Illumination in Human Aging: Sleep and Mood Effects

Submission date	Recruitment status No longer recruiting	Prospectively registered		
06/05/2005		Protocol		
Registration date	Overall study status	Statistical analysis plan		
11/05/2005	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
16/08/2011	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

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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 measure

Mood scales, light recording, and wrist actigraphy

Secondary outcome measures

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