

## What is your experience with excited catatonia?

**Dr. Beach:**

I will say in terms of the spectrum of catatonia, I have seen many more cases of stuporous catatonia than I have seen of excited catatonia. I think that is also partly underrecognition, and I would say, for me, even as somebody who's been doing this for a number of years, I probably don't recognize excited catatonia as readily as I recognize stuporous catatonia.

My experiences with excited catatonia have not been as dramatic as they have been with stuporous catatonia, primarily because patients that I've seen with an excited form of catatonia have not had the dramatic responses to a single dose of lorazepam that I have sometimes seen with stuporous catatonia. But if you think about things from the course of days to weeks, I've absolutely seen patients with excited catatonia get dramatically better sometimes with high dose benzodiazepines, but more commonly actually with electroconvulsive therapy (ECT).

At our hospital in our emergency room, one of the forms of excited catatonia that we do see from time to time is something called delirious mania, also called manic delirium or Bell's mania, which is a form of excited catatonia that also has malignant features. So patients are often autonomically unstable. They have very high heart rates, high blood pressures, sometimes a fever accompanying that as well. And I've seen patients come in with delirious mania get high-dose benzodiazepines or high-dose ECT, look really sick, but then walk out of the hospital a couple weeks later looking remarkable because of that treatment.