

Do you still have questions? Ask your doctor or therapist if tDCS might be an option for you.

Your tDCS provider:



This resource has been made available by neurocare, your doctor's / therapist's trusted partner in tDCS therapy solutions. This information is meant to be general in nature and is not a substitute for professional medical advice. Always speak to your doctor or therapist for any questions regarding your health or medical condition.

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08/2023 | 30DCSM_PatDeprE



Advantages of tDCS therapy

Proven effectiveness

tDCS is a scientifically recognized treatment method. Over the past 15 years, extensive research has been conducted worldwide on this method. Clinical studies have provided evidence that tDCS is effective in treating depression.

Manageable therapy duration

Several sessions of 20 - 30 min per week are recommended. The number of sessions varies individually. Your doctor or therapist will be able to determine an appropriate therapy plan tailored to your symptoms.

Little to no side-effects

tDCS is regarded as a promising technique given the research demonstrates high tolerability with minimal side effects. Occasionally, mild fatigue may occur after stimulation. In rare cases individuals may report experiencing nausea or headaches.

Who can treat with tDCS?

Physicians and psychologists can provide the treatment. Consult your doctor about the therapy options with tDCS.

tDCS

Effective in the treatment of depression



Therapy with tDCS

Direct current stimulation of the brain can significantly improve depression

Transcranial Direct Current Stimulation (tDCS) is an effective, safe, and well-tolerated method for treating depression. tDCS is utilized when pharmacological therapy is not feasible or desired. Furthermore, it can be used in conjunction with standard therapies.

tDCS is suitable as:

- combination with pharmacological therapy,
- support for psychotherapy,
- alternative to pharmacological therapy.

After just a few sessions, you may notice an improvement in your mood. Repeated stimulations can additionally achieve a lasting effect.



How does tDCS work for depression?

During the therapy, a gentle weak current stimulates the left frontal area of your brain. This area is less active in cases of depression. The stimulation encourages activity in this region, aiming to restore the disrupted balance. The effectiveness of this approach is supported by research studies.

How is tDCS treatment administered?

In preparation, the therapist moistens two areas on the head with a saline solution and then attaches the electrodes using rubber bands or a cap. During the stimulation the electrodes apply a weak current to the surface of the head.

What does the stimulation feel like?

tDCS is a safe and well-tolerated method. You will probably not feel the current at all. Only occasionally do patients report a tingling or slight burning sensation on the head at the beginning of the treatment.

Testimonials

"We treat patients with depression using transcranial direct current stimulation (tDCS) in combination with cognitive behavioral therapy and/or antidepressant medication. It has been observed that adjunctive tDCS therapy for depression and pain leads to a positive impact on symptoms. Patients have reported an improvement in cognitive deficits."

Dr. med. Guenter Hetzel – Doctor for Psychiatry and Psychotherapy, Schwaebisch Gmuend, Germany

"We regularly employ tDCS in cases of depressive disorders, anxiety disorders, and pain therapy. (...) Additionally, tDCS therapy is a very viable option for patients who do not wish to undergo medication-based treatment, or for situations where non-pharmacological methods are deemed appropriate from a medical perspective."

Frank Schmidt-Staub – Doctor for Neurology, Psychiatry and Psychotherapy, Hannover, Germany

What those effected are saying*

"I feel much clearer in my mind. It's as if the fog has lifted."

"Today, I surprised my family with a smile."

"After a session of stimulation, I feel more relaxed. The constant whirlwind in my mind slows down."

"I can handle the stress during my workday better now."

* collected at our neurocare clinics