monochromatic blue light vs standard light treatment in seasonal complaints

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22649

Source
Nationaal Trial Register

Health condition

Seasonal affective disorder, wintertype, according to DSM-IV is depreesion with a seasonal pattern in wich the complaints exist in fall/winter and remission tooks place in spring/summer at an almost yearly basis.Epidemiological research in the Netherlands shows that 3% of the adults suffer from SAD and 8% from winterblues..

Sponsors and support

Primary sponsor: Philips Consumer Lifestyle/ S. Hermans
P.O. Box 20100
9200 CA Drachten
NL

Intervention

Outcome measures

Primary outcome

Sores on the SIGH-SAD interviews

Secondary outcome

N/A

Study description

Background summary

Background of the study:

Seasonal affective disorder, wintertype, according to DSM-IV is depreesion with a seasonal pattern in wich the complaints exist in fall/winter and remission tooks place in spring/summer at an almost yearly basis.Epidemiological research in the Netherlands shows that 3% of the adults suffer from SAD and 8% from winterblues..

It has been shown that light treatment is effective, but the etiology of SAD and the working mechanism of light treatment are still unknown. One of the hypotheses is the phase shift hypothesis, which postulated that some biological processes are shifted compared to the 24 h rhythm of the environment. Exposure to bright light can cause a phase shift. If the biological clock is running in phase, SAD complaint can improve..

Recently novel photoreceptors in the eye are discovered. They have no influence on the visual system, but are sensitive for light, especially for light with a short wavelength (blue light). If blue light with a low intensity can have the same effect s compared to standard light therapu with a high intensity, than it is possible to ssimplify the traetment an to incorperate it in the life style of the

Objective of the study:

To investigate the effects of exposure to low intensity monochromatic blue light compared to the effects of standard light trherapy in the treatment of SAD and winterblues

Study design:

A treatment stud in which in the experimental condition teh effects of exposure of low

inetnsity blue monochromatic light is compared to the effects of exposure tot standard light treatment in the treatment of SAD and winterblues

Study population:

Patiens suffering from SAD are recruted from the SAD outpatient clinic of the UMCG. Participant suffering from winterblues are recruted by means of advertisements in local newspapers

Intervention (if applicable):

Experimental treatment is exposure to low intensity blue monochromatic light, compared to standard light treatment

Primary study parameters/outcome of the study:

Sores on the SIGH-SAD interviews

Study objective

Seasonal affective disorder, wintertype, according to DSM-IV is depreesion with a seasonal pattern in wich the complaints exist in fall/winter and remission tooks place in spring/summer at an almost yearly basis.Epidemiological research in the Netherlands shows that 3% of the adults suffer from SAD and 8% from winterblues..

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Study design

In a 15 days study design, assessments by means of a standardized structured interviews (SIG-SAD) at iselection/inclusion and at day 1, 8 and 15 (primary outcome)

Daily self ratings (KSS; GSQS; AMS; AD-ACL)

Self ratings at inclusion (expectation, SPAQ and MEQ) and at day 15 (evaluation)

Intervention

1. Patients with Seasonal Affective Disorder, age 18yr. or older

A comparison of the effects of exposure to monochromatic light (blue light) vs standard light treatment
5 consecutive days from 8.00-8.30 a.m. in the clinic, at day 4, 5, 6, 7, 8 of the 15 days study design

2. Subjects with sub-syndromal Seasonal Affective Disorder (winter blues), age 18 yr. or older

A comparison of the effects of exposure to monochromatic light (blue light) vs standard light treatment
5 consecutive days from 8.00-8.20 a.m. or earlier after awakening at home, at day 4, 5, 6, 7, 8 off the 15 days study design

Contacts

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Eligibility criteria

Inclusion criteria

- age between 18-65 yr

- no other treatments for seasonal complaints during the same time

- no traveling to southern counties during study period

- no use of tanning fixtures during study period

- informed consent

1. seasonal affective disorder (SAD), winter type, according to DSM-IV
score of at least 18 on the first 24 items of the SIGH-SAD

2. sub-syndromal seasonal affective disorder (sub-SAD, winterblues) acording to the Kasper et al. (1988) criteria:

- SPAQ-GSS score of 8,9 or 10 and at least light seasonal complaints or

- SPAQ-GSS score of 11
score of 12-17 on the first 24 items of the SIGH-SAD

Exclusion criteria

other Axis -I disorders according to DSM-IV
acute suicidal risk
use of pschopharmaca or photosensitsizing drugs
eye diseases or complaints exept aging
diabetes
epilepsy
night shifts

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-11-2010
Enrollment:	100
Type:	Anticipated

Ethics review

Positive opinion

Date:	20-12-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 34402
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4193

Register	ID
NTR-old	NTR4342
CCMO	NL33067.042.10
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON34402

Study results

Summary results

N/A