SLTBR NEWSLETTER
Society for Light Treatment and Biological Rhythms

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1988 Vol 1 #1  Creating SLTBR and the Newsletter

SLTBR ORGANIZES: MONTREAL, MUNICH

A preliminary meeting to discuss the merits of forming a professional organization focusing on Seasonal Affective Disorder (SAD) and light therapy was held May 9th, 1988 at the Hotel Queen Elizabeth in Montreal in conjunction with the American Psychiatric Association meetings. Initial presentations were made by the "SADhoc" committee: Drs. Hellekson, Lewy, Rosenthal, Terman, and Wirz-Justice. Discussion followed among the approximately 30 invited guests.

A second meeting was held August 19th, 1988, at the Collegium Internationale Neuro-Psychopharmacologicum in Munich, recapitulating the aims set forth in Montreal. A number of new researchers in the field -- in particular from Eastern Europe -- indicated their interest in such an organization.

The concept of an organization of clinicians and researchers working in the areas of light therapy and biological rhythms was generally agreed upon. Suggested form and scope varied. Several members cited the need to remain in the "mainstream" by publishing in existing journals and affiliating as a task force with either clinical organizations -- such as the American Psychiatric Association or American Psychological Association -- or research organizations -- such as the Society for Research on Biological Rhythms. The possibility of liaison with the Association of Professional Sleep Societies, which has a major interest in chronobiology and a precedent of separate clinical and research groups, was suggested. The hazard of becoming an isolated group with the emphasis on exclusion and accreditation was mentioned.

Because light therapy may be used for disorders as varied as shift work and skin disorders, and because SAD may be related to temperature as well as light, the domain of the organization needs delineation.

With the rapid advancement of the field and the availability of electronic communications, a network of MCI Mail subscribers, and perhaps an electronic bulletin board, might be established to facilitate exchange of information, recent findings, new references, teaching slides, membership and referral lists, etc. This could serve as an "on-line clearinghouse" through which position papers could be developed within "computerized committee meetings," following the model of the SADhoc committee (see item below). Links to university-based BITNET systems, and to facsimile (fax) systems could also be arranged.
Several priorities have been outlined: (1) liaison with the U.S. Food and Drug Administration (FDA), and a consensus statement regarding the safety of light therapy; (2) liaison with U.S. medical insurers, in order to motivate third-party reimbursement for light fixtures and clinical supervision; (3) liaison with a newly-formed U.S. patient support group, the National Organization for Seasonal Affective Disorder (NOSAD); (4) liaison with lighting manufacturers; (5) improvement and standardization of rating scales such as the Hamilton; (6) a consensus statement regarding clinical supervision in light therapy for SAD patients versus self-administration of bright-light treatment by the general public.

Following these initial meetings, the SADhocs devised an organizational plan. SLTBR would be formed as an international, not-for-profit organization, with a proposed slate of officers to serve two years with subsequent annual elections: President, A. Lewy; President-Elect, N. Rosenthal; Vice President, A. Wirz-Justice; Secretary, M. Terman; Treasurer, C. Hellekson. Membership categories would include professionals with research involvement, affiliates, and corporate representatives (see item below).

Initially the primary work of SLTBR would be through committees which would develop position papers on important issues to the field, publish a newsletter, and arrange an annual meeting. Several committees have already begun work (see reports below): Federal and Industrial Relations, G. Brainard, Chair; DSM-IV Liaison, D. Avery, Chair; NOSAD Liaison, N. Rosenthal, Chair; Membership, C. Eastman, Chair. The site and format of the first annual meeting are still under discussion, but will be announced in the next newsletter.

C. J. H., A. W.-J.
1989 Vol 1 #2
- SAD and light therapy in 1989 (A Wirz-Justice)
- Bright light treatment for shift workers (C Eastman)
- SIGH-SAD: reliable? Valid? (J Williams, M Link, M Terman)
- Insurance reimbursement of light box claims (L Powers)
- The DSM-IV debate (D Avery)
- SAD patient support groups (B Ingersoll)
- Federal/industrial relations (G Brainard)
- Book review: “The hibernation response” P Whybrow (M Moline)

1989 Vol 1 #3
- The DSM-IV debate, continued (D Avery)
- Seasonal pattern for DSM-IV (D Dunner)
- Some thoughts about the classification of SAD (N Rosenthal)
- Light treatment and U.S. federal regulatory agencies (M Waxler)
- The lights are on in Siberia (C Hellekson)
- Book review: “Seasonal affective disorders and phototherapy” NIMH Workshop (S Armstrong)

