

# NEWS RELEASE

BLACK DOG INSTITUTE



## **PARTICIPANTS REQUIRED FOR NEW ADOLESCENT DEPRESSION TREATMENT TRIAL**

The Black Dog Institute and the University of NSW are trialing an alternative treatment for depression in young people (aged 15-18) known as Transcranial Magnetic Stimulation (TMS).

TMS uses strong magnetic fields to stimulate the brain through an electromagnet coil held to the head. The stimulation is non-invasive and is given while the person is fully awake and alert.

More than 25 studies worldwide have been conducted in adults with almost all reporting that TMS improved depression and no known serious side effects have been reported.

According to Dr Colleen Loo, Research Psychiatrist at the Black Dog Institute, using TMS to treat depression is still considered experimental in adolescents.

“Our data show that at least half of patients (in adult trials) are getting better after six weeks of TMS,” according to Dr Loo

The new trial taking place at the Black Dog Institute Building, Prince of Wales Hospital, Randwick is particularly suited to persons between 15 and 18 seeking an alternative to medication or who are unable to tolerate medication.

The active treatment is conducted over a six week period, takes 30 minutes per session and can be arranged to allow participants to continue attending school.

Potential participants, parents or caregivers, and mental health professionals should call 02 9382 3720 or email [TMSandDCS@unsw.edu.au](mailto:TMSandDCS@unsw.edu.au). Information is also available on the Black Dog Institute website [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)