

Can you describe the different types of ECT and when each might be beneficial?

Alyssa Phillips:

There are different types of ECT: unilateral, bilateral or bitemporal, and bifrontal. Can you describe these techniques and when each might be beneficial?

Dr. Fink:

Three times in my history I have compared unilateral to bilateral ECT, and three times I wrote the same, got the same results.

Bilateral ECT in patients who are melancholic, depressed, or catatonic, are 80 to 90% effective. Unilateral ECT is 60% effective. Why any doctor would want to use unilateral ECT is beyond me.

In my experience, for patients who have melancholic depression, catatonia, mania, and delirium, ECT is an effective treatment.