1989 Vol 1 #4
- The DSM-IV debate, continued (N Rosenthal)
- Making claims: who’s on the same wavelength? (J Anderson)

1989 Vol 1 #5
- SLTBR meeting NIMH review (C Singer)
- The DSM-IV debate, continued. Preparation for the Dunner report (D Oren)
- Non-seasonal applications of light (K Stewart)
- Editorial: developing the case for efficacy (M Terman)
- Winter depression in Japan: a new multi-centre study (K Takahashi)
- Book review: “Light up your blues: understanding and overcoming your seasonal affective disorders” R Moreines, P McGuire (J Gaddy)
- Issues of efficacy, insurance reimbursement, FDA response (L Lamberg)

1989 Vol 2 #1
- State of the society (A Lewy)
- The DSM-IV debate, continued. Draft report to APA Task Force committee submitted by Dunner (D Avery)
- SLTBR meeting review: Safety standards and guidelines (B Rafferty)
- Letters to the Editor (F Turek, J Downing), editor’s reply (M Terman)
- Insurance endorsement packet now available
1989 Vol 2 #2
- SLTBR meeting review (G Brown)
- Book review: “Seasons of the mind” N Rosenthal (R McGrath)
- Assessment of light damage (C Remé)
- APSS meeting review (R Cole)
- Book review: “Daylight robbery and the light fantastic” D Downing (C van Howelingen)

1990 Vol 2 #3
- SLTBR meeting Work Sessions: Industrial/federal relations and criteria for clinical efficacy (B Rafferty)
- Update on the DSM-IV debate (D Avery)
- Letter from Dr. Rush on DSM-IV
- SLTBR Public Information brochure (draft)
- Q&A about light therapy (M Terman)

1990 Vol 2 #4
- Federal/industrial relations session (G Brainard, M Waxler)
- Third party apparatus reimbursement (L Powers)
- Public information brochure still in the works (M Link)
- Letter to the editor: Jogging and light therapy (R Wurtman)
- Book review: “Seasonal Affective Disorder” C Thompson, T Silverstone (J Hallonquist)

1990 Vol 2 #5
- SLTBR Meeting NY review
- Scientific and clinical advisory work group on efficacy of light therapy for non-SAD conditions (J Gaddy)
- Light visor as treatment for SAD (M Young); response (N Rosenthal, D Moul)
- Media review: the living clock PBS (M Bauer)
- Light therapy and ocular health (Eye check-up for users of light treatment) (C Remé, P Gallin)
- Light treatment for shift work (S Campbell, C Eastman, A Lewy); response (C Czeisler et al)

1990 Vol 3 #1
- SLTBR Meeting consensus-building debates (D Beersma)
- On the structure of the Work Group recommendations for FDA (G Brainard, M Waxler)
- The SAD and S-SAD Work Group report (A Wirz-Justice, D Oren)
- The non-SAD Work Group report (D Kripke, J Gaddy)
- The Safety Work Group report (M Waxler, R Cole)
- APSS meeting review (R Sack, C Eastman)

1991 Vol 3 #2
- Quo vadis S-SAD? Comment on Draft report (S Kasper)
- Safety of light therapy devices. Comment on Draft report (C Remé)
- On placebo effects, SAD assessment, and withdrawal to relapse (J Stewart)
- SAD in Britain: The role of the SAD Association (J Eastwood)
- Book review: “SAD: winter depression – who gets it, what causes it and how to cure it” A Smyth (R McGrath)
- Book review: “Light: medicine of the future” J Liberman (M Moline)

1991 Vol 3 #3
- Book review: “Sleep and biological rhythms – basic mechanisms and applications to psychiatry” J Montplaisir, R Godbout (D Avery)
- Media review: Special report: on Health (J Lipsitz)
- Operation of a light therapy clinic (E Camara)

1991 Vol 3 #4
- Letter from the president (N Rosenthal)
- Clinical efficacy of the light visor, and its broader implications (M Terman)
- Standards for specifying parameters of bright light stimulation for therapeutic applications: a proposal (C Remé, M Menozzi, H Krueger)
- Chronophysiological aspects of light treatment for SAD: Siberian studies (A Putilov et al)
- Consensus statements on the safety and effectiveness of light therapy of depression and disorders of biological rhythms. SLTBR/FDA Work Group report (G Brainard, M Waxler)
- Book review: “Rheostasis: the physiology of change” N Mrosovsky (D-J Dijk)
- On finding effect (R Rosenthal)

