

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
16/08/2011

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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Additional identifiers

Protocol serial number
5 RO1 AG12364-11A1

Study information

Scientific Title

Acronym
GLRX

Study objectives

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

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Depression and sleep disturbance

Interventions

One hour of bright green light treatment compared to one hour of dim red light treatment given within one hour of waking.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Mood scales, light recording, and wrist actigraphy

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/01/2005

Eligibility

Key inclusion criteria

Human age 60-79 with no history of mania or diagnosis of bipolar disorder.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/02/2004

Date of final enrolment

31/01/2005

Locations**Countries of recruitment**

United States of America

Study participating centre

9500 Gilman Drive

La Jolla, CA

United States of America

92093-0667

Sponsor information**Organisation**

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

ROR

<https://ror.org/049v75w11>

Funder(s)**Funder type**

Government

Funder Name

National Institutes of Health, National Institute of Aging, 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