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Depressive mood and circadian rhythms disturbances as outcomes of seasonal affective disorder treatment: A systematic review

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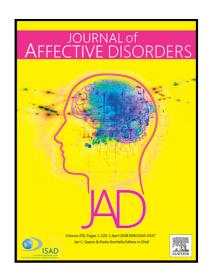
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#### ACCEPTED MANUSCRIPT

### Highlights

- Mood and circadian disturbances are distressing clinical features of SAD
- Bright light therapy is effective in improving both mood and circadian rhythms
- SSRIs show efficacy in ameliorating depressive symptoms in SAD
- The link between mood and circadian symptoms of SAD remains controversial
- Pleiotropic components could contribute to the multifactorial pathogenesis of SAD

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