Reviewer's report

Title: Does Bright Light Have Anxiolytic Effects? An Open Trial

Version: 2 Date: 21 June 2007

Reviewer: Timo Partonen

Reviewer's report:

General
This is an interesting study of the effectiveness of light therapy. The authors have administered bright (3000 lx) light for three hours on three consecutive days and analyzed its effect on symptoms of anxiety as part of a bigger study protocol. The authors found a significant decrease in the intensity of anxiety in 79 participants having a status of good health. This is interesting, and the results may open a new avenue for the use of light exposures aiming at improvements in mental well-being.

-------------------------------------------------------------------------------

Major Compulsory Revisions (that the author must respond to before a decision on publication can be reached)
None.

-------------------------------------------------------------------------------

Minor Essential Revisions (such as missing labels on figures, or the wrong use of a term, which the author can be trusted to correct)
There are still some points that need amendment as follows.
Page 4, Methods. Which were the exact exclusion criteria? Please list those here.
Page 5, line 6. It says that tests of retinal circadian rhythms were performed. Please name and describe these tests briefly.
Page 6, line 9. It says "anxioltyic", it should say "anxiolytic". Please correct.
Page 6, line 11. Independent t-tests were used. Was the distribution for the data a normal one? Please state.
Page 6, Results. It says that the analyses included 79 persons and that 25 persons were excluded. So, was the total number of participants 104. Please confirm.
Page 6, Results. Please give the exact numbers for older and younger participants separately.
Page 6, Results, bottomline. Please give the 95% CI for the effect size reported here.
Page 7, lines 3 to 4. Please give the mean (and sem) values and the effect sizes (and 95% CI) for each day separately.
Discretionary Revisions (which the author can choose to ignore)
The authors may want to cite the following report in their discussion.

**What next?:** Accept after minor essential revisions

**Level of interest:** An article of importance in its field

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**
I declare that I have no competing interests.