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Project Title

Examining the relationship between sleep disruption, mental health disorders, daily living activity and lifestyle factors with rheumatoid arthritis

Project Summary

Lifestyle has a significant influence on physical and mental health. A healthy lifestyle balances the immune system while an unhealthy lifestyle such as disrupted sleep patterns, unhealthy diet, smoking etc., triggers the immune system to overreact, possibly leading to autoimmune diseases like Rheumatoid Arthritis. This study aims to examine the relationship between rheumatoid arthritis with sleep disruption, mental health disorders, daily living activity, dietary intake, nutritional supplement use, nutritional risk, smoking status, alcohol use and shiftwork. In addition, we will examine these relationships overall and stratified by sex to identify potential sex-based differences. This project will provide new insights into the role of sleep disruption, mental health disorders and nutrition on rheumatoid arthritis and provide recommendations to improve preventive measures and RA risk mitigation.

Keywords

Rheumatoid arthritis, Sleep disruption, Mental health, Lifestyle factors