

Lieverse R, van Someren EJW, Nielen MMA, Uitdehaag BMJ, Smit JH, Hoogendijk WJG
Bright light treatment in elderly patients with non-seasonal major depressive disorder: A
Randomized Placebo Controlled Trial. Archives of General Psychiatry.

B. SUPPLEMENTAL INFORMATION ON INSTRUCTIONS APPLIED FOR SALIVA SAMPLING

Follow these steps to collect your saliva

The saliva sampling takes place in the following way. First, Remove the top cap of the tube to expose the round sponge. Place the sponge directly into your mouth by tipping the tube so the sponge falls into your mouth. Do not touch the sponge with your fingers

Keep the sponge in your mouth. Very gently chew and roll the sponge around in your mouth for 2 minutes. If you suffer from a dry mouth, it might be helpful to think of something you like or think of a juicy citron. Spit the sponge back into the tube. Do not touch the sponge with your fingers. Replace the cap. Make sure cap is on tightly. On the tube, write the exact collection time on the label and again in your trial diary, and attach the label to the tube.

Please store the saliva samples inside your refrigerator. You may use the provided rack to keep them upright.

Times and sequence of morning collection

You will collect saliva at eight times during the day. All tubes have a number assigned. It is important to use the correct tube at the correct time. The first 4 tubes are used in the morning. The first tube (with the number 1 written on it) is used 30minutes after wake-up. The second tube (with the number 2 on it) is used 30 minutes thereafter. The third tube (with the number 3 on it) is used 30 minutes thereafter, and the fourth tube (with the number 4 on it) again 30 minutes thereafter.

Take care, during collection in the morning it is important to follow the next directions:

Do not brush or floss your teeth before collecting a saliva sample. Do not eat or drink coffee, tea, chocolate, bananas, or liquorice for 30 minutes before collecting the saliva sample. After collection you are allowed to consume these.

Times and sequence of evening collection

The remaining 8 saliva containers are used in the evening hours. 4 hours before your habitual bedtime you use saliva tubes number 5 and 6. 3 hours before bedtime you use 7 and 8. 2 hours before bedtime you use 9 and 10. 1 hour before bedtime you use 11 and 12.

Take care, during collection in the evening it is important to follow the next directions:

Do not brush or floss your teeth before collecting a saliva sample. Do not eat or drink coffee, tea, chocolate, bananas, or liquorice for 30 minutes before collecting the saliva sample. You will have to be seated in a supine position for at least 15 minutes before sampling. Because

melatonin in the body is under the influence of light, it is important that you stay in a semi-dim light condition during the whole evening of saliva sampling. Watching TV at some distance is allowed, but not sitting right in front of a TV, or a computer display, nor keeping all lights on.

And please remember,

- Can you please make notes in your trial diary of any circumstances around the time of sampling, like suddenly intense light exposure during evening times, accidentally consuming something just before sampling etcetera.
- Also, it is not allowed to visit a dentist within 24 hours before sampling.
- We advise you every sampling time to adopt the same supine posture.
- If somehow anything goes wrong, please tell the researcher or the instructor who collects your tubes.
- If you have any questions, please contact the researchers.