

Peer Review

Review of: "Insomnia Prevalence and Mental Health Correlates Among 18,646 Users of an Internet-Based Cognitive-Behavioral Therapy Website: Archival Real-World Data from the United States, 2017-2019"

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This study provides an important real-world evaluation of insomnia prevalence and its mental health and occupational correlates using a large archival dataset from users of an internet-based cognitive behavioral therapy (iCBT) platform. The very large sample size, use of validated psychometric instruments (MOS-6, PHQ-9, GAD-7, SPIN-17, and PSS-10), and exploration of comorbidity patterns represent major strengths that enhance the epidemiological relevance of the findings. The study convincingly demonstrates the high burden of insomnia among digital mental health service users and its strong associations with depression, anxiety, stress, and work productivity impairment. However, several methodological and interpretative limitations should be addressed to strengthen the scientific rigor and generalizability of the conclusions. The reliance on a voluntary, convenience sample from a commercial digital platform introduces substantial self-selection bias and likely overestimates disorder prevalence compared with population-based estimates. The cross-sectional and archival nature of the data limits causal inference, particularly when interpreting associations between insomnia severity and occupational outcomes. Furthermore, substantial missing demographic data and the very low follow-up response rate restrict the validity of longitudinal interpretations and subgroup analyses. The exclusive use of self-reported clinical and productivity measures may also introduce reporting and recall bias, particularly in retrospective work performance assessments. The study would benefit from multivariable modeling to adjust for potential confounders, including socioeconomic status, comorbid medical

conditions, medication use, and baseline psychiatric history. Additionally, the discussion could provide a more balanced interpretation of the limited engagement and completion rates of the iCBT intervention, which raise important questions regarding adherence and real-world effectiveness. Addressing these issues would improve the robustness, clinical interpretability, and public health relevance of the study.

Declarations

Potential competing interests: No potential competing interests to declare.