

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.

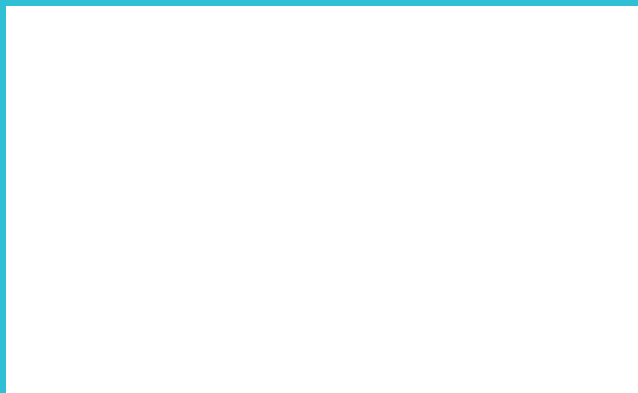
What does the stimulation feel like?

tDCS is a well-tolerated method. Patients rarely 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.



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

Your tDCS provider:



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The portrayed tDCS procedures are exemplary and do not represent a promise of cure for tDCS devices.

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tDCS

Effective treatment
for 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:

- in combination with pharmacological therapy,
- as support for psychotherapy,
- as an 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.



Advantages of tDCS therapy

Proven effectiveness

tDCS is a scientifically recognized treatment method. Over the past 20 years, extensive research on this method has been conducted worldwide. 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. Studies on safety and side effects show that treatment with tDCS is well-tolerated and has only very few side effects (Antal, 2017). Occasionally, mild fatigue may occur after stimulation. In rare cases individuals may report experiencing nausea or headaches.

Who can treat with tDCS?

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



Here you can read about the studies.