



Light exposure and affective disorders

A systematic review and meta-analysis.

Tübingen / Munich / Remote · English · Master's thesis · Research internship · Erasmus+ research placement

The question

How is light exposure related to affective disorders, and what can different kinds of studies establish? Associations in everyday settings and effects of light interventions need to be interpreted with different assumptions.

The project

Synthesise evidence for a clearly defined question about light and affective health. The review will distinguish study designs, examine how exposure and outcomes are measured, and avoid treating association as evidence of causation.

What you will do

- Develop a protocol and search strategy, then screen studies using explicit criteria.
- Extract exposure, population and outcome information and assess study quality or risk of bias.
- Build a reproducible synthesis and, where justified, a meta-analysis with attention to heterogeneity.

Possible scope

A thesis could complete a focused review and synthesis. A shorter placement could contribute a defined stage or analytical component. Interest in mental health, epidemiology or quantitative research methods would fit well.

Suitable backgrounds

Psychology · Medicine · Neuroscience · Public health · Epidemiology

General expectations

You should be able to analyse data in R or Python, use Git and GitHub, and work reproducibly. Independent reading, careful documentation and increasing responsibility are expected. Previous sleep or circadian research experience is not generally required.

Funding

No salary or stipend from the research group unless explicitly stated. Master's theses are generally unpaid. Mention external funding or mobility programmes when applying.

Suggested backgrounds are not formal programme approval. Confirm requirements with your home institution.

How to apply

Send a short motivation, CV, relevant skills, preferred project, dates, format and location. Mention external funding. Contact Prof. Manuel Spitschan using the address below.

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