

Chronotherapeutics for Affective Disorders: Practical methods for implementing light and wake therapy against depression

Professor Anna Wirz-Justice

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Anna Wirz-Justice was born in New Zealand, received an MSc from the University of Otago and a Ph.D. in organic chemistry from University College London. She began working in neuropsychiatry during a postdoc in Paris (but ended up on the streets - it was May 1968). She has held visiting Fellowships at: NIMH, University of Cambridge, The Scripps Research Institute, Shiga University of Medical Science, Akita University School of Medicine, and was a Hood Fellow at the University of Auckland in 2007. Recognition for her research includes the Anna-Monika-Prize and Jakob Klaesi-Prize for Depression Research, the Scholar's Prize of the City of Basel, and the international chronobiology award 'Aschoff's Rule'. Her main interests are the effects of light and melatonin on mood, performance, thermoregulation, circadian and seasonal rhythms and sleep, and chronotherapeutic applications for mood and sleep disorders - combining basic human physiology research and clinical trials. In an effort to make these non-pharmacological treatments more easily available to psychiatrists she and her colleagues have recently published 'Chronotherapeutics for Affective Disorders: A Clinician's Manual for Light and Wake Therapy' and set up a discussion forum for professionals: www.chronotherapeutics.org

Further information at www.chronobiology.ch



DEPARTMENT OF PSYCHIATRY MONDAY COLLOQUIUM

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Lunch: 1215-1230 Presentation: 1230-1330