Morning light therapy for juvenile depression and affective dysregulation – a randomized controlled pilot study

**Screening**

**Pre-tests (T1)**

**Intervention phase**

**Post-tests (T2)**

**Post-test (T3)**

**Post-test (T4)**

**Follow-up tests (T5)**

**Diagnosis: depression**

Informed consent
Check inclusion criteria

**Randomization**

**“active” light therapy**

2 weeks morning light therapy
$\rightarrow$ 10,000 lux
45 minutes

**“inactive” light therapy**

2 weeks morning light therapy
$\rightarrow$ 100 lux
45 minutes

**Post-test (T3)**

**Post-test (T4)**

**Follow-up tests (T5)**

**Assessment of expectations**

Saliva tests: melatonin (DLMO)

**BDI-II**

Adverse events
SF B/R
SDQ parent/ self – follow-up
TAP
CGI-I

Saliva tests: melatonin (DLMO)

**BDI-II**

Adverse events
MEQ
SF B/R
SDQ parent/ self follow-up
TAP
CGI-I

Saliva tests: melatonin (DLMO)