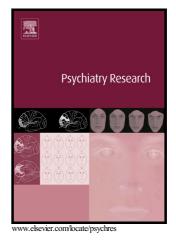
Author's Accepted Manuscript

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 PII:
 S0165-1781(17)31113-7

 DOI:
 https://doi.org/10.1016/j.psychres.2017.12.020

 Reference:
 PSY11056

To appear in: Psychiatry Research

Received date:17 June 2017Revised date:23 October 2017Accepted date:9 December 2017

Cite this article as: Nese Yorguner Kupeli, Serkut Bulut, Gresa Carkaxhiu Bulut, Emel Kurt and Kaan Kora, Efficacy of bright light therapy in bipolar depression, *Psychiatry Research*, https://doi.org/10.1016/j.psychres.2017.12.020

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Efficacy of bright light therapy in bipolar depression

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ABSTRACT

For 30 years, bright light therapy (BLT) has been considered as an effective, well-tolerated treatment for seasonal affective disorder (SAD). Because of low response rates, new treatment strategies are needed for bipolar depression (BD), which resembles SAD in certain respects. Few placebo-controlled studies of BLT efficacy have been carried out for BD. Accordingly, this study evaluates the efficacy and safety of BLT as an add-on treatment for BD. Thirty-two BD outpatients were randomly assigned to BLT (10000 lux) or dim light (DL, <500 lux). During a two-week period, light was administered each morning for 30 min. The Hamilton Rating Scale for Depression and the Montgomery-Åsberg Depression Rating Scale assessed clinical outcome, and the UKU Side Effects Rating Scale evaluated side effects. No significant difference was observed in baseline

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