



## Study participants needed for feasibility study of long-term light and ion therapy for maintenance treatment in depression

The UBC Mood Disorders Centre at the Djavad Mowafaghian Centre for Brain Health is now recruiting for a feasibility study exploring the use of two separate non-medication treatments, light therapy and ion therapy, as maintenance treatment in major depression. We are interested in exploring factors affecting the two treatments as maintenance treatments (to help prevent the return of symptoms) instead of medications in people with Major Depressive Disorders who wish to stop their antidepressant treatment.

We are looking for people who:

- are 19-65 years old;
- meet criteria for major depressive disorder (not bipolar disorder) and have had two or more episodes of depression;
- are currently taking an antidepressant for depression, and have taken it continuously for at least 3 months and no more than 12 months, with no dose change in the past month
- are interested in or are considering stopping your antidepressant
- are feeling well (no longer depressed) and in remission, according to a clinical interview
- do not have a seasonal pattern of depressive episodes (seasonal affective disorder)
- have no other major medical conditions or psychiatric conditions (except for major depressive disorder);
- do not have a problem with substance use currently or within the past 6 months.

Participation would include daily use of a bright light device or ion device provided by our clinic for 6 months, as well as regularly completing self-rated scales and meeting the study doctor for assessments. However, half of the treatment devices have been modified so that they are inactive (placebo). You have a 1 in 2 chance (like flipping a coin) of receiving an active or an inactive device.

You will receive \$15 per in-person study visit to cover costs of participating.

This study is being conducted by **Dr. Raymond Lam** at the **Mood Disorders Centre, UBC Hospital**.

For more information and how to enroll, please contact us at [Lam.MDDResearch2 @ ubc.ca](mailto:Lam.MDDResearch2@ubc.ca) for further details.