

What thoughts do you have about how to overcome the stigma of ECT?

Dr. Caroff:

The stigma against ECT continues and I, frankly, don't understand it. But it's ignorance, and lack of understanding of modern ECT. You know, a hundred years ago, it was abused. It wasn't well understood, but we've come a long way since then. And there are really solid, rigorous scientific studies of ECT. And the technique is totally benign and life saving.

Somehow, the word has to get out. The Foundation could be a very good place to do that — on the website and so forth. And I know other people like Georgios Petrides and others continuing to do research and report studies on the efficacy of ECT, even in other conditions.

So it's even wider than catatonia. It's in depression, especially major depression, involuntal depression, melancholy in older people. I've seen this many times, it's lifesaving. And I think other than education and awareness on social media, personal stories — I think that's the best way to try to combat this bias against ECT, which unfortunately persists.