

INDEX

adolescents, SAD in 18 benzodiazepines 72 Adverse Events Scale 146, 147 binge-eating in SAD and bulimia nervosa 15 age-related insomnia, potential use of light therapy bipolar disorder 109-10 differential diagnosis with SAD 18-19 evidence for benefits of light therapy 104-06 agomelatine 71, 72 anemia, differential diagnosis with SAD 18 light therapy method 106-07 antenatal depression, potential use of light therapy seasonal pattern specifier 3-5, 6 107, 108-09 blue light effects 43 antidepressant treatment for SAD 69-72 blue light hazard 37, 43 bright light toxicity 37, 38 agomelatine 71, 72 bulimia nervosa bupropion 69, 70, 71 link with SAD 15 citalopram 69, 70 potential use of light therapy 107-09 combination with light therapy 75 comparison with light therapy 73-74 bupropion 69, 70, 71 desipramine 71 carbohydrate craving and overeating in SAD fluoxetine (Prozac) 69, 70, 73-74 hypnotic medications for insomnia 72 catecholamine depletion theory of SAD 96-97 modafinil 71, 72 children, SAD in 18 neurotransmitter modulation 69-72 chronic MDD with winter worsening 22 prevention study 69, 70, 71 chronotype, Morningness-Eveningness Questionnaire sertraline 69, 70 (MEQ) 46, 127, 128-32 SSRIs 69, 70 circadian rhythms 90-92 tranylcypromine 71 amplitude 91 appetite increase in SAD 13-15 dim light melatonin onset (DLMO) 91-95 attention deficit hyperactivity effects of bright light 91-92 disorder (ADHD) 18 measurement 91-92 potential use of light therapy 108-09 melatonin secretion 90, 91-95 atypical depression, differential diagnosis period 91 with SAD 19-20



Index

dementia behavioural disturbances, potential use of circadian rhythms (cont.) phase 91 light therapy 109-10 depression during pregnancy, potential use of light phase-response curve 91, 92-95 phase shift 91-92 therapy 107, 108-09 phase-shift theory of SAD 95-96 Depressive Disorder, Not Otherwise Specified 20 phase-shifting effects of light 91, 92-95 desipramine 71 role of the pineal gland 90 dim light melatonin onset (DLMO) 91-95 dopamine depletion and SAD 96-97 role of the suprachiasmatic nucleus (SCN) 90 double-blind RCTs 83-84, 85 circadian sleep-wake disorders, potential double depression 22 use of light therapy 109-10 drug abuse, differential diagnosis with SAD 18 citalopram 69, 70 DSM-IV criteria clinician-rated scales 32-33 major depressive episodes clinician resources Adverse Events Scale 146, 147 (MDEs) 3, 4, 6, 11 seasonal affective disorder (SAD) 3-11 Audit Form for chart review 116 seasonal pattern specifier 3-5, 6 Frequently Asked Questions (FAQs) about SAD dual vulnerability theory of SAD 75-76, 98 118, 119-22 dysthymic disorder 22 Instructions for Light Therapy handout 123-24 Internet and print resources 115 evidence for light therapy in SAD 86-89 Morningness-Eveningness Questionnaire (MEQ) exercise, treatment for SAD 78 127, 128 - 32Patient Health Questionnaire, 9-item version family history and SAD 6, 17 (PHQ-9) 138, 140-42 Patient Self-Care handout 125-26 fatigue and low energy in SAD 16 fluorescent light boxes 54, 55 see also light boxes Quick Inventory of Depressive Symptomatology, fluorescent lights 42-43 Self-Rated (QIDS-SR) 143 fluoxetine (Prozac) 69, 70, 73-74 sample insurance reimbursement letter 149-50 Frequently Asked Questions (FAQs) about SAD 118, Seasonal Pattern Assessment Questionnaire (SPAQ) 119 - 22132, 133 SIGH-SAD (Ham-D) summary 136, 137-39 genetic factors in SAD 6, 17 cognitive behavioural therapy (CBT) for SAD 75-76 coloured light therapy 62-63 halogen lights 42-43 cost of light devices 63-65 Hamilton Depression Rating Scale health insurance reimbursement 65, 149-50 (Ham-D) 32-33 see also SIGH-SAD (Ham-D) dawn simulators 60-62 rating scale health insurance reimbursement for day length, photoperiod theory of SAD 95 light devices 65 delayed sleep phase syndrome (DSPS), potential use sample letter 149-50 of light therapy 108-09, 110

