

HEALTH AND NURSING · CRITICAL · 1,757 WORDS · GRADUATE

Physical Activity and Sleep Quality: A Critical Appraisal of a Nursing Research Article

Evaluating Ghrouz et al. (2019) against established criteria for research design, methodology, and clinical relevance

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Abstract

The abstract regarding the article has concisely and clearly described the most important features related to the report such as result, method, objective, and conclusion accurately. However, the problems regarding mental health among college students have not been reflected in the abstract of the article.

1. Introduction

The problem has been stated unambiguously as both mental health problems and sleep disturbance cost to the burden to the public health that has an adverse impact at the community and individual level. The problem statement helps to build a persuasive and cogent argument for the new studies. The problem related to nursing is highly significant for nursing. There is a better match between the utilization of methods and paradigms along with the research problem with respect to the appropriate quantitative approach.

2. Research Questions

The hypotheses regarding sleep quality and physical activity regarding mental health among college students have been explicitly stated in the article. The hypotheses have been significantly worded with clear specifications regarding the study populations and major variables. Both these hypotheses are consistent with the conceptual framework and literature review of the article.

3. Literature Review

The literature review regarding the article is considered to be up to date and is generally engaged in operating the respective activities with the help of the primary sources. The state-of-the-art synthesis has not been provided by the literature review of the article regarding the evidence related to the problem of sleep quality and physical activity among college students (Ghrouz et al. 2019). The inter-relatedness regarding the level of physical activity, mental health, and sleep quality has been effectively demonstrated in the study of this article in the students of college from several levels of education involving the students related to both the genders and in several kinds of residences. The literature review related to this article is highly engaged in offering a sound basis with respect to the new study in an effective manner.

4. Theoretical Framework

The key concepts related to the article such as sleep quality and physical activity among college students have been defined conceptually in this article in an adequate manner. The respective article has not been engaged in providing the conceptual or theoretical framework to the problems such as physical activity as well as sleep activity among the college students within the study. The absence related to the theoretical framework has also been not justified in this article.

5. Research Methods

5.1. Protection of Human Rights

It has been analyzed from the article by the researcher that the respective participants have been effectively informed regarding the aims related to the study. The rights of privacy related to the participants have been significantly protected in this study in an accurate manner (Ghrouz et al. 2019). It has also been demonstrated from the article that the consent is necessary to be signed and read by all the participants with respect to acknowledging that their participation was concerned to be voluntary. The approval related to the study has been made by the Institutional Ethics Committee (IEC) regarding Jamia Millia Islamia. It has been suggested in the findings of the article that it can provide benefits to the college students from the support systems in order to improve the mental status regarding the students for the improvement in the copying skills.

5.2. Research Design

It has been articulated by the researcher from the article that the Pittsburgh Sleep Quality Index (PSQI) that has been evaluated in an extensive way and has been accurately utilized across several populations was designed for the utilization of both researchers and the clinicians. The greater prevalence related to the symptoms of mental health has been expressed by the first-year students that can be hampered by the environment of college along with the stresses that have been connected to the methodological concern, which has been engaged to limit the interpretation regarding the findings of the study (Ghrouz et al. 2019). The points of the data collection regarding this study from the article are concerned to be appropriate. The questionnaires that have been utilized for the self-reported symptoms are generally affecting the validity related to the variables regarding the interest.

5.3. Population and Sample

The population has not been described in detail in this study. In spite of the respective size related to the sample, it has not been concerned to be sufficient for generalizing the findings with respect to the other populations. The sample has also not been described in sufficient detail. The criteria for scoring that are re-based on several studies utilizing the range related to

the samples of the population that involves the respondents of the college student and those respondents are generally believed for generalizing the study of the present sample. The biases for the sample have not been minimized in this study. The size of the sample is considered to be adequate. The statistical analysis has been effectively utilized in this study for estimating the needs of the sample size.

5.4. Collection of Data and Measurement

The conceptual, as well as, operational definitions are considered to be congruent in this report. The regression analysis regarding binary logistic has been performed for the association between the dependent variable and the independent variable. The key variables have been effectively operationalized by utilizing the method related to the interviews in an adequate manner. The Pittsburgh Sleep Quality Index can be considered as a specific instrument that has been described in the article in an adequate way and it has also been concerned as a better choice for the study population. The report is highly engaged to provide the relevant evidence that the methods of data collection, in which the data has been yielded were valid and reliable (Ghrouz et al. 2019).

