

### G.9.1.12 Light therapy in people with dementia

#### Full population

Quality assessment						No of participants		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Light therapy	Control	Summary of results Mean difference (95% CI)	
<b>Cognition: MMSE – higher values favour intervention</b>									
<b>Post-intervention</b>									
2	RCTs	Serious	Not serious	Not serious	Serious <sup>1</sup>	31	33	MD 0.68 (-2.46, 3.81)	Low
<b>Follow-up</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	22	24	MD 0.00 (-3.21, 3.21)	Low
<b>Behavioural and psychological symptoms: MOUSEPAD – lower values favour intervention</b>									
<b>Post-intervention</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	22	25	MD -0.10 (-3.81, 3.61)	Low
<b>Follow-up</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	22	23	MD 0.20 (-3.39, 3.79)	Low
<b>Depression: CSDD – lower values favour intervention</b>									
<b>Post-intervention</b>									
2	RCTs	Serious	Not serious	Serious <sup>2</sup>	Serious <sup>1</sup>	51	52	MD -3.33 (-9.63, 2.98)	Very low
<b>Follow-up</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	21	24	MD -0.20 (-1.85, 1.45)	Low
<b>Agitation: CMAI – lower values favour intervention</b>									
<b>Post-intervention</b>									
2	RCTs	Serious	Not serious	Serious <sup>2</sup>	Serious <sup>1</sup>	52	56	MD -12.32 (-28.76, 4.12)	Very low
<b>Follow-up</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	22	24	MD -4.50 (-11.61, 2.61)	Low

Quality assessment						No of participants		Effect estimate	Quality
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<b>Activities of daily living: CRBRS – higher values favour intervention</b>									
<b>Post-intervention</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	22	25	MD -0.10 (-1.43, 1.23)	Low
<b>Follow-up</b>									
1 (Burns 2009)	RCT	Serious	Not serious	N/A	Serious <sup>1</sup>	22	21	MD 1.00 (-0.78, 2.78)	Low
<sup>1</sup> Non-significant result									
<sup>2</sup> I <sup>2</sup> >40%									
CMAI: Cohen-Mansfield Agitation Inventory; CRBRS: Crichton Royal Behavior Rating Scale; CSDD: Cornell Scale for Depression in Dementia; MMSE: Mini Mental State Examination; MOUSEPAD: Manchester and Oxford Universities Scale for the Psychological Assessment of Dementia									

**Sensitivity analysis excluding studies only recruiting people with non-cognitive symptoms (e.g. anxiety/depression) at baseline**

Quality assessment						No of participants		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Light therapy	Control	Summary of results Mean difference (95% CI)	
<b>Cognition: MMSE – higher values favour intervention</b>									
<b>Post-intervention</b>									
1 (Graf 2001)	RCT	Very serious	Not serious	N/A	Serious <sup>1</sup>	9	9	MD 2.60 (-3.00, 8.20)	Low
<b>Depression: CSDD – lower values favour intervention</b>									
<b>Post-intervention</b>									
1 (Onega 2016)	RCT	Serious	Not serious	N/A	Not serious	30	30	MD -6.53 (-8.69, -4.37)	Moderate
<b>Agitation: CMAI – lower values favour intervention</b>									
<b>Post-intervention</b>									
1 (Onega 2016)	RCT	Serious	Not serious	N/A	Not serious	30	30	MD -20.39 (-29.57, -11.21)	Moderate
CMAI: Cohen-Mansfield Agitation Inventory; CSDD: Cornell Scale for Depression in Dementia; MMSE: Mini Mental State Examination									