



# HELIOS - BD

research study

Investigating light sensitivity  
in bipolar disorder

[heliosbd.com](https://heliosbd.com)

Are you interested in taking part in research to help us better  
understand bipolar disorder?



## **What is the study about?**

Many people with bipolar disorder have disrupted circadian rhythms. This means that the timing of their sleep and wake activities become out-of-sync with the standard 24-hour cycle. Circadian rhythms are greatly influenced by light levels and previous research suggests that people with bipolar disorder might have an increased sensitivity to light, causing circadian rhythm disruption. This might be caused by changes in their retina, a part of the eye which processes light stimuli.

HELIOS-BD investigates whether people with bipolar disorder have structural and functional changes to their retina and an increased sensitivity to light. It will also look at whether the mood-stabilising drug lithium might act to reduce this light sensitivity.

## **Who can take part?**

We are looking for people with bipolar disorder and people without bipolar disorder to take part in this study.

To take part, you must be over 18 years old and live in Scotland.

## **What's involved?**

We will use a range of questionnaires and tests to collect data about day-to-day life, sleep schedules, mood and colour vision. We will also take images of your eyes to look for changes to the retina, as well as look at overnight levels of the circadian hormone melatonin from blood samples.

This data is collected in 6 appointments in Edinburgh over an 18-month period (**see back page for visual overview**):

- 1x baseline appointment
- 3x retinal imaging appointments (at 0-, 9- and 18-month timepoints)
- 1x sleep study over two consecutive nights at the Royal Infirmary of Edinburgh
- 1x colour perception and vision testing appointment

## What are the benefits of taking part?

- The results from this study might help the healthcare of people with bipolar in the future.
- Participants receive £15/hour for participation in study activities. All travel expenses are reimbursed.

## Where can I find out more information?

You can find out more about the wider HELIOS-BD project using the QR code below or by visiting [www.heliosbd.com](http://www.heliosbd.com).



You can view the HELIOS-BD Participant Information Sheet on our website: [www.heliosbd.com/take-part](http://www.heliosbd.com/take-part)

Or you can contact the study team via email ([HeliosBD@ed.ac.uk](mailto:HeliosBD@ed.ac.uk)) or telephone (07788512143).

## Who is organising and funding the research?

The HELIOS-BD study is led by researchers at the University of Edinburgh. The Chief Investigator is Professor Daniel Smith. The study is jointly sponsored by NHS Lothian & the University of Edinburgh. The study is funded by the Wellcome Trust.

## HELIOS-BD partner organisations



# HELIOS-BD Participation Overview