6. Procedures

With respect to the association among the mental health, as well as, physical activity, it has been suggested by the current evidence that the physical activity may be significantly utilized as an essential intervention under the treatment of disorders related to mental health. Most of the participants of this article have been effectively allocated to the group of the intervention for receiving it. There is no evidence regarding the fidelity of the intervention. It has been articulated from the article by the researcher that the collection of data has been performed in such a manner that can be helpful to minimize bias. The respective data that has been collected by the staff members are considered to be trained in an appropriate manner (Ghrouz et al. 2019).

7. Results

7.1. Data Analysis

The analysis has been undertaken in this report for addressing the hypothesis of research along with testing the research hypothesis in an accurate way. The appropriate methods for statistics have been utilized in this report that involves statistical analysis, meta-analysis, and many more. This analysis plays an essential role for the researcher to confound the variables accurately. Type I and Type II errors have been avoided in this report. The analysis for an intention to treat

has not been performed in this report in the studies of the intervention. The problems related to the missing values have not been evaluated and addressed adequately in this study.

7.2. Findings

The information related to the statistical significance has been presented in this report accurately. However, the information regarding the effect size along with the precision related to the estimates has not been presented in this report (Ghrouz et al. 2019). The summarization of the findings in this report has been adequately performed in this report with the proper utilization of tables. The findings regarding this study have been reported in such a way that helps to facilitate the meta-analysis along with the sufficient knowledge that has been required for EBP.

8. Discussion

8.1. Interpretation of the Findings

The discussion and the interpretation of all the major findings with respect to the context of the prior research have been effectively contained in this report. It has been inferred in this report that the respondent of the research has the capability of a better-quality regarding sleep for higher scores and vice-versa. The interpretations are not concerned to be consistent and well-founded with the limitation of this study. The issue regarding the generalizability of the findings has been effectively addressed in this report.

8.2. Implications

The current studies on the influence of physical activity on anxiety, as well as, depression in non-clinical participants of adults represent that exercise along with the other physical activities can be considered as the major cause for the reduction in the symptoms related to anxiety and depression among college students. Sleep disturbances can be traditionally seen in terms of the mental disorders of health. Those implications that have been identified by the researcher from the article are considered to be complete and reasonable (Ghrouz et al. 2019).

9. Global Issues

9.1. Presentation

It has been demonstrated from the article by the researcher that the report is well organized, written, and has been detailed for the critical analysis in a sufficient way. The CONSORT flow chart has not been provided in the studies for intervention for representing the flow related to

the participants in the report. The report has been written in such a way that helps to make the findings accessible for practicing the respective nurses.

9.2. Researcher Credibility

The methodological, substantive, and clinical qualifications related to the researcher plays an effective role in enhancing the confidence in the interpretation along with the findings in this report in an accurate manner.

9.3. Summary Assessment

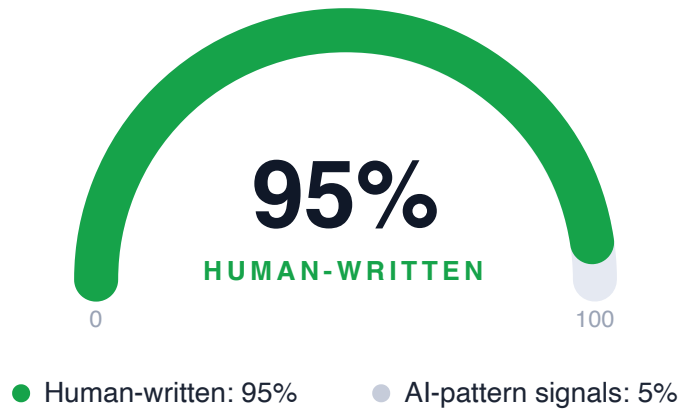
The findings of the study are considered to be valid and the value that has been represented in the results is considered to be the true values as the values in the findings have generally been complied with the ethical standards that can be considered as the major reason for increasing the level of confidence among the researcher regarding the values. The association related to the physical activity can be concerned as the beneficial effects on the status of the mental health related to adults that help to provide the relevant evidence that has been performed in the practice related to the nursing for the respective discipline of nursing in an effective manner.

Reference List

Ghrouz, A. K., Noohu, M. M., Manzar, M. D., Spence, D. W., BaHammam, A. S., & Pandi-Perumal, S. R. (2019). Physical activity and sleep quality in relation to mental health among college students. *Sleep and Breathing*, 23(2), 627-634. Retrieved from <https://link.springer.com/article/10.1007/s11325-019-01780-z>

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