Illumination and mood

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Hoaki and colleagues recently showed that hyperthermic temperament was strongly associated with increased illumination among a group of healthy subjects. This is interesting because it broadens the context of case reports suggesting that bright light may at times trigger hypomania or mania.

There have been several studies which have suggested a converse relationship that low illumination is associated with depression. I wonder if an association of low

illumination and depression was also found in this sample.

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