

Table 2. Choosing light therapy or antidepressant drug therapy

Consider light therapy as first-line therapy when:	Consider medications as first-line therapy when:
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?