



Target Area: Anxiety, Depression, Stress & Adjustment / Fatigue & Low work tolerance // Cognitive Deficits

<p>Sondergaard, Jarden, Martiny, Andersen &amp; Bech (2006). <i>Dose Response to Adjunctive Light-Therapy in Citalopram-Treated Patients with Post-Stroke Depression. A Randomised, Double-Blind, Pilot Study</i>. <i>Psychotherapy and Psychosomatics</i> 75(4): 244-248</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:  Y Studytype: RCT.  Y Population: n= 63 acute stroke patients who were not already on anti-depressive drug treatment or suffering other degenerative or neurological diseases.  Y Groups:  1. High-intensity group (n=34 study completers, 53% male, M=74.9; SD=8.2).  2. Medium-intensity group (n=29 study completers, 10% male, M=74.9; SD=9.5).  Y Setting: Inpatient.</p> <p>Primary outcome measure/s:  Y Hamilton Depression Rating Scale (HAM-D).  Y Bech-Rafaelsen Melancholia Scale (MES).</p> <p>Secondary outcome measure/s:  Y None.</p> <p>Result: A substantial reduction in depression was found during the four weeks of treatment. After 4 weeks, a statistically significant effect was seen on the HAM-D between the two groups (effect size = 0.55).</p>	<p>Aim: To reduce levels of depression in patients post-stroke.</p> <p>Materials: Lamp (in conjunction with receiving 20mg citalopram daily).</p> <p>Treatment plan/procedure:  Y Duration: 4 week program (7 hours of light therapy).  Y Sequence: 30 min sessions x 14 days.  Y Content: All participants received 20 mg citalopram daily for 4 weeks. For a period of 14 consecutive days, participants also received light therapy each morning (high-intensity for one group= 10,000 lx; medium-intensity for the other group=4,000 lx). The lamp was placed in front of participants and was supervised by nursing staff.</p>