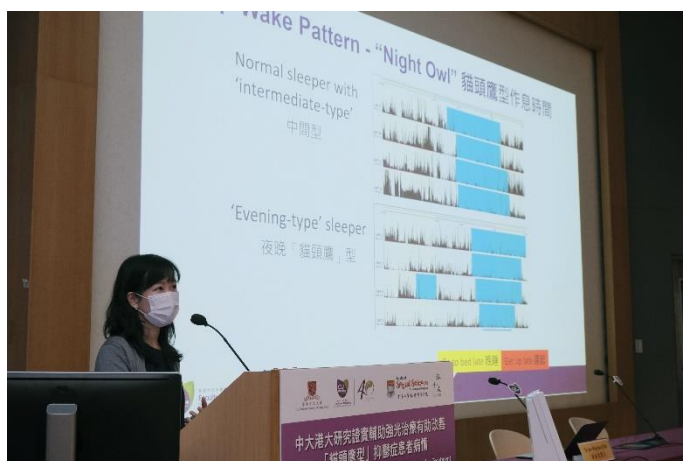


CUHK-HKU Study Proves Bright Light Therapy as an Adjunctive Treatment Improves Outcomes in Depressed “Night Owl” Patients (January 21, 2021)



A collaborative study by the Department of Psychiatry at CU Medicine and the Department of Psychology of the Faculty of Social Sciences at HKU proved adjunctive bright light therapy is effective for “night owls” with depression, doubling the probability of achieving remission.

(From left) Dr. Shirley Li, Assistant Professor of the Department of Psychology, Faculty of Social Sciences at HKU; Professor Yun Kwok WING, Chairman and Dr. Joey Wing Yan CHAN, Associate Professor of the Department of Psychiatry at CU Medicine



Dr Shirley Li, Assistant Professor of the Department of Psychology, HKU says sleep deprivation, poor sleep quality, higher risk for psychopathology are associated with evening chronotype.

CUHK Website

(English) https://www.cpr.cuhk.edu.hk/en/press_detail.php?id=3477

(Chinese) https://www.cpr.cuhk.edu.hk/tc/press_detail.php?1=1&id=3477

Media Coverage on Jan 21, 2021

1. [2成抑鬱患者出現睡眠障礙 研究指強光療程有效改善病情](#) (東方日報即時)
2. [港大中大研仿日光「強光治療」可改善晚睡晚起抑鬱症患者病情](#) (HK01.com)
3. [Bright light helps 'night owl' depression patients](#) (RTHK English)
4. [Light therapy plays brightening role](#) (The Standard)
5. [研究指「強光治療」可改善「晚睡晚起」抑鬱症患者病情](#) (香港電台)
6. [中大港大以強光治療抑鬱症 治癒機會增加一倍](#) (香港電台)
7. [中大港大研究指強光治療可增加晚睡抑鬱症患者治癒機會](#) (商業電台)
8. [中大港大研究指強光治療助抑鬱患者改善病情](#) (新城電台)
9. [中大港大研藉「強光治療」助抑鬱症患者改善晚睡 治癒率增一倍](#) (有線新聞)
10. [有研究發現強光治療可改善晚睡晚起抑鬱症患者病情](#) (無綫新聞)
11. [研究發現強光治療有助治癒部分習慣晚睡抑鬱症患者](#) (Now 新聞台)
12. [中大港大研究指強光治療可改善晚睡抑鬱症患者病情 治癒機會可增加一倍](#) (香港經濟日報)
13. [研究指「強光治療」有助改善「貓頭鷹型」抑鬱症患者病情](#) (頭條日報網)
14. [生理時鐘 | 強光治夜睡者抑鬱 痊癒機會倍增](#) (晴報網)
15. [研究：強光治療有助改善「貓頭鷹型」抑鬱症患者病情](#) (巴士的報)
16. [香港研究證實強光治療可改善晚睡晚起抑鬱症患者病情](#) (香港新聞網)
17. [香港研究證實強光治療可改善晚睡晚起抑鬱症患者病情](#) (香港中通社)