

PERCEIVED PARTNER RESPONSIVENESS, PAIN, AND SLEEP: A DYADIC STUDY OF MILITARY-CONNECTED COUPLES

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BACKGROUND

Research has reliably documented the link between supportive close relationships and health. However, the mechanism of this effect has yet to be clarified.

This study investigates the influence of perceived partner responsiveness (PPR) on pain and sleep quality through affect in a sample of veterans and their spouses - collectively referred to as military-connected couples.

RESEARCH CONDUCTED

A total of 162 military-connected couples completed a baseline survey followed by 32 days of daily diaries.

Mediated actor-partner interdependence models were conducted using multilevel structural equation modeling to assess the effects of PPR at baseline on the daily levels of positive affect, negative affect, pain, and sleep across the following 32 days.

RESULTS

- Both positive and negative affect mediated the association between PPR and pain for veterans
- Both positive and negative affect mediated the association between PPR and sleep quality for both partners
- Daily positive affect was positively associated with sleep quality for both partners
- Daily positive affect was negatively associated with pain for veterans
- Daily negative affect was negatively associated with sleep quality for spouses
- Partners were found to be associated with one another's outcomes. For example, Veteran PPR was positively associated with spouse sleep quality through spouse positive affect

IMPORTANCE

- Overall, greater PPR was associated with positive health outcomes for military-connected couples and these effects were found to be mediated through affective processes
- This study provides insights for couple-oriented interventions for preventing and treating pain and sleep problems in couples who are at high risk of these health problems such as military-connected couples



Summary based on the following paper:

O'Neill, A. S., Mohr, C. D., Bodner, T. E., & Hammer, L. B. (2020). *Perceived partner responsiveness, pain, and sleep: A dyadic study of military-connected couples*. *Health Psychology, 39*(12), 1089–1099. <https://doi.org/10.1037/hea0001035>