1991 Vol 4 #1
- DSM-IV update (M Bauer)
- SAD and light therapy research in CANADA (R Lam)
- 5th World Congress of Biological Psychiatry, Florence 1991 (B Parry)
- Workshop “Concepts and models of sleep regulation” Zürich 1991 (A Borbély)
- Workshop “The constant routine” WFSS Conference, Cannes 1991 (D Minors)
- Passive light therapy by improved building design? (D Cawthorne)
- Letter “Clinical efficacy of the light visor” (G Wallace, M Terman)
- Article review: “The timing of antidepressant treatment” Chronobiol Int (1991) 8:203 (W Koehler)

1992 Vol 4 #2
- SLTBR Board urges responsible advertising, light apparatus development
- Erwin Bünning (M Chandrashekar)
- DSM-IV (AJ Rush) / ICD-10 (V Dittmann)
- Article review: “Brain & interval timing” J Herbert (M Hastings)
- Phillippe Laudat Conference 1991 Strasbourg “Neurobiology of circadian and seasonal rhythms: animal and clinical studies” (J Arendt)
- Light therapy research in AUSTRIA (C Neudorfer)
- Book review “Biological rhythms: implications for the worker” 1991 (T Åkerstedt)

1992 Vol 4 #3
- Light therapy in the UNITED KINGDOM (C Thompson)
- Human light studies in the NETHERLANDS (D Beersma)
- Circadian rhythms and depression: animal models? (A Rosenwasser)
- Meeting review “Biologic Effects of Light” Symposium, Atlanta 1991
  (G Brainard)

1992 Vol 4 #4
- Message from the outgoing president
  (N Rosenthal)
- “Chronoarcheology” Hufeland (J Aschoff)
- SAD, rhythms disorders and light therapy in
  AUSTRALIA (L Lack)
- SAD and light therapy research in HUNGARY
  (A Németh, M Arató, E Szádóczky)
- Light therapy in CZECHOSLOVAKIA (J Prăsko)

1992 Vol 5 #1  Special Issue on FDA Regulations
- FDA considers light treatment (M Terman)
- FDA sends letters to some lighting companies (D Avery)
- FDA classification of devices
- FDA letter to a light box manufacturer
- NIMH Advisory report on light therapy devices (F Goodwin)
- SLTBR letter to FDA (M Terman, D Avery)
- If you are concerned about the FDA decision...
- FDA light box regulations may change (L Lamberg)
- SLTBR meeting review (L Lamberg)
- A multicenter study on SAD and sleep-wake
  rhythm disorders in JAPAN (K Takahashi)
- SRBR meeting review Florida 1992 (Z Boulos)
- SAD assessment tools packet revised (M Terman,
  J Williams)
- Task force formed for light treatment of sleep
  disorders (with ASDA)

1992 Vol 5 #2
- SLTBR Board statement about misleading advertising by manufacturers
- FDA begins review of bright light therapy (D Avery)
- Light therapy in (EAST) GERMANY (M Heim, W Schöne)
- Light therapy in (WEST) GERMANY (S Kasper, S Ruhrmann, H-J Möller)
1993 Vol 5 #3
- Memo from the President (M Terman)
- Federal-Industrial relations committee update (D Avery)
- Does light treatment work? Is light treatment a placebo? (C Eastman)
- The Seasonal Pattern Assessment Questionnaire (SPAQ): some comments (A Wirz-Justice, P Graw, S Recker)
- SPAQ reliability in an Australian twin sample (G Murray, S Armstrong, D Hay)
- An assessment of SPAQ and SPAQ+ reliability (P Marriott, K Greenwood, S Armstrong)
- Photic phase shifting in hamsters: more than meets the eye (N Mrosovsky)
- A psychiatrist’s comment (W Köhler)
- Meeting review: Wenner-Gren International Symposium Stockholm (B Kjellman)
- Studies of SAD and light treatment in NORWAY (O Lingjaerde)
- Light in the north: rhythm, SAD and light therapy research in FINLAND (C Hagfors)

1993 Vol 5 #4
- DSM-IV draft criteria for seasonal pattern (M Bauer)
- SLTBR continues with DSM-IV inputs (N Rosenthal, M Terman)
- Agency for Health Care acknowledges SAD and light therapy option (M Terman)
- (ASDA/SLTBR Task Force draft) Bright light treatment for jet lag (Z Boulos)
- SAD in ICELAND (A Magnússon, J Axelsson)
- Book review “The 24-hour society” M C Moore-Ede (J Waterhouse)

1993 Vol 6 #1
- SLTBR Meeting in San Diego Review (R Adolfsson)
- SLTBR Board and membership actions
SLTBR MEMBERS found themselves the target for Charmaine Eastman's camera during the annual meeting in San Diego. Pictured on this page (clockwise, beginning upper left corner) are Norman Rosenthal, M.D., Raymond Lam, M.D., Scott Campbell, Ph.D., Anna White-Jasinska, Ph.D., David Avery, M.D., SLTBR Executive Director Nancy McCullough, legal counsel Gary Barnum, Wilfred Kehler, Ph.D., Stuart Armstrong, Ph.D., and (center) Roger Celis, Ph.D.

