

The London Psychiatry Centre

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Redefining Excellence



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rTMS Treatment Results

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At The London Psychiatry Centre we champion evidence-based treatments for psychiatric problems. We want to see our patients get well; as safely and swiftly as possible. When we decided to introduce [repetitive Transcranial Magnetic Stimulation \(rTMS\)](#) in our clinic it was with prolonged and careful study of the evidence from trials and data spanning several thousand patients in the USA and Canada. We are pleased to say that our own early work with this ground-breaking treatment is bearing the same kinds of incredibly positive results.

BEAT DEPRESSION AT THE LONDON PSYCHIATRY CENTRE

At The London Psychiatry Centre, 74.2% of women and 58% of men who have been treated for depression with rTMS treatment have recovered in 4.3 weeks.

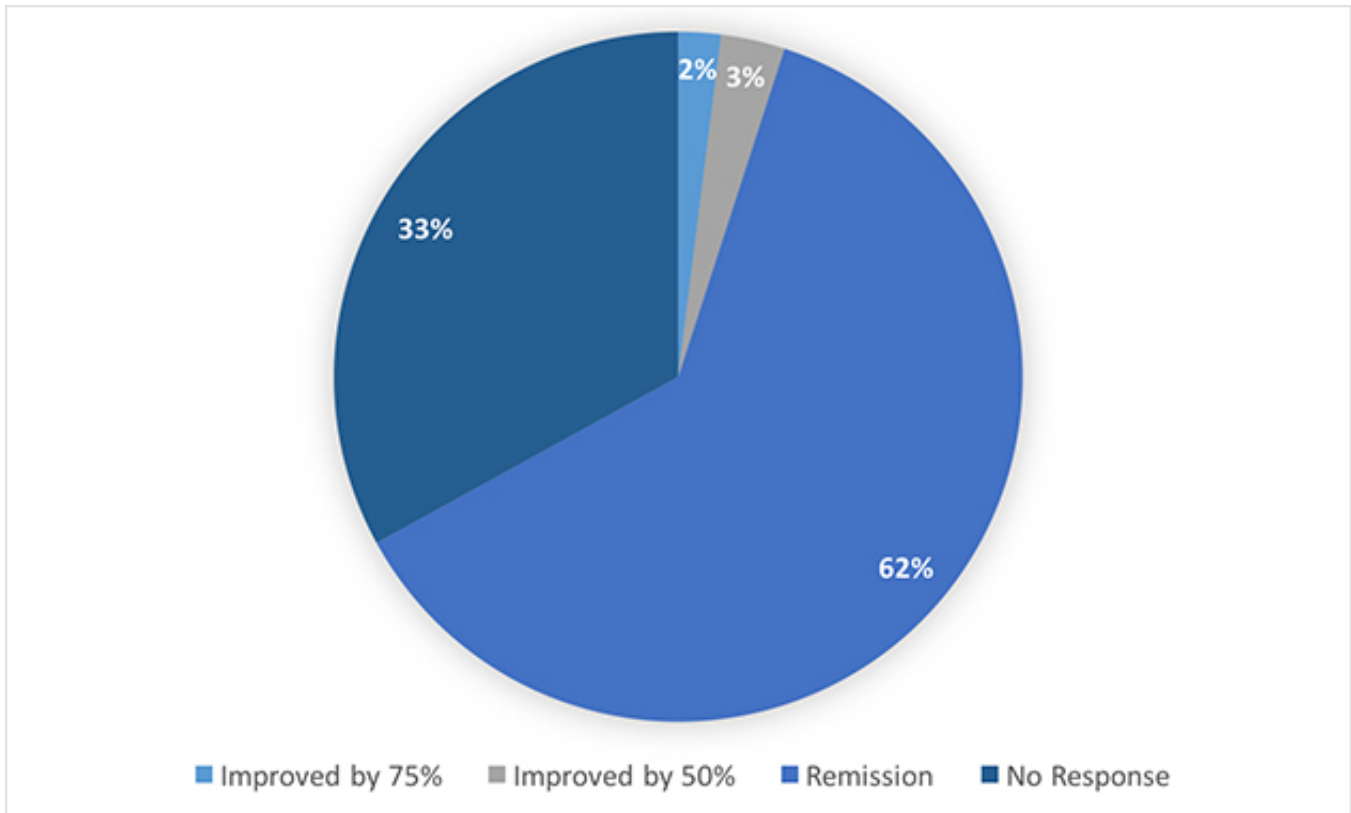
Reference: Euba R, Panihidina I, Zamar A. Treatment-resistant depression: the experience of the first repetitive transcranial magnetic stimulation clinic in the UK. [Future Neurology](#), 10, (3), 211-215 (2015)

The chances of full recovery are at best up to 1/3 with multiple drug changes and cognitive behaviour therapy, compared to 2/3 with rTMS at The London Psychiatry Centre in just 4 weeks. When the STAR D patients were followed up for 12 months after completing the treatment, only 2.7% of patients were well and accounted for, compared to 45% with rTMS with no maintenance. We therefore recommend maintenance to our patients in order to maximise the chances of staying well.

