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Clinical Efficacy, Onset Time and Safety of Bright light Therapy in Acute Bipolar Depression as an Adjunctive Therapy: a Randomized Controlled Trial

Running Head: Light Therapy in Treating Bipolar Depression

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Background

Bright light therapy (BLT) is an effective treatment for seasonal affective disorder and non- seasonal depression. The efficacy of BLT in treating patients with bipolar disorder is still unknown.

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