EFFECTIVENESS OF AN ADVANCED FORM OF TRANSCRANIAL ELECTRICAL STIMULATION IN CASES OF PERSISTANT ANXIETY AND DEPRESSION

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ABSTRACT: In an average year in the U.S. some 40 million people suffer from anxiety and another 20 million become clinically depressed. The symptoms of these disorders cause substantial distress for the sufferers and their families and cost society dearly each year in lost time and suboptimal job performance. Moreover, the number of people with exhibiting symptoms of depression and anxiety continues to grow and is projected to continue growing until 2020. Research continues to demonstrate that the available pharmaceutical treatments are not much more effective than placebo; in fact, recent articles point out that placebo appears to be as effective as most of the currently popular psychotropics. Persons who cannot find an effective solution to their depression or anxiety tend to get worse and develop bad habits as they seek to compensate, making treatment even more complex. While certain neurofeedback protocols have proven effective for depression and anxiety, they still take months to mediate the symptoms of these disorders. This presentation reviews the results of a pilot study involving anxious and/or depressed patients who were treated in a clinical setting using an advanced Transcranial Electrical Stimulation (TES) system approved by the Food and Drug Administration for the treatment of anxiety, depression and insomnia. In clinical trials this system mediated the symptoms of anxiety, depression and insomnia in a lasting way in most patients within two to four weeks by providing stimulation that appears to affect the hypothalamus and associated brain structures to adapt and alter the levels of neurochemicals critical to maintaining normal mood. The purpose of the pilot study was to confirm the effectiveness of advanced TES in the everyday clinical setting using as measurement standards the quantitative EEG (qEEG) and a multifaceted battery of pre- and post-tests and scans common to the clinical setting. Case studies demonstrate the nature and progress of treatment and the specific outcomes achieved.

References:


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