

The Relationship between Sleep Quality and Sexual Function in Married Women: The Mediating Role of Stress

Shabnam. Moghtaderi Esfahani¹  Nasim. Nayeb Darban²  Maryam. Ghasemi³  Masoumeh. Ejlal Noubarian⁴ 
Soroush. Alimardani⁵ 

¹ PhD Student in Psychology, Kish International Branch, Islamic Azad University, Kish, Iran

² PhD Student, Department of Psychology, Bandar Abbas Branch, Islamic Azad University, Bandar Abbas, Iran


³ Master's Degree, Department of Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

⁴ Master's Degree in Psychology of Exceptional Children, Department of Psychology, Science and Research Branch, Islamic Azad University, Tehran, Iran



⁵ Senior Expert, Department of Psychology, Neka Branch, Islamic Azad University, Neka, Iran

* Corresponding author email address: shabnammoghtaderi@gmail.com

Editor

Firouzeh Sepehrianazar 
Professor of Psychology
Department, Urmia University, Iran
f.sepehrianazar@urmia.ac.ir

Reviewers

Reviewer 1: Mohsen Kachooei 
Assistant Professor of Health Psychology, Department of Psychology, Humanities
Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir
Reviewer 2: Nadereh Saadati 
Department of Couple and Family therapy, Alliant International University,
California, United States of America. mdaneshpour@alliant.edu

1. Round 1

1.1. Reviewer 1

Reviewer:

"The sentence 'Sleep as one of the basic human needs plays a significant role in maintaining physical and mental health' could benefit from more specific references to key literature supporting this foundational statement. Consider citing relevant meta-analyses or longitudinal studies on sleep and health outcomes."

The description of the "Sleep Quality Questionnaire (1989)" mentions that the questionnaire contains 18 items but later discusses seven subscales. Clarify whether these subscales directly correspond to the 18 items and how the subscale scores are derived from the items.

The discussion on the Female Sexual Function Index could benefit from adding more information about its psychometric properties, especially as they pertain to cross-cultural validation in non-Western populations.

The sentence "Cohen et al. (1983) reported good validity and reliability for this scale" lacks specificity. Consider including more recent research that examines the psychometric properties of the Perceived Stress Scale in diverse populations, particularly among women.

The choice of simultaneous regression analysis is appropriate, but it would be helpful to justify why this method was preferred over other models, such as structural equation modeling (SEM), which may better capture mediation effects.

The phrase "multicollinearity did not occur as VIF values were below 10" should specify the actual VIF values for key variables. Though below 10 is a general rule, lower thresholds (e.g., 5) are often recommended in psychological research.

It would improve clarity if the table included 95% confidence intervals for the correlations, particularly given the relatively small sample size and the potential for sampling variability.

The conclusion states that improving sleep quality and reducing stress could enhance sexual function and marital satisfaction. While this is a reasonable implication, it might be helpful to emphasize the need for intervention studies that directly test this hypothesis, as cross-sectional designs cannot infer causality.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence "Research has shown that insufficient and poor-quality sleep can have negative effects on sexual function" would benefit from additional clarity. Specify what type of research (e.g., randomized controlled trials or observational studies) demonstrated this and provide more precise findings from these studies.

In discussing sexual function, the term is broadly defined. Consider providing a more nuanced description of what aspects of sexual function are most affected by sleep quality. Additionally, include literature that highlights the neurobiological pathways that link sleep and sexual function.

"Using purposive sampling 318 participants were selected for the study." It would be useful to add more details about how purposive sampling was implemented and what criteria were used to ensure the sample is representative. Consider discussing potential sampling biases.

The regression analysis reports that perceived stress partially mediates the relationship between sleep quality and sexual function. However, the text does not explain why the mediation is partial rather than full. A more detailed discussion of this result, with references to the literature on partial mediation, would strengthen the analysis.

In summarizing the findings, the authors state that improving sleep quality "can lead to increased sexual desire and function." This could be revised to be more precise by discussing specific aspects of sexual function (e.g., arousal, satisfaction, orgasm) that are most influenced by sleep quality.

The phrase "stress acts as a mediator in this relationship, amplifying the negative effects" needs further elaboration. How does stress physiologically or psychologically mediate the sleep-sexual function relationship? More detailed exploration of possible mechanisms (e.g., hormonal pathways, cognitive fatigue) is needed.

The authors cite "several studies" supporting their claims, but specific studies should be referenced. Moreover, consider mentioning potential confounding factors such as socioeconomic status, lifestyle habits, or co-occurring psychological conditions like depression.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.