

Electroconvulsive therapy is safe for treatment of mental conditions, suggests large-scale study

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The safety concerns associated with electroconvulsive therapy (ECT) are unwarranted, according to a new study in *Frontiers in Psychology*. In part

due to historical misuse and cinematic portrayals such as in *One Flew Over the Cuckoo's Nest*, physicians and patients have been reluctant to use this approach. But extensive evidence appears to show that ECT may be one of the most valuable and effective options for severe and treatment-resistant mental conditions such as schizophrenia and depression. This latest study of more than 3,100 ECT sessions in a German psychiatric hospital appears to confirm that ECT is also very safe. There were no cases of permanent impairments from the treatment and only three sessions (

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