

What are the benefits of ECT? What are the stigmas surrounding ECT?

Dr. Cuevas:

I think ECT is one of the best therapies we have in psychiatry. Even we know that it has a lot of stigma, probably because of some films that are not explaining well how ECT works, and also because of the history of psychiatry.

Before using anesthesia, it was harder to be on a treatment with ECT, but nowadays, it's a very safe treatment. It's a quick treatment. It has less side effects than the drugs.

I understand that it's difficult to explain to families how it works. That's the most important difficulty we have. We are not sure about the mechanism which improves patients through ECT, but I think we should count on patients' experiences. We should ask patients who have received treatment with ECT. And they should explain how they improve. Also, family members who have seen the improvements with ECT. It should be really important to explain how they feel about this therapy.