

# Accepted Manuscript

Seasonality in affective disorders

Anna Wirz-Justice

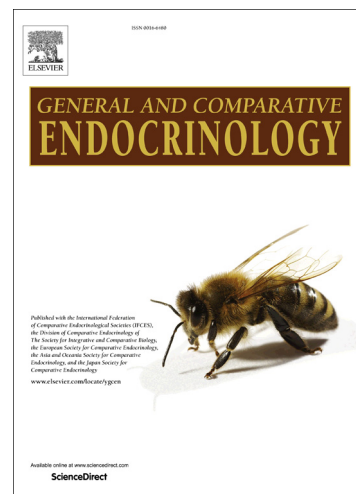
PII: S0016-6480(17)30237-X  
DOI: <http://dx.doi.org/10.1016/j.ygcen.2017.07.010>  
Reference: YGCEN 12694

To appear in: *General and Comparative Endocrinology*

Received Date: 30 March 2017  
Revised Date: 14 June 2017  
Accepted Date: 12 July 2017

Please cite this article as: Wirz-Justice, A., Seasonality in affective disorders, *General and Comparative Endocrinology* (2017), doi: <http://dx.doi.org/10.1016/j.ygcen.2017.07.010>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.



# Seasonality in affective disorders

Anna Wirz-Justice

Centre for Chronobiology, Psychiatric Clinics, University of Basel, 4025 Switzerland

*"It is chiefly the changes of the seasons which produce diseases."* Hippocrates (5<sup>th</sup> century BC)

## Abstract

Humans retain neurobiological responses to circadian day-night cycles and seasonal changes in daylength in spite of a life-style usually independent of dawn-dusk signals. Seasonality has been documented in many functions, from mood to hormones to gene expression. Research on seasonal affective disorder initiated the first use of timed bright light as therapy, a treatment since extended to non-seasonal major depression and sleep-wake cycle disturbances in many psychiatric and medical illnesses. The growing recognition that sufficient light is important for psychological and somatic well-being is leading to the development of novel lighting solutions in architecture as well as focus on a more conscious exposure to natural daylight.

## Keywords

Human seasonality, SAD, light therapy, depression, sleep disorders

## Highlights

This overview highlights the impact of seasonal rhythms on humans in health and disease with particular reference to affective disorders.

## 1. The Natural Environment

Download English Version:

<https://daneshyari.com/en/article/8631290>

Download Persian Version:

<https://daneshyari.com/article/8631290>

[Daneshyari.com](https://daneshyari.com)