

Abstracts from professional literature



SAD
PU DSMIV, 1994 Am. Psych. Assoc., 389-390.

TI "Mood Disorders, Seasonal Pattern Specifier"

SAD
TI Treatment of Psychiatric Disorders
SO Task Force Report of the American Psychiatric Association, 1989, Vol. 3, 1890-1896.
AB Light Therapy is a mainstream type of psychotherapy that is no longer considered experimental.

SAD
AU Rosenthal, N.E.
TI Diagnosis and Treatment of Seasonal Affective Disorder
SO JAMA, 1993, 270:2717-2721
AB The diagnosis of SAD is often difficult because of nonspecific symptoms such as lethargy and fatigue, especially during the fall and winter months. The differential diagnosis is often difficult; special investigations are invariably uninformative. Treatment with bright environmental light is generally a first-line therapeutic approach, but other treatments including antidepressants, stress management exercise, and psychotherapy may be useful too. Neither the etiology of SAD nor the mechanism of the antidepressant effects of light are well understood, and both areas are the focus of ongoing research.

FROM THE APOLLO LIGHT RESEARCH ARCHIVES

SAD & Sleep
AU Lewy, A.J.
TI Treating Chronobiologic Sleep and Mood Disorders with Bright Light.
SO Psychiatric Annals 17:10 October 1987, p 664-667
AB One of the most promising nonpharmacologic treatments for psychiatric disorders is bright light. The article discusses how bright light and other factors affect human circadian rhythms. The author's hypothesis is that winter depression is the result of delayed circadian rhythms with respect to sleep. The article is followed by "Treatment Guidelines for Patients with Seasonal Affective Disorder."

Sleep Disorders, Night Work & Jet Lag
AU Czeisler, C.A., Johnson, M.P., Duffy, J.F., Brown, E.N., Ronda, J.M., Kronauer, R.E.
TI Exposure to Bright Light and Darkness to Treat Physiologic Maladaptation to Night Work
SO The New England Journal of Medicine 1990; 322:1253-9
AB Working at night results in a misalignment between the sleep-wake cycle and the output of the hypothalamic pacemaker that regulates the circadian rhythms of certain physiologic and behavioral variables. We evaluated whether such physiologic maladaptation to nighttime work could be prevented effectively by a treatment regimen of exposure to bright light during the night and darkness during the day. We assessed the functioning of the circadian pacemaker in five control and five treatment studies in order to assess the extent of adaptation in eight normal young men to a week of night work. We conclude that maladaptation of the human circadian system to night work, with its associated decline in alertness, performance, and quality of daytime sleep, can be treated effectively with scheduled exposure to bright light at night and darkness during the day. Author Abstract.

PMS
AU Parry, B.L., Berga, S.L., Mustafi, N., Sengda, P.A., Kripke, D.F., Gillin, J.C.
TI Morning Versus Evening Bright Light Treatment of (PMS) Late Luteal Phase Dysphoric Disorder.
SO American Journal of Psychiatry, September 1989, 146: 1215-1217.
AB Six women with late luteal phase dysphoric disorder had a significant reduction in depression ratings after treatment with evening, but not morning, bright light. Bright light may offer an alternative to the pharmacologic treatment of premenstrual mood disorders.

SAD
AU Rosenthal, N.E.
TI Winter Blues
PU The Guildford Press, 1993.
AB Rosenthal's work is a must for all people with interests in seasonal depression. The work covers a vast variety of topics

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AB Light Therapy is a mainstream type of psychiatric treatment and is no longer considered experimental.

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AU Rosenthal, N.E.

TI Diagnosis and Treatment of Seasonal Affective Disorder

SO JAMA, 1993; 270:2717-2720.

AB The diagnosis of SAD should be considered in all patients presenting with nonspecific complaints such as lethargy and fatigue, especially during the fall and winter months. The diagnosis is based on the patient's history; special investigations are invariably uninformative. Treatment with bright environmental light is generally a first-line therapeutic approach, but other treatments including antidepressants, stress management exercise, and psychotherapy may be useful too. Neither the etiology of sad nor the mechanism of the antidepressant effects of light are well understood, and both areas are the focus of ongoing research.

SAD & Sleep

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AB One of the most promising nonpharmacological treatments of psychiatric disorders is bright light. The article discusses how bright light and other factors affect human circadian rhythms. It supports the hypothesis that winter depression is the result of delayed circadian rhythms with respect to sleep. The article is followed by "Treatment Guidelines for Patients with Seasonal Affective Disorder."

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from the history, timing and intensity of light therapy to dietary suggestions. Included in the reading is a chapter which contains lists of manufactures of artificial light, doctors with experience in light therapy, and other readings on light therapy.

Eating disorders

- AU Lam, RW
- TI Light Therapy for Seasonal Bulimia
- SO American Journal of Psychiatry, December 1989, V146; 1640-1641

Lectures on Audio Cassette

- LE Rosenthal, N. Sack, R., Lewy, A.
- TI Light Therapy for Sleep and Mood Disorders
- SO Audio-Digest Foundation, Psychiatry, Volume 21, Numbers 15,16, August 1992. (1-800-423-2308)

Insurance Reimbursement

We have found that about sixty percent of insurance companies that cover psychiatric services reimburse our customers for the purchase of an Apollo light box (Non-UV Phototherapy Boxes). Some insurance companies are unfamiliar with the diagnosis of Seasonal Affective Disorder and light therapy. For non-UV light therapy to be considered for coverage by your insurance company it is important that you provide them with the following: (1) a prescription, (2) a letter from your physician explaining the diagnosis of SAD and its treatment through light therapy and (3) copies of published research supporting the therapy. Below is an example of a letter that might be sent (taken from Rosenthal, Norman E. *Winter Blues; Seasonal Affective Disorder What It Is and How to Overcome It*. New York: The Gillard Press, 1993). Some published research is attached.

To whom it may concern,

This is to certify that _____ has been a patient of mine since _____, 19____. I have treated him/her for recurrent major depressions (DSM-IV 296.3), with a seasonal pattern. This condition, also known as Seasonal Affective Disorder (SAD), has been shown in many studies in the United States and elsewhere in the world to respond to treatment with bright environmental light (light therapy). Light therapy is no longer considered experimental, but is a mainstream type of psychiatric treatment, described in the *Task Force Report of the American Psychiatric Association: Treatment of Psychiatric Disorders*, Vol. 3, pages 1890-1896, APA Press, 1989. In order to administer light therapy adequately, a quality light box, such as the Apollo *Brite Lite IV*, is required (see attached invoice).

Although a light box is an expensive piece of equipment, the experience of clinicians who have used it for many patients indicates that it saves a great deal of money in the long run, by reducing the number of doctors' visits and laboratory investigations of persistent symptoms, as well as the indirect costs of lost productivity. I contend that in _____'s case the use of the *Brite Lite IV* should be regarded not only as a medical necessity, to be used in preference to (or in addition to) other forms of treatment, but also as a means of reducing his/her overall medical costs.