

Author's Accepted Manuscript

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PII: S0165-0327(17)30146-5
DOI: <http://dx.doi.org/10.1016/j.jad.2017.09.038>
Reference: JAD9246

To appear in: *Journal of Affective Disorders*

Received date: 22 January 2017
Revised date: 20 July 2017
Accepted date: 23 September 2017

Cite this article as: Tian-hang Zhou, Wei-min Dang, Yan-tao Ma, Chang-qing Hu, Ning Wang, Guo-yi Zhang, Gang Wang, Chuan Shi, Hua Zhang, Bin Guo, Shu-zhe Zhou, Lei Feng, Shu-xia Geng, Yu-zhen Tong, Guan-wen Tang, Zhong-kai He, Long Zhen and Xin Yu, Clinical Efficacy, Onset Time and Safety of Bright light Therapy in Acute Bipolar Depression as an Adjunctive Therapy: a Randomized Controlled Trial, *Journal of Affective Disorders*, <http://dx.doi.org/10.1016/j.jad.2017.09.038>

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Clinical Efficacy, Onset Time and Safety of Bright light Therapy in Acute Bipolar Depression as an Adjunctive Therapy: a Randomized Controlled Trial

Running Head: Light Therapy in Treating Bipolar Depression

Tian-hang Zhou¹, Wei-min Dang^{1#}, Yan-tao Ma¹, Chang-qing Hu², Ning Wang³, Guo-yi Zhang⁴, Gang Wang², Chuan Shi¹, Hua Zhang⁵, Bin Guo³, Shu-zhe Zhou¹, Lei Feng², Shu-xia Geng¹, Yu-zhen Tong⁴, Guan-wen Tang³, Zhong-kai He⁴, Long Zhen², Xin Yu^{1*}

1. Peking University Sixth Hospital, Peking University Institute of Mental Health, the Key Laboratory of the Ministry of Health (Peking University), National Clinical Research Center for Mental Disorders, Beijing, China

2. Mood Disorders Center, Beijing Anding Hospital, Capital Medical University & China Clinical Research Center for Mental Disorders Center of Depression, Beijing Institute for Brain Disorders Beijing, China.

3. Beijing Huilongguan Hospital, Peking University, Beijing, China.

4. School of physics, Peking University, Beijing, China.

5. Peking University Third Hospital, Beijing, China.

This author contributed equally to this study and share first authorship.

*Corresponding author: Xin Yu, yuxin@bjmu.edu.cn, Tel: 86-10-82801999

Professor of Institute of Mental Health, Peking University,

Fax: 86-10-62026310, Peking University Institute of Mental Health, Beijing, China

Mailing address: No. 51, Huayuanbeilu Rd, Haidian District, Beijing 100191 P.R. CHINA

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Manuscript word count: 3250

Background

Bright light therapy (BLT) is an effective treatment for seasonal affective disorder and non- seasonal depression. The efficacy of BLT in treating patients with bipolar disorder is still unknown.

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