

## Press release

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### Basic information

Name: Mette Kragh      Email: mekrag@rm.dk Phone: 2328 2815

Department of: Clinical Medicine

Main supervisor: Erik Roj Larsen

Title of dissertation: Wake and light therapy for major depression – efficacy, predictors and patients experiences

Date for defence: 16/6 at (time of day): 14:00 Place: Auditoriet Aarhus universitetshospital, Risskov Skovagervej 2, Risskov

Press release (Danish)

### Vågenterapi mod depression

Vågenterapi kombineret med lysterapi og søvnvejledning er en hurtigtvirkende antidepressiv behandling. Effekten er kortvarig, men til gengæld er der andre langsigtede gevinster ved behandlingen viser et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af forskningssygeplejerske Mette Kragh, der forsvare sin afhandling d. 16/6.

I studiet indgik 64 indlagte patienter med moderat til svær depression. De blev tilfældigt fordelt i to grupper: En kontrolgruppe og en interventionsgruppe. De modtog henholdsvis vanlig behandling eller interventionen, som bestod af tre vågenterapi sessioner i en uge samt dagligt lysterapi og søvnvejledning i alle studiets ni uger.

Patienter fra vågenterapigruppen havde i den første uge sammenlignet med kontrolgruppen en signifikant lavere depressions score målt på Hamilton-depressions-skalen, imens der ikke var signifikante forskelle mellem grupperne i uge to til ni. Til gengæld opnåede patienterne i vågenterapigruppen på længere sigt en bedre søvn og større tro på egne evner til at håndtere udfordringer. Man kan forstille sig, at dette vil gøre dem i stand til bedre at håndtere fremtidige depressive symptomer, hvilket er vigtigt, idet depression ofte er en tilbagevendende sygdom.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 16/6 kl. 14 i auditoriet på Aarhus Universitet, Risskov Skovagervej 4, Risskov. Titlen på projektet er ” Wake and light therapy for major depression – efficacy, predictors and patients' experiences ”. Yderligere oplysninger: Ph.d.-studerende forskningssygeplejerske Mette Kragh, e-mail: mekrag@rm.dk, tlf. 2328 2815.

Press release (English)

### Wake therapy for major depression

Wake therapy combined with light therapy and sleep time stabilisation is a fast-acting antidepressant treatment. The effect is shortlasting. There are however other benefits of the treatment concludes a new PhD project carried out by reserch nurse Mette Kragh, who is defending her dissertation on 16/6.

64 patients with moderate to severe depression participated in the study. They were allocated to standard treatment or to an experimental intervention, consisting of three wake therapy sessions in one week, and for the entire nine week study period 30 minutes daily light treatment and sleep time stabilisation

Compared with the control group, patients in the wake therapy group had a significant decrease of depressive symptoms in week one as measured by Hamilton-depression-scale, whereas no statistically significant differences were found between the groups in weeks two to nine. The wake therapy patients achieved improved sleep patterns and greater confidence in their capability to manage challenges. Perhaps this will enable them to manage future symptoms of depression more easily, which is important, since depression often recurs.

The PhD defence is public and takes place on 16/6 in the auditorium at Aarhus University Hospital, Risikov, Skovagervej 4, Rissov. The title of the project is "Wake and light therapy for major depression – efficacy, predictors and patients' experiences". For more information, please contact PhD student reserch nurse Mette Kragh, email: mekrag@rm.dk, Phone +45 2328 2815.

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