

# What are the obstacles for a patient to receive an accurate diagnosis and optimal treatment?

**Dr. Gazdag:**

Even psychiatrists' knowledge regarding the symptoms of catatonia is poor, and this lack of sufficient diagnostic knowledge is generalizable to other professionals too.

When the correct diagnosis is not reached, it is hard to apply optimal treatment. According to my experiences, it usually takes a long time until the patient with catatonia meets an expert who is experienced in diagnosing catatonia and who can set up a correct diagnosis and initiate appropriate treatment.

Further obstacles to adequate treatment can be the fear of the physician from benzodiazepine dependence, especially when high doses are needed. And another obstacle is the negative public image of ECT, which can only obstruct the appropriate treatment of the patient with catatonia.