

ACROSS meeting –06-Sept-2025 at ASSM/World Sleep 2025

Presentation – ASSM symposium 3: An update of collaborative research studies Across Asia ASSM initiative

Project progress and survey updates were presented by Rachel Chan (Hong Kong SAR) and Stijn Massar (Singapore). See powerpoint slides.

Informal meeting

Meeting was held after the symposium for the participating centre representatives to meet each other and to collect initial feedback and suggestions following the presentation.

Attendees:

Initiating centres:

Rachel Chan (Hong Kong SAR)

Stijn Massar (Singapore)

Kyra Chong (Singapore)

Participating centres:

Yoko Komada (Japan)

Jee Hyun Kim (South Korea)

Guanghai Wang (China, Shanghai)

Hamza Dhafar (Saudi Arabia)

Lokesh Kumar Saini (India)

Discussion Summary:

Key Discussion Points:

- ***Survey Distribution & Engagement:***

- *Concerns about survey length and participant motivation were brought up.*
- *Distribution through schools (administered during school time) was suggested to increase compliance and parental approval.*
- *This will require officially engaging schools, instruction/engagement of teachers and principals, and, where needed, approval from relevant authorities (e.g. Ministry of Education).*
- *Additional/alternative forms of engagement were discussed (e.g. gifts for participation, individual or school-level reports).*
- *Challenge: ASSM has no budget to fund such expenses*
- *Challenge: Country/regional differences in regulations and resources may make it difficult to ensure the same level of engagement across all centres.*

- ***Survey:***

- *Several questions have been added. Some regarding sensitive topics (e.g. alcohol/smoking) have been made optional, for participating centre to decide if it is appropriate to include in their survey*
- *Socioeconomic status questions have been simplified to allow more accurate responses and reduce sensitivity. "Don't know" option has been added to the income question.*

- ***Mode of distribution:***

- *Preference for online surveys, but device access may be an issue.*
- *Possibility of a centralized/standardized online platform was discussed. To be looked into.*
- *Sampling method: Convenience sampling most attainable. There are trade-offs regarding representativeness, but primary aim is*

to have broadest possible geographical representation and include as many countries as possible.

- *Sample size: Minimum N=1000 per country, but larger countries can collect more (especially useful when collecting from multiple regions/cities within country).*

- **Administrative issues:**

- *Ethics approval: process varies by country; approval from further authorities may be required in some countries (e.g. Ministry of Education).*
- *Possibility of official ASSM-issued letter to facilitate the process was discussed.*
- *Local requirements to be collected.*
- *Timeline may need to be adjusted to accommodate local requirements.*
- *Translation: Participating centers to arrange translation and back translation process locally.*

Next Steps

- Share updated survey with all centres for review.
- Schedule online meeting for centres not attending this meeting (and those who are attending), to further discuss.
- Update survey with any changes following discussion