

A randomised controlled trial of bright light and exercise for depressive symptoms

Submission date 27/07/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 27/07/2004	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 10/08/2007	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Timo Partonen

Contact details
National Public Health Institute
Department of Mental Health and Alcohol Research
Mannerheimintie 166
Helsinki
Finland
FIN-00300
timo.partonen@ktl.fi

Additional identifiers

Study information

Scientific Title

Study objectives
Not provided at time of registration

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)

Treatment

Health condition(s) or problem(s) studied

Depressive symptoms

Interventions

Aerobic exercise in bright light, aerobic exercise in normal gym lighting, stretching/relaxation in bright light

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Not provided at time of registration

Key secondary outcome(s)

Not provided at time of registration

Completion date

25/01/1998

Eligibility

Key inclusion criteria

120 - 124 healthy, working-age volunteers recruited through occupational health centres

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

25/11/1997

Date of final enrolment

25/01/1998

Locations**Countries of recruitment**

Finland

Study participating centre

National Public Health Institute

Helsinki

Finland

FIN-00300

Sponsor information**Organisation**

National Public Health Institute (Finland)

ROR

<https://ror.org/03tf0c761>

Funder(s)**Funder type**

Research organisation

Funder Name

The Signe and Ane Gyllenberg Foundation (Finland)

Funder Name

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	11/08/2004		Yes	No