

RCT: Effect of Culturally Tailored, Internet-Delivered Cognitive Behavioral Therapy for Insomnia in Black Women: A Randomized Clinical Trial

POPULATION

333 Women



Black Women's Health Study (BWHS) participants with clinically elevated insomnia symptoms

Mean age, 59.5 y

SETTINGS / LOCATIONS



Recruitment from across the continental US within the BWHS

INTERVENTION

333 Individuals randomized



108 Sleep Healthy Using the Internet (SHUTi) program

SHUTi is automated cognitive behavioral therapy for insomnia delivered over the internet



110 SHUTi-BWHS program

SHUTi-BWHS is a modified version of SHUTi that was culturally tailored for Black women



115 Patient education (PE)

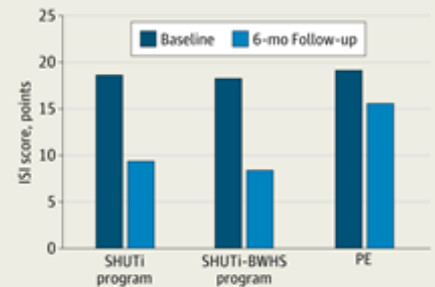
Usual care, provided guidance about sleep health practices over the internet

PRIMARY OUTCOME

Insomnia Severity Index (ISI) score change from baseline to 6-mo follow-up (range, 0-28 points; higher scores indicate worse insomnia; score <8 points indicates no clinical insomnia; score reduction >7 points, clinically significant improvement)

FINDINGS

Compared with PE, the SHUTi and SHUTi-BWHS programs significantly improved insomnia among Black women



Reduction in ISI score

SHUTi, -10.0 points (95% CI, -11.2 to -8.7)

SHUTi-BWHS, -9.3 points (95% CI, -10.4 to -8.2)

PE, -3.6 points (95% CI, -4.5 to -2.1)

$P < .001$

Zhou ES, Ritterband LM, Bethea TN, Robles YP, Heeren TC, Rosenberg L. Effect of culturally tailored, internet-delivered cognitive behavioral therapy for insomnia in Black women: a randomized clinical trial. *JAMA Psychiatry*. Published online April 20, 2022. doi:10.1001/jamapsychiatry.2022.0653