MORE SLTBR MEETING PHOTOS feature (clockwise, beginning upper left corner) Charles Monti Kolo, Ph.D., Barbara Pavy, M.D., Jeffrey Elliott, Ph.D., Thomas Webb, M.D., Daniel Kielcz, M.D., Marie Dumas, Ph.D., Robert Beck, M.D., Drew Davidson, Ph.D., Suze Ancell-Izrail, Ph.D., Takura Etai, M.D., and ardent Charmaine Eastman, Ph.D., and Leonard Leach, Ph.D. In addition to a widespread U.S. contingent, SLTBR members from Australia, Brazil, Canada, Germany, Japan, Sweden, Switzerland, The Netherlands, and The United Kingdom participated in the meeting in San Diego.
- Melatonin, depression, SAD and light therapy research in SWEDEN (B Kjellman)
- Mother mouse as behavioral zeitgeber: some findings in basic biological research (M Chandrashekaran)
- (ASDA/SLTBR Task Force draft) Treatment strategies for age-related sleep disturbances using timed exposure to bright light (S Campbell)

1993 Vol 6 #2
- The first decade of SAD: a subjective perspective (N Rosenthal)
- DSM-IV debate continues (N Rosenthal, M Terman)
- Update: federal –industrial relations (D Avery)
- (ASDA/SLTBR Task Force draft) Alerting / activating effects of light (S Campbell)
- “Light sensitivity” a real or expressiveness subscale on the SPAQ? (C Hagfors)
- Book review: “Winter blues: seasonal affective disorder – what it is and how to overcome it” N Rosenthal (M Corral)

1994 Vol 6 #3
- Copyrighted diagnosis, patented treatment (DSM-IV, light patents (M Terman)
- Dear John… (S Campbell)
- (ASDA/SLTBR Task Force draft) A brief chronology of light studies in humans (S Campbell)
- (ASDA/SLTBR Task Force draft) Effects of light on circadian rhythms and sleep: basic processes (D-J Dijk)
- Book review “How to beat jet lag: a practical guide for air travelers” D Oren, W Reich, N Rosenthal, T Wehr (Z Boulos)
- Book review “Light Therapy” chapter in “Alternative Medicine: the definitive guide” (M Moline)

1994 Vol 6 #4
- Aschoff, Pittendrigh receive Mendel medal (H Illnerová)
- Comment on the Task Force Chronology, March 1994 draft (S Daan)
- (ASDA/SLTBR Task Force draft) Light treatment for circadian and sleep disturbances of shift work (C Eastman)
- Meeting review SRBR Florida 1994 (M Dumont)
- SRBR Patents workshop (A Wirz-Justice)
- Response to the field from the Brigham (W Terry)

1994 Vol 7 #1
- SLTBR meeting at NIMH review (D Schlager)
- SRBR meeting Florida review (E Maywood)
- Meeting review: Melatonin – mechanisms and actions, Cold Spring Harbour (J Redman)
- (ASDA/SLTBR Task Force draft) Light treatment for sleep phase and duration disturbances (M Terman, J Su Terman, A Lewy, D-J Dijk)
- Book review: “Bodyrhythms: chronobiology and performance” L Lamberg (M Moline)

1995 Vol 7 #2
- Reimbursement update: for light therapy devices in the USA (D Schlager)
- SAD assessment tools revised (M Terman, J Williams)
- Book reviews: “Fight the winter blues, don’t be SAD” C Peters (P Murphy, R McGrath); “Light and biological rhythms in man” L Wetterberg (S Campbell)
- Light patents: a European response (list of 57 signatories)

1995 Vol 7 #3
- Treatment of Seasonal Affective Disorder (E Tam, R Lam)
- An attempt toward a ‘constant routine’ 50 years ago (J Aschoff)
- Book review: “Why we get sick: the new science of Darwinian medicine” R Nesse, G Williams (D Schlager)
- Flash(light) poll results (S Campbell)

