# Illumination in human aging: sleep and mood effects

| Submission date   | Recruitment status               | <ul><li>Prospectively registered</li></ul> |  |  |
|-------------------|----------------------------------|--|--|--|
| 06/05/2005        | No longer recruiting             | ☐ Protocol                                 |  |  |
| Registration date | Overall study status             | Statistical analysis plan                  |  |  |
| 11/05/2005        | Completed                        | [X] Results                                |  |  |
| Last Edited       | Condition category               | Individual participant data                |  |  |
| 14/02/2008        | Mental and Behavioural Disorders |  |  |  |

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

Prof Daniel Kripke

#### Contact details

9500 Gillman Drive La Jolla, CA United States of America 92093-0667

#### Additional identifiers

Protocol serial number 5 RO1 AG12364-11A1

# Study information

Scientific Title

Acronym

LRX

**Study objectives** 

Bright white light would reduce depression and improve sleep disorders related to circadian rhythm disturbance.

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

The study protocol and consent form were approved by the University of California and San Diego (UCSD) Human Research Protection Program.

#### Study design

Randomised controlled trial

#### Primary study design

Interventional

#### Study type(s)

Treatment

#### Health condition(s) or problem(s) studied

Depression and disturbed sleep

#### Interventions

One hour bright white light compared to one hour dim red light at three different times of day.

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome(s)

- 1. Mood scales
- 2. Light recording
- 3. Wrist actigraphy
- 4. Assays of urine for aMT6s
- 5. Assays of saliva for melatonin

#### Key secondary outcome(s))

No secondary outcome measures

#### Completion date

31/01/2004

# **Eligibility**

#### Key inclusion criteria

- 1. Humans aged 60 79 years
- 2. No history of mania
- 3. No diagnosis of bipolar disorder

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Senior

#### Sex

All

#### Key exclusion criteria

Lifetime history of mania.

#### Date of first enrolment

01/04/2000

#### Date of final enrolment

31/01/2004

#### Locations

#### Countries of recruitment

United States of America

# Study participating centre 9500 Gillman Drive

La Jolla, CA United States of America 92093-0667

# Sponsor information

#### Organisation

National Institutes of Health (NIH)/National Institute of Aging (NIA) (USA)

#### **ROR**

https://ror.org/049v75w11

# Funder(s)

#### Funder type

#### Funder Name

National Institutes of Health (NIH)/National Institute of Aging (NIA) (USA) (ref: 5 RO1 AG12364-11A1)

# **Results and Publications**

Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

#### **Study outputs**

| Output type     | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|-----------------|---------|--------------|------------|----------------|-----------------|
| Results article | Results | 09/11/2005   |            | Yes            | No              |