

Wake Therapy Followed by Bright Light Therapy for Depression Among Inpatients – a Case Series

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Introduction: Wake therapy, during a whole night, followed by bright light therapy for 6 days has been shown in a number of studies to be effective in quickly alleviating depressive symptoms.

Aim: To evaluate the implementation of wake therapy followed by bright light treatment among inpatients with depression as an adjunct to treatment as usual.

Methods: Eligible patients with mood disorders were offered wake therapy (total sleep deprivation) followed by daily bright light therapy for one week (10,000 lux for 30 minutes). Results were registered prospectively and included patient experience, and both baseline and post-treatment Montgomery-Åsberg Depression Rating Scale (MADRS-S) and Insomnia Severity Index (ISI).

Results: At present, four patients (all female ranging 24 to 60 years in age) have undergone wake therapy followed by bright light therapy. All patients received treatment with antidepressants along with the intervention. MADRS-S decreased by 12 points at average (range 0-22) for the four patients and ISI by 5 (range 2-12). All patients expressed gratefulness for the treatment and no severe side-effects were reported. At the conference, results from the first 10 patients will be presented

Conclusion: The first experience of the implementation of wake therapy followed by bright light therapy as an adjunct to treatment as usual has been positive. All patients improved and no side-effects were noted. The case-series will include at least 10 cases which will be presented at the conference.