

Effect of Bright Light Therapy on Idiopathic Scoliosis

NCT07424703

Status	RECRUITING
Phase	Not Applicable
Sponsor	Second Affiliated Hospital of Wenzhou Medical University
Enrollment	120 participants

Key Eligibility Criteria

Inclusion (6)

- Age between 10 and 15 years.
- Classified as evening chronotype based on the reduced Horne-Östberg Morningness-Eveningness Questionnaire (rMEQ), defined as a score ≤ 12 .
- Has undergone radiographic evaluation (standing full-spine X-ray) for idiopathic scoliosis at the initial clinic visit.
- Skeletally immature (Risser sign 0-3) with a major Cobb angle ≤ 40 degrees at baseline.
- Written informed consent/assent provided by the participant and legal guardian.

... and 1 more (see full listing online)

Exclusion (12)

- Plans to relocate outside the study area within the next 24 months.
- Use of medications that may interfere with circadian rhythm within the past 3 months (e.g., lithium, exogenous melatonin, melatonergic antidepressants).
- Trans-meridian travel across at least two time zones within the past 3 months or anticipated during the study period.
- Presence of any eye disease (e.g., glaucoma, retinal disease, macular degeneration) that could be exacerbated by or interfere with light therapy.
- Clinically diagnosed sleep disorder (e.g., narcolepsy, restless legs syndrome) or prominent medical condition known to interfere with sleep continuity and quality (e.g., moderate-to-severe eczema).

... and 7 more (see full listing online)

Locations (1 total)

The Second Affiliated Hospital of Wenzhou Medical University, Zhejiang, Zhejiang, China