

Universitätsmedizin Rostock · PF 10 08 88 · 18055 Rostock

**Klinik und Poliklinik für
Psychiatrie und Psychotherapie**

im Zentrum für Nervenheilkunde
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**Klinisch-experimentelle Doktorarbeit
an der Klinik und Poliklinik für Psychiatrie und Psychotherapie der Universitätsmedizin Rostock zu
vergeben**

Thema: Strengthening circadian rhythms in adult ADHD


Projektbeschreibung:

Given our previous study (Baird et al., 2011), an intervention type of approach would be of great interest. This is of course restrained by what is feasible and correct. Since the evidence suggests that ADHD is associated with delayed circadian rhythms, we would attempt to look at the effects of early morning light therapy on circadian and ADHD outcomes. This would involve morning light exposure (30 min – 1 h) every morning for 4-6 weeks. We would not propose to alter in any way the patients treatment regime. Actiwatches would be worn for 1 week prior to the onset of light therapy, then 4 weeks into light therapy for 1 week at each time. We will also take DLMO at baseline and after the intervention period. We would assess the presence of sleep-onset insomnia prior to and after the intervention. ADHD measures would be taken at baseline and after the light treatment regime. We would presume that ADHD+sleep onset insomnia would respond more than just ADHD. Melatonin could be used in the evening either to the same effect. We hypothesise that strengthening and realignment of the circadian rhythms should be associated with decrease in sleep-onset insomnia and may be associated with improvement of ADHD symptoms.

Beginn: ab sofort

Dauer: 1 Jahr

Bei Interesse wenden Sie sich bitte an:

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