16. LIGHT THERAPY FOR SEASONAL AFFECTIVE DISORDER (SAD): A META ANALYSIS OF EFFICACY

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Introduction. Affective Disorder is a growing concern in mental health, and this study explores the effectiveness of light therapy. This meta-analysis delves into the efficacy of light therapy as a treatment for SAD. The research illuminates the diverse facets of SAD and its response to light therapy.

Aim of study. This study explores dynamics of Seasonal Affective Disorder, emphasizing its connection with seasonal changes and the resulting psychological impact of depression. Going beyond conventional approaches, it aims to understand how light therapy alleviates associated depressive symptoms.

Methods and materials. The research is conducted from sources like Google Scholar and ScienceDirect. Inclusion criteria prioritize studies specifically focused on light therapy for SAD.

Results. To determine the efficacy of light therapy for Seasonal Affective Disorder, a meta-analysis of 19 trials' data was carried out by researchers. With a standardized mean difference for depression ratings of -0.37 and a risk ratio for treatment response of 1.42, bright light therapy appears to be superior to placebo. A study presented an innovative perspective by investigating exposure to outdoor light as a potential adjunct or alternative for traditional artificial light therapy for SAD. Interestingly, using strong placebo controls to compare white and green light treatments highlights the difficulties in distinguishing therapeutic benefits from placebos. Furthermore, a study concentrating on short-wavelength (blue) light treatment shows that it is more effective than dimmer red light for reducing major depressive disorder symptoms in a seasonal pattern. The meta-analysis contributes valuable insights to the evolving understanding of SAD treatment efficacy and highlights the need for larger, high-quality clinical trials to further substantiate these findings.

Conclusion. This meta-analysis underscores the significance of light therapy as a viable treatment for SAD, providing valuable insights into its efficacy. The examination of existing research enhances our understanding of the role light therapy plays in addressing the psychological aspects of SAD, paving the way for informed interventions and future studies in this domain.