

**Table 2. Choosing light therapy or antidepressant drug therapy**

| <b>Consider light therapy as first-line therapy when:</b>      | <b>Consider medications as first-line therapy when:</b>                     |
|--|---|
| Less severe depression   | More severe depression  |
| Good compliance for light therapy                              | Low interest or motivation for light therapy                                |
| Warrants non-pharmacologic therapy (pregnancy)                 | Light therapy too inconvenient  |
| Able and willing to make time commitment for light therapy     | Unable to make time commitment for light therapy                            |
| Contraindications to drug therapy (hepatic disease, allergies) | Contraindications to light therapy (retinal disease, photosensitizing drug) |
| Intolerant to medication side effects                          | Intolerant to light therapy side effects                                    |
| Assessing costs: Greater initial cost but less ongoing cost    | Assessing costs: Less initial cost but greater ongoing cost                 |
| Assessing costs: Light box covered by insurance?               | Assessing costs: Medications covered by insurance?                          |