

Call For Participants



Light Therapy for the Management of Depression



6 week(s) to complete

Sincere Gratitude

Clinical Trial

Gillingham, Chatham, Medway
ME4 4TB, UK

University of Kent

Light therapy has gained recognition over the past 25 years as an effective treatment for seasonal affective disorder (SAD) and, more recently, non-seasonal cases of depression. The increased popularity of at-home light therapy devices has been in part due to the need for alternative treatments for depression. However, there is a lack of research in the area of at-home use of light therapy. This six week study monitors mood, hormones and sleep/activity patterns with light therapy use.

Find out more online

Poster printed on 01/05/2024

Study expires on 31/01/2017

More info

by scanning the QR code
or visiting the URL

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