

Photo-chromatic lenses and glasses may carry a risk for depression**Muhammed Batur**

Journal of Mood Disorders 2012;2(3):139

Dear Editor,

I have read with great interest the hypothesis of Alpayci et al. (1) about the sunglasses might play a role to them in depression. I believe that this hypothesis will be a significant contribution to the literature and will be a source of inspiration for scientific studies. Here, I would like to make a contribution to the hypothesis.

In my opinion, the hypothesis is based on logical grounds and these grounds may also apply for my assertion that is photo-chromatic lenses and glasses may carry a risk

for depression. The photo-chromatic lenses and glasses are clear (or nearly clear) indoors and darken automatically in response to sunlight outdoors. Also, they are usually numbered, and for this reason, they are used continuously. Therefore, the amount of sunlight reaching to the eyes may decrease and this may reduce the antidepressant effect of sunlight in the photo-chromatic users.

Thus, I wish to add a new method for testing the hypothesis that is to compare the photo-chromatic users and normal (clear) glass users, in terms of depression severity.

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*This letter was accepted for publication in August 3, 2012.***References:**

1. Alpayci M, Ozdemir O, Erdem S, Bozan N, Yazmalar L. Sunglasses may play a role in depression. JMOOD. 2012; 2: 80-83. doi:10.5455/jmood.20120529055051.