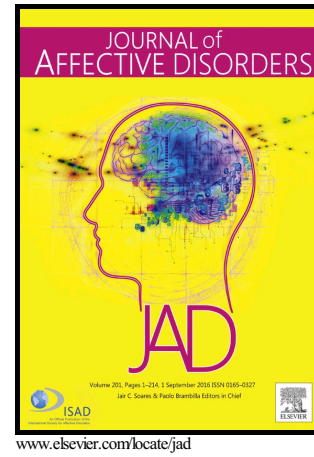


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Outdoor light at night and the prevalence of depressive symptoms and suicidal behaviors: a cross-sectional study in a nationally representative sample of Korean adults

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Abstract

Background

Outdoor light at night (LAN) is an increasingly prevalent type of environmental pollution. Studies have demonstrated that outdoor LAN can disrupt circadian rhythms, potentially contributing to insomnia, cancer, cardiovascular disease, and metabolic changes in humans. We investigated the association of outdoor LAN with depressive symptoms and suicidal behaviors in South Korean adults.

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