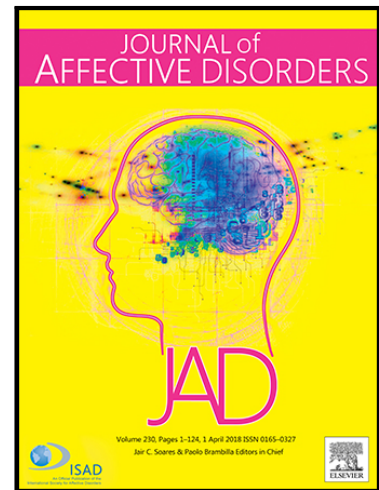


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Transcranial and Systemic Photobiomodulation for Major Depressive Disorder: A Systematic Review of Efficacy, Tolerability and Biological Mechanisms.

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HIGHLIGHTS

- Photobiomodulation (PBM) is a novel treatment under study for neuropsychiatric disorders.
- PBM modulates different cellular pathways, which are also relevant to MDD.
- Pre-clinical and clinical evidence suggest PBM is safe and potentially effective to treat MDD.
- Research on PBM for MDD is still preliminary and needs confirmation by large clinical trials.

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