

HELIOS-BD

Research participants needed for bipolar disorder study

The HELIOS-BD research study is investigating the effects of light and lithium on circadian rhythms in bipolar disorder.

Who can take part?

We are recruiting adults **with** a diagnosis of bipolar disorder
and adults **without** bipolar disorder

What's involved?

Participants attend several study visits in Edinburgh over 18 months.

- Baseline visit: 1 hour appointment to answer questions about day-to-day activities and sleep
- Part A: Two consecutive overnight stays at the Royal Infirmary of Edinburgh with a night-time light exposure experiment
- Part B: Two 2-3 hour appointments to test colour perception and responses to visual stimuli
- Part C: Three 1.5 hour appointments to take scans of the eyes

You will be reimbursed for your time and travel expenses.



To find out more:

Visit heliosbd.com

Send us an email at: HeliosBD@ed.ac.uk

Contact the study team on **07788512143**