

Illumination in Human Aging: Sleep and Mood Effects

Submission date 06/05/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 11/05/2005	Overall study status Completed	☐ Protocol
Last Edited 16/08/2011	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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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