152



Index

hypersomnia in SAD 15–16 age-related insomnia 109–10 hypnotic medications for insomnia in SAD 72 antenatal depression 107, 108–09 hypomanic state, risk with light therapy 36 attention deficit hyperactivity disorder (ADHD) 108–09
hypomanic state, risk with light therapy 36 attention deficit hyperactivity disorder (ADHD) 108–09
(ADHD) 108–09
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
insomnia in SAD 15–16 bipolar disorder 104–07
hypnotic medications 72 bulimia nervosa 107–09
Instructions for Light Therapy handout 123–24 children with SAD 18
insurance reimbursement for light devices 65 circadian sleep–wake disorders 109–10
sample letter 149–50 delayed sleep phase syndrome
internet and print resources for clinicians 115 (DSPS) 108–10
dementia behavioural disturbances 109–10
jet lag, potential use of light therapy 109, 110 depression during pregnancy 107, 108–09
jet lag 109, 110
'leaden paralysis' in SAD 16 nonseasonal depression 22
light nonseasonal MDD 103–04
as therapy ix postpartum depression 107, 108–09
effects on circadian rhythms 91–95 premenstrual dysphoric disorder (PMDD/PMS)
light boxes 29–30, 54, 55
problems with use of 44 SAD see light therapy for SAD
light cafes 65 SAD variants 22
light devices shift workers 109, 110
coloured light therapy 62–63 light therapy evaluation, evidence for light therapy in
cost of 63–65 SAD 86–89
dawn simulators 60–62 light therapy for SAD
fluorescent light boxes 54, 55 adherence to treatment 38–39, 44
health insurance reimbursement 65 blue light effects 43
light boxes 29–30, 30, 44, 54, 55 blue light hazard 37, 43
light cafes 65 bright light toxicity 37, 38
light-emitting diode (LED) devices 42–43, 58, clinician-rated scales 32–33
59–60 contraindications for light therapy 29
light therapy rooms 64, 65 customized treatment 39–40
light visors and caps 60 definition of clinical remission 32
Ott lights 63 definition of clinical response 32
unproven devices and false claims 62 definition of non-response 32
what to look for in a light device 53–54 duration of treatment sessions 42, 45
light-emitting diode (LED) evidence for light therapy 86–89
devices 42–43, 58, 59–60 how long to continue light therapy 47, 48
light therapy applications light boxes 29–30



Index

light therapy for SAD (cont.) light therapy mechanism of action 89-98 catecholamine depletion theory of SAD 96-97 light intensity (brightness) required 41 lux rating of light sources 29-30 circadian rhythms 90-92 management of side effects 33 dual vulnerability theory of SAD 98 neurotransmitter theory of SAD 96-97 monitoring clinical response 31-33 Morningness-Eveningness Questionnaire (MEQ) phase-response curve 91, 92-95 phase shift theory of SAD 95-96 46, 127, 128-32 phase shifting effects of light 91, 92-95 Patient Health Questionnaire, 9-item version (PHQ-9) 33, 140-42 photoperiod theory of SAD 95 patient information and education 27 light therapy rooms 64, 65 patient self-care 27 light visors and caps 60 lux rating of light sources 29-30 patient self-rated scales 33 predictors of response 31 major depressive disorder (MDD) preventative treatment 49 problems with treatment compliance 44 chronic MDD with winter worsening 22 problems with use of the light box 44 risk factors for suicide 14, 16 Quick Inventory of Depression Scale, Self-Rated seasonal pattern specifier 3-5, 6 (QIDS-SR) 33, 143 see also nonseasonal MDD major depressive episodes (MDEs), DSM-IV criteria response time for light therapy 30–31 review of treatment parameters 40-43 3, 4, 6, 11 risk factors for bright light toxicity 37, 38 manic state, risk with light therapy 36 risk of suicidality 36 medical illness, differential diagnosis with SAD 18 risk of switch to manic or hypomanic state 36 medication effects, differential diagnosis side effects of light therapy 33, 34 with SAD 18 melatonin secretion, control of 90, 91-95 SIGH-SAD (Ham-D) rating scale 32-33, 136, 137-39 melatonin treatment for SAD 76-77 meta-analysis 84 simplified light treatment method 29-31 summer follow-up visit 28, 48-50 evidence for light therapy in SAD 86-87, 88-89 modafinil 71, 72 summertime use of light therapy 48-50 symptom rating scales 33 monitoring clinical response to light therapy time of day of treatment 42, 45, 46 31 - 33trouble-shooting poor or limited Morningness-Eveningness Questionnaire (MEQ) 46, response 43-47 127, 128-32 visits for assessment and treatment 27, 28 wavelength of the light 42-43 negative ions, treatment for SAD 78 when to restart light therapy 49 neurotransmitter modulation 69-72 white light 42-43 neurotransmitter theory of SAD 96-97 light therapy in clinical practice see light therapy for SAD nonseasonal depression, seasonal worsening 17, 20



