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The interrelationship between sleep and depression: a secondary analysis of a randomized controlled trial on mind-body-spirit intervention

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***Highlights**

- A bidirectional relationship was found between poor sleep quality and depressive symptoms following an integrative mind-body-spirit intervention.
- The relationship between daytime symptoms along with nighttime sleep disturbances and depressive symptoms was especially strong.
- Spiritual re-orientation was the only significant, therapeutic mediator of mood improvement following I-BMS treatment.

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