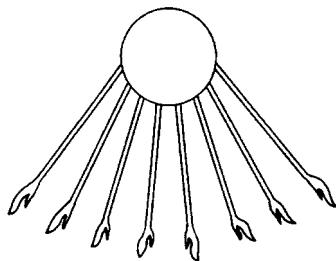


On the Chronobiology of Seasonal Affective Disorder





The work described in this thesis was performed at the Department of Psychiatry of the Groningen Academic Hospital, P.O. Box 30001, 9700 RB Groningen, The Netherlands.

All studies were approved by the Medical Ethics Committee of the Groningen Academic Hospital.

The project was supported by the Nederlandse Gasunie B.V., the Medical Faculty of the University of Groningen, the Groningen Academic Hospital, the Ministry of Health, and the National Fund of Mental Health.

The work on the effects of extraocular light in winter depression was supported by the Technology Foundation STW, applied science division of NWO and the technology program of the ministry of Economic Affairs, Philips Lighting Cy and Philips Domestic Appliances and Personal Care Cy.

The printing of this thesis was financed by Stichting Onderzoek Licht en Gezondheid/TU Eindhoven, Cara C'air BV Velserbroek, MediluX BV Helvoirt/Velserbroek Philips Domestic Appliances and Personal Care BV Groningen, Philips Lighting BV Eindhoven.

Lay-out: Dick Visser (University of Groningen)

Cover illustration from Ontwikkeling van de geneeskunde. Lewis P, Margotta R. Schuyt & Co Uitgevers en Importeurs BV, Haarlem, 1996.

Printed by: van Denderen B.V., Groningen

ISBN: 90-367-1557-1

RIJKSUNIVERSITEIT GRONINGEN

On the Chronobiology of Seasonal Affective Disorder

Proefschrift

ter verkrijging van het doctoraat in de
Medische Wetenschappen
aan de Rijksuniversiteit Groningen
op gezag van de
Rector Magnificus, dr. D.F.J. Bosscher
in het openbaar te verdedigen op
vrijdag 16 januari 2001 
om 16.00 uur

door

Kathelijne Mara Koorengevel
geboren op 2 mei 1971
te Dordrecht

Promotores: prof. dr. R.H. van den Hoofdakker
 prof. dr. J.A. den Boer
Co-promotor: dr. D.G.M. Beersma

Beoordelingscommissie: prof. dr. S. Daan
 prof. dr. G.A. Kerkhof
 prof. dr. A. Wirz-Justice

Contents

Chapter 1 General background and thesis overview	7
Chapter 2 Seasonal Affective Disorder and light therapy in a historical perspective	19
Chapter 3 Extraocular light therapy in winter depression: A double-blind placebo-controlled study	31
Chapter 4 A forced desynchrony study of circadian pacemaker characteristics in Seasonal Affective Disorder	45
Chapter 5 Sleep in Seasonal Affective Disorder patients in forced desynchrony: An explorative study	65
Chapter 6 Mood regulation in Seasonal Affective Disorder patients and healthy matched controls studied in forced desynchrony	85
Chapter 7 Summary and general discussion	105
References	115
Samenvatting	125
Dankwoord/ Acknowledgments	133