Index

nonseasonal MDD double-blind situation 83-84, 85 evidence for therapeutic effects of light 103-04 expert review 84 light therapy method 104 meta-analysis 84 noradrenaline depletion and SAD 96-97 placebo allocation 83-84 placebo effect 84-85 Ott lights 63 randomization 83 overeating in SAD 13-15 sample size and scope 84 statistical significance 84 Patient Health Questionnaire, 9-item version randomized controlled trial (RCT) evidence, light (PHQ-9) 33, 140-42 therapy in SAD 86-89 resources see clinician resources patient information and education 27 Instructions for Light Therapy handout 123-24 SAD (seasonal affective disorder) Patient Self-Care handout 125-26 as a dimensional trait 20, 21 patient self-care 27 Patient Self-Care handout 125-26 catecholamine depletion theory 96-97 patient self-rated scales 33 dual vulnerability theory 75-76, 98 Personal Inventory for Depression and Seasonality Frequently Asked Questions (FAQ) 118, 119-22 (PIDS) 12-13 genetic factors 6, 17 phase-response curve 91, 92-95 impact on quality of life 12 neurotransmitter theory 96-97 phase shift in circadian rhythms 91-92 effects of light 91, 92-95 phase-shift theory 95-96 phase-shift theory of SAD 95-96 photoperiod theory 95 photoperiod theory of SAD 95 prevalence 11-12 pineal gland 90 screening tools 12-13 SAD clinical features 6, 13-18 placebo allocation in RCTs 83-84 placebo effect 84-85 adolescents 18 postpartum depression, potential use of light therapy binge-eating 15 107, 108-09 carbohydrate craving and overeating 13-15 children 18 premenstrual dysphoric disorder (PMDD/PMS), potential use of light therapy 108-09 family history 6, 17 preventative light therapy 49 genetic factors 6, 17 Prozac (fluoxetine) 69, 70, 73-74 hypersomnia 15-16 increased appetite 13-15 Quick Inventory of Depressive Symptomatology, insomnia 15-16 Self-Rated (QIDS-SR) 33, 143 'leaden paralysis' 16 link with bulimia nervosa 15 randomized controlled trial (RCT) 83-85 low energy and fatigue 16 clinical relevance 84 seasonal weight fluctuation 13-15



Index

SAD clinical features (cont.)	tryptophan 77
sleep inertia 15–16	vitamins 78
suicidal ideas 6, 14, 16	SAD variants 17, 20–23
SAD diagnostic criteria 3–11	chronic MDD with winter worsening 22
accuracy of patient recall of symptoms 10–11	Depressive Disorder, Not Otherwise Specified 20
DSM-IV criteria 3–11	double depression 22
full remission in the spring/summer 8	dysthymic disorder 22
influence of patient attitudes 10–11	incomplete summer remission 21–23
_	SAD as a dimensional trait 20, 21
major depressive episodes (MDEs) 3, 4, 6, 11	seasonal worsening of nonseasonal
no nonseasonal episodes in the last two years 9–10	C
	depression 17, 20
not due to seasonal stressor 7	subsyndromal SAD 12, 20, 21
original definition of SAD 3	use of light therapy 22
regular time of onset 7	screening tools for SAD 12–13 seasonal affective disorder see SAD
SAD episodes in the last two years 9–10	
seasonal pattern specifier (DSM-IV) 3–5, 6	Seasonal Pattern Assessment Questionnaire (SPAQ)
seasonal substantially outnumber nonseasonal	11–13, 132, 133
episodes 10	seasonal pattern specifier (DSM-IV) 3-5, 6
SAD differential diagnosis	seasonal weight fluctuation in SAD 13–15
anemia 18	serotonin depletion and SAD 96–97
atypical depression 19–20	sertraline 69, 70
bipolar disorder 18–19	shift workers, potential use of light therapy 109, 110
drug abuse 18	SIGH-SAD (Ham-D) rating scale 32–33
medical illness 18	summary 136, 137–39
medications 18	sleep inertia in SAD 15–16
substance abuse 18	SSRIs, treatment for SAD 69, 70
thyroid conditions 18	St John's wort (<i>Hypericum</i>) treatment for SAD 77
SAD prevention study, antidepressant treatment 69,	substance abuse, differential diagnosis with SAD 18
70, 71	subsyndromal SAD 12, 20, 21
SAD treatments	suicidal ideas in SAD 6, 14, 16
antidepressants see antidepressant treatment for	suicidality, risk with light therapy 36
SAD	summer follow-up visit 28, 48–50
cognitive behavioural therapy (CBT) 75-76	summer remission, incomplete 21–23
exercise 78	summertime use of light therapy 48–50
herbal and neutriceutical treatments 76-78	suprachiasmatic nucleus (SCN), 90
light therapy see light therapy for SAD	symptom rating scales 33
melatonin 76–77	
negative ions 78	thyroid conditions, differential diagnosis with SAD 18
St John's wort (Hypericum) 77	tranylcypromine 71

156



Index

treatment effectiveness evaluation 83–85 evidence for light therapy in SAD 86–89 randomized controlled trials (RCTs) 83–85 tryptophan treatment for SAD 77

vitamin B12 (cyanocobalamin) 78 vitamin D 78

wavelength of the light for light therapy
42–43
weight, seasonal fluctuation in SAD 13–15
white light for light therapy 42–43
winter blues *see* subsyndromal SAD
winter depression *see* SAD (seasonal affective disorder)