

Illumination in human aging: sleep and mood effects

Submission date

06/05/2005

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

11/05/2005

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

14/02/2008

Condition category

Mental and Behavioural Disorders

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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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**

Government

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