

S06-03

WAKE THERAPY YIELDS SUSTAINED RESPONSE AND REMISSION. A RATER-BLIND 9 WEEKS CONTROLLED STUDY USING A CHRONOTHERAPEUTIC INTERVENTION COMPARED TO EXERCISE.

K. Martiny¹, E. Refsgaard², V. Lund², M. Lunde², P. Bech³

¹Mental Health Center Copenhagen, University Hospitals Copenhagen, Copenhagen, ²Mental Health Center North Zealand, Psychiatric Research Unit, ³Mental Health Center North Zealand, Psychiatric Research Center, Hilleroed, Denmark

Introduction: Wake therapy (sleep deprivation) is known to induce a rapid amelioration of depressive symptoms. Recently, techniques using bright light therapy and sleep time control have been developed to sustain the acute response of wake therapy.

Objectives: The aim of this study was to establish the efficacy of these new methods and to control for the placebo response by incorporating an active control group.

Methods: Patients with an actual diagnosis of unipolar or bipolar major depression were randomized to either a wake group or an exercise group and followed for 9 weeks. All patient were treated with duloxetine 60 mg daily. After a one week medication run-in phase, all patient were admitted to an open ward for six days: The wake group had 3 wake nights during their stay in combination with daily bright light treatment and sleep time control and the exercise-group started their exercise program. Bright light and exercise were continued for the whole study period.

Results: Patients in the wake group had a statistically significant larger improvement from immediately after wake therapy and maintained for the rest of the study period. At end of study the Wake group achieved a response / remission rate of 70.2 % and 45.6 %. The exercise group had a response/ remission rate of 42.2 % and 23.1 %

Conclusion: The chronotherapeutic intervention induced a rapid and sustained response superior to the response seen in the exercise group.