Note: The comparison results quoted above are when rTMS is compared with figures of the STAR-D protocol for the treatment of resistant depression, the most advanced evidence-based protocol in the world.

We have treated 125 patients with treatment-resistant depression so far. These are patients who have been unable to achieve satisfactory results with antidepressant medication. 78 (62%) achieved remission (full recovery) within 6 weeks (4 Weeks on average) and most have been well for between 1-12 months with maintenance. 41 (33%) were non responders to treatment, 4 (3%) responded and the symptoms have improved by 50% and 2 (2%) responded and their symptoms have improved by 75%. There have been no side effects noted.

Figure 1a: The London Psychiatry Centre Recovery Rates



Our anonymised patient outcome data have been independently reviewed and analysed by the [Advanced Interventions Service](#).

Figure 1b: Incremental Change (per week) in Patient Improvement

Incremental change (per week)

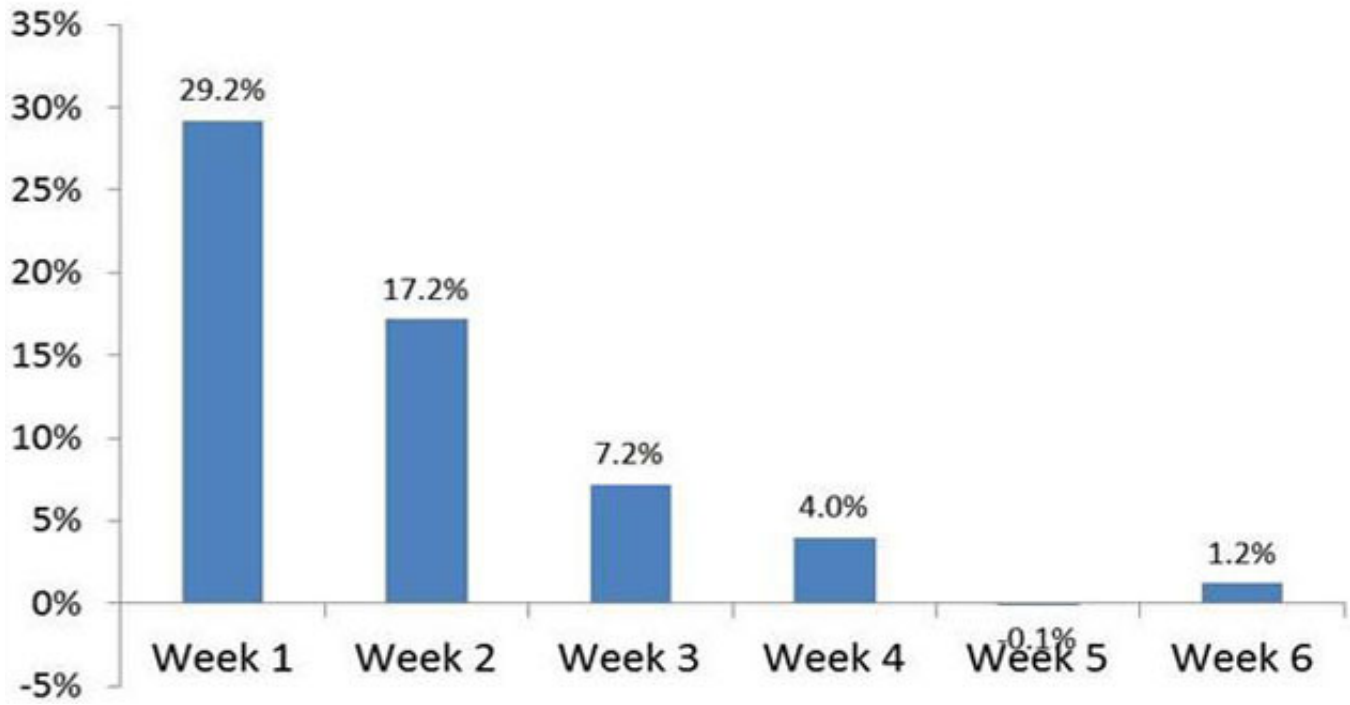


Figure 1c: Scatter Graph Comparing rTMS Treatment to Duration of Illness

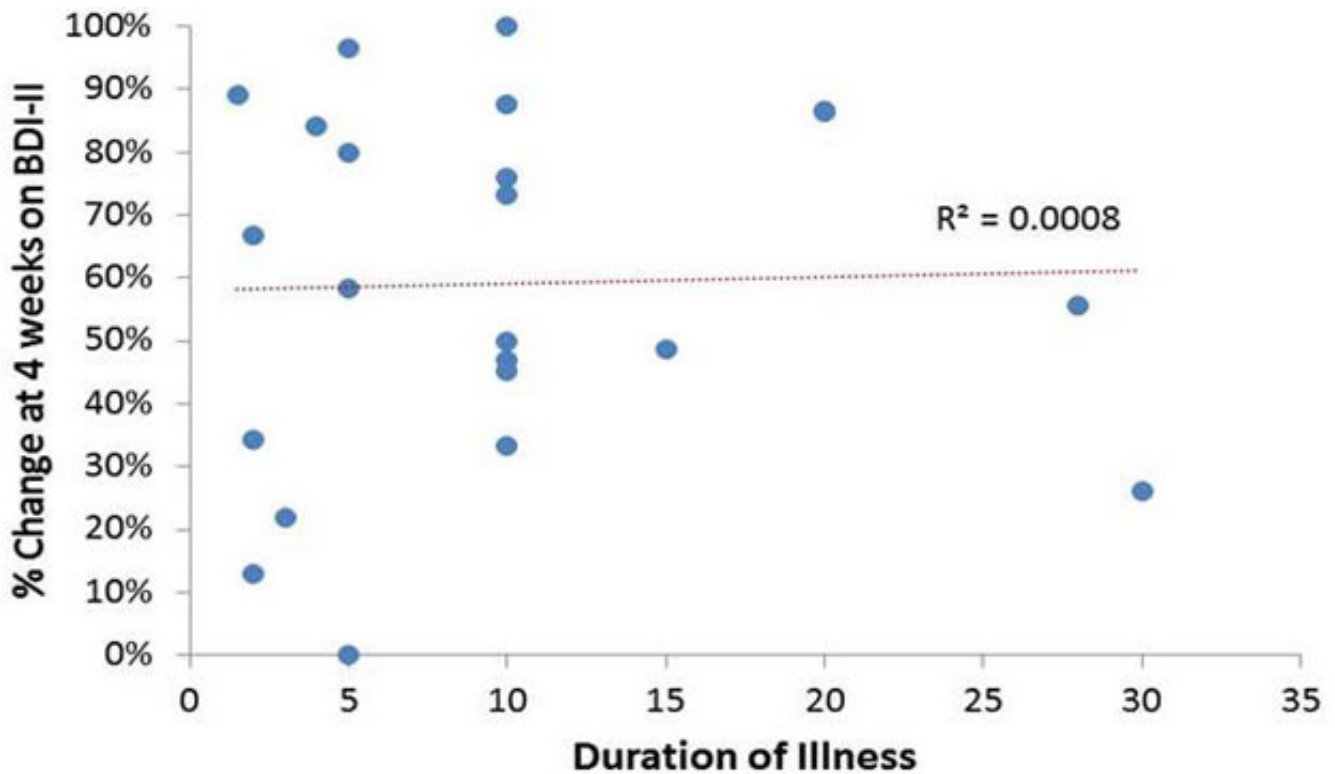
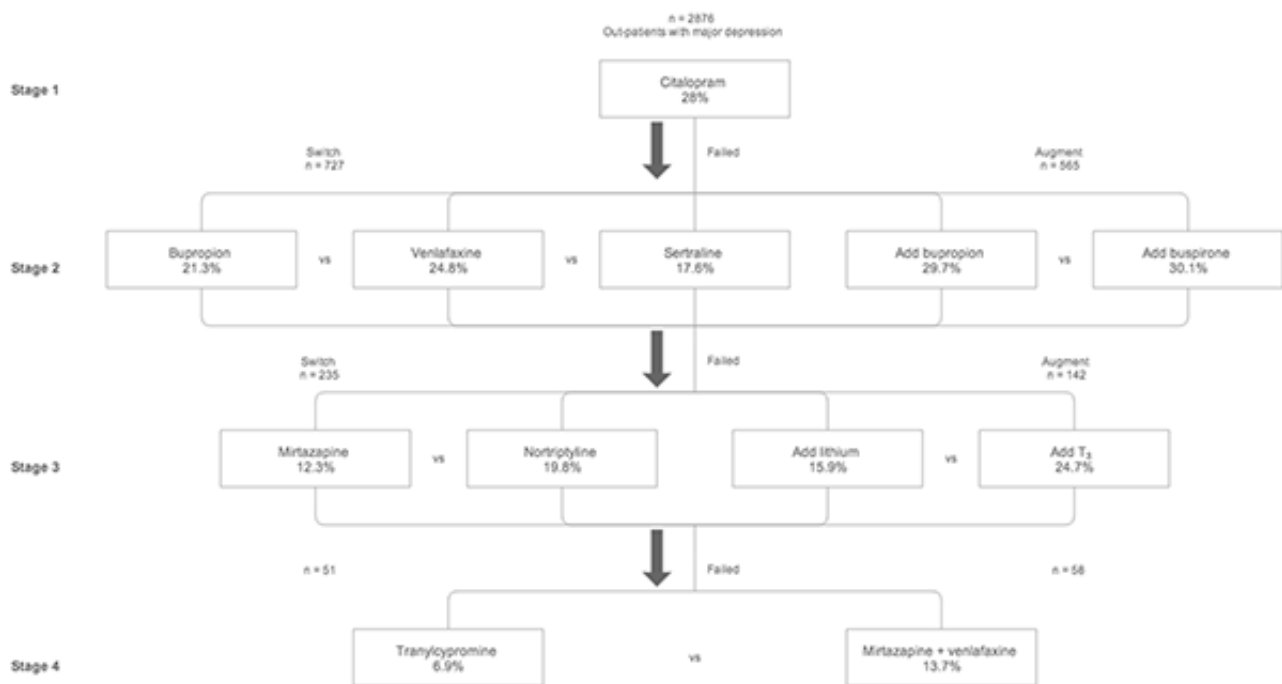