1995 Vol 7 #4
- The fine art of overstatement: press releases and science (S Campbell)
- Melatonin and temperature: hands of the same clock (B Myers)
- Melatonin: possible therapeutic use as an antipyretic (P Murphy)
- Doctor, my eyes. Not enough light for medical students? (B Barton D Kripke)
- Flash(light) poll results (S Campbell)
1995 Vol 8 #1
- Comments to “Treatment of SAD” (O Lingaerde, T Reichborn-Kjennerud)
- Reply (E Tam, R Lam)
- Virtual melatonin (C Eastman, R Hughes, P Murphy, B Myers)
- First European meeting of SLTBR held in Frankfurt (D Oren)
- Review APSS meeting Nashville (P Murphy)
- Review “International symposium on night- and shiftwork” (M Dumont)
- Review “Understanding the biological clock: from genetics to physiology” APS conference Hanover NH (J Carrier)
- Flash(light) poll results (S Campbell)
- Book review: “Seasonality and human ecology” (D Schlager)

1996 Vol 8 #2
- Melatonin madness (D Schlager)
- The history of biological clock research: interwoven studies of mammalian pineal functions and circadian rhythm regulation (L Morin)
- Clinical use of melatonin in humans (A Lewy)
- Melatonin: miracle or myth (R Hughes)
- Information on melatonin (J Arendt)
- Meeting review: WFSRS Congress Nassau (N Rogers, D Dawson)
- Flash(light) poll (S Campbell)

1996 Vol 8 #3
- News not fit to print? “More people warm to simulated sunight but scientists doubt it cures winter blues” L Johannes, Wall Street Journal
- Response from SLTBR (JC Gillin, A Lewy, M Terman, A Wirz-Justice)
- Light therapy for SAD is now reimbursed by medical insurance in Switzerland (A Wirz-Justice)
- In memory of Colin S. Pittendrigh (H Illnerová)
- How to use light and dark to adjust to shift work (C Eastman)
- Flash(light) poll results (S Campbell)

1996 Vol 8 #4
- Humoral phototransduction (D Oren)
- SLTBR meeting report NIMH (A Neumeister, N Rosenthal)
1997 Vol 9 #1
- Melatonin sites of action (T Bartness)
- Dexfenfluramine for SAD? (D Schlager)
- Nocturnal melatonin excretion and changes of immunological status in ischemic stroke patients (P Zee)

1997 Vol 9 #2
- So you think you understand placebo effects? What the placebo literature can tell us about light therapy for SAD (C Eastman)
- Circadian clocks in the mammalian eye: a commentary (A Rosenwasser)
- Time bandits (A Wirz-Justice)

1997 Vol 9 #3
- SLTBR Meeting Vancouver report (E Turner)
- Melatonin: nature’s soporific? (A Wirz-Justice, S Armstrong)
- Letters about Eastman’s Placebo piece (G Murray, J Stewart) and reply
- Insurance reimbursement notices (M Terman, A Wirz-Justice)
- Redux (dexfenfluramine) recalled (D Schlager)

1998 Vol 10 #1
- SAD behind the knees (L Morin)
- Bright light therapy in focus: lamp emission spectra and ocular safety (C Remé et al)
- A placebo-controlled study of sertraline in the treatment of outpatients with SAD (A Moscovitch et al)
- HIGH instruments revised (N Goel)
- J Alternative Complementary Medicine

1998 Vol 10 #2
- In Memoriam Jürgen Aschoff
- Evolution of biological rhythms (D Schlager)
- Are circadian clocks adaptive? (Y Ouyang, C Johnson)
- Into the Hibernaculum again or is there seasonal gold in them there gold mantled ground squirrels? (P Arbisi, C Dean)
- A new structured interview for atypical depression (J Rifkin)
- Benefits of Phototherapy in SAD illuminated (reprinted from Lancet 352: #9136)
2000 Vol 11 #1
- Light treatment for depression in summer and winter (D Kripke)
- Light therapy and biological rhythms in the new millennium: a assessment of critical issues in the field (R Levitan)
- Contemporary issues in the epidemiology of SAD and seasonality (G Murray et al)

2002 Vol 13 #1
- SLTBR meeting Stockholm review (R Levitan)
  J Arendt (ALPCO-Bühlmann Distinguished Lecturer) E Michalak (Young Investigator Award)

2002 Vol 13 #2
- A consumer’s guide to psychiatric genetics: are there signals in all that noise? (R Levitan)