list(mean_psqi = mean(pits_global)),
        list(sex, zone)]
```

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