Figure 2: Remission Rates in STAR-D



Such swift, sustained results in patients who have suffered, on and off, for an average 10 years of unrelenting Depression, are staggering. In fact, we have found that rTMS patients can return to work within a few weeks of starting treatment – as opposed to the average of 9 months with drug treatment, psychotherapy and ECT.

The London Psychiatry Centre is the first clinic in the United Kingdom that is able to provide patients with repetitive Transcranial Magnetic Stimulation (rTMS).

To find out more about this treatment and if it may be suitable for you, [contact The London Psychiatry Centre](#).

Depression Treatment with rTMS

- [rTMS Treatment Results](#)
- [rTMS and Pregnancy](#)

OUTSTANDING RESULTS

At The London Psychiatry Centre, 66% of patients who have been treated for depression with rTMS treatment have fully recovered within 6 weeks.

[Read more...](#)

RTMS IN THE UK

The London Psychiatry Centre is now providing rTMS for sufferers of depression in the UK. Currently only offered from the US at [John Hopkins \(Baltimore\)](#), the [Mayo Clinic \(Rochester\)](#) and [McLean Hospital \(Belmont\)](#), this relatively new treatment is ideal for sufferers of depression, who may find antidepressant medication or psychotherapy ineffective or unsuitable.

RTMS BROCHURE



[Download Brochure \(2.2 MB\)](#)

FEATURED IN: THE TELEGRAPH

rTMS has been featured in The Telegraph, with the benefits of Transcranial Magnetic Stimulation highlighted.

Science Correspondent Richard Gray demonstrates the process in action and reports his impression first-hand after receiving a low dose of magnetic stimulation.

Read more in the article ['Magnetic Pulses May Help Treat Depression'](#) and watch the video online.

RTMS AS COMPARED TO ECT

ECT has been traditionally regarded as the most effective antidepressant treatment. However, a recently published large study compared rTMS to ECT and concluded that rTMS is **as effective as ECT** in non-psychotic depression, but unlike ECT, rTMS did not produce any memory impairment.

Source: Ren et al. [Repetitive transcranial magnetic stimulation versus electroconvulsive therapy for major depression: A systematic review and meta-analysis](#). Progress in Neuro-Psychopharmacology & Biological Psychiatry 2014; 